

Vanderbilt Weight Loss Surgery Guide

VanderbiltWeightLoss.com | (615) 322-6000

Vanderbilt Weight Loss Center

Vanderbilt Health One Hundred Oaks
719 Thompson Lane, Suite 22200
Nashville, TN 37204

Vanderbilt Weight Loss Center Clarksville

800 Weatherly Drive, Suite 201
Clarksville, TN 37043

Vanderbilt Surgical Weight Loss Jackson

37 Sandstone Circle
Jackson, TN 38305

Vanderbilt Weight Loss Center Lebanon

1616 West Main Street, Suite 300
Lebanon, TN 37087

Vanderbilt Surgical Weight Loss Murfreesboro

1272 Garrison Drive, Suite 309
Murfreesboro, TN 37129

Some clinics are designated as hospital-based. To learn more, go to VanderbiltHealth.com/hbc

Understanding Obesity

Obesity is a chronic disease that increases your risk of serious health problems, including type 2 diabetes, joint pain, heart disease, stroke, high blood pressure and nonalcoholic fatty liver disease. Obesity affects a person through excess weight and weight-related health conditions. It is diagnosed by a measurement called the body mass index (BMI), a ratio of your height and weight. A BMI of 30 or higher would categorize you as obese, so you may benefit from treatment.

To find your BMI, locate where your height and weight intersect. Your BMI is listed at the top of that column.

		HEALTHY BMI					OVERWEIGHT BMI					OBESITY BMI										EXTREME OBESITY BMI											
BMI		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
		WEIGHT (IN POUNDS)																															
HEIGHT	4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247
	5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	169	173	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	174	180	185	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319
	5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328
	5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338
	5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348
	5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358
	6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	



For some people, nutrition and lifestyle improvements alone may not be enough to achieve a healthy weight. Surgery may be a better and safer option to lose significant weight.

The Surgical Weight Loss Program at Vanderbilt offers advanced care to help you lose weight and improve your overall health. Our team works with you to develop a personalized care plan combining surgery, nutrition, exercise and psychological support. We work together to help you attain a healthy, vibrant life.

Am I a Candidate for Weight Loss Surgery?

To be a candidate for surgery, you need to meet the following criteria:

- Have a body mass index (BMI) of 40 or greater, or if you have weight-related health problems, such as diabetes or high blood pressure, a BMI of at least 35
- Understand the surgery and have realistic expectations about weight loss following surgery
- Demonstrate a willingness to make lifelong changes in lifestyle, dietary habits and exercise

Surgical Procedures We Offer

Laparoscopic Gastric Bypass Surgery

Laparoscopic gastric bypass surgery promotes weight loss in two ways:

1. It makes the stomach much smaller, which helps you eat smaller meals and feel less hungry.
2. It forces food to bypass the small intestine, where most food and nutrients are absorbed.

To lose weight successfully after surgery, you should avoid:

- Any fluids for 30 minutes before and after your meals
- Foods that flow easily through your pouch
- High-calorie meals and liquids
- Snacks

You should:

- Eat high-protein meals
- Increase your activity

I FEEL 20 YEARS YOUNGER

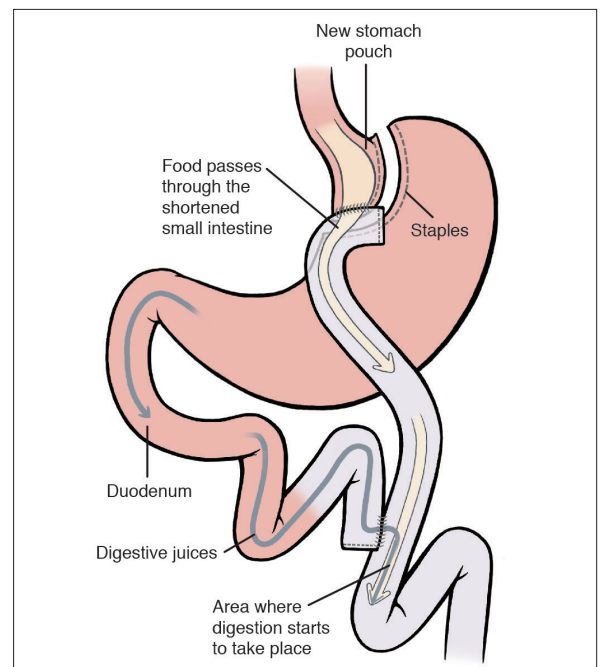
"This surgery changes everything. I feel 20 years younger, and I have my life back. My only regret was that I waited too long. I wish I'd done it when my kids were younger. It was one of the easiest surgeries I've had."

Lynn Howe, 55
Lost 125 lbs.

THE BEST THING I'VE EVER DONE

"This is the best thing I've ever done. Hands down. I put in a lot of effort, which contributed to my success. I have literally worked my butt off!"

Max Bareiss, 34
Lost 154 lbs.



After gastric bypass surgery, food "bypasses" (goes past) the stomach and small intestine, so fewer calories are absorbed.

Gastric Sleeve Surgery

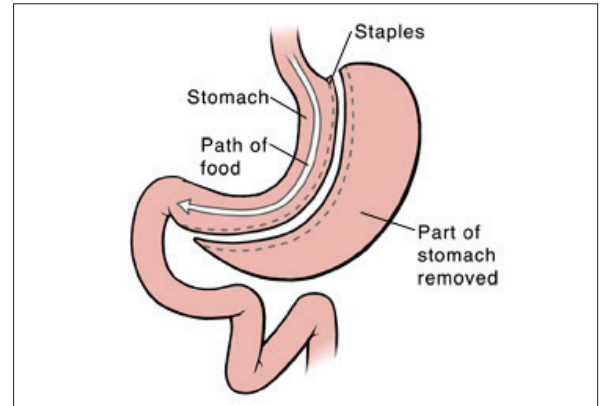
Gastric sleeve surgery removes part of the stomach. The smaller “sleeve” that remains leads to less hunger and increased feeling of fullness with smaller meals.

To lose weight successfully after surgery, you should avoid:

- Foods that flow easily through your sleeve
- Fluids for 30 minutes before and after your meals
- High-calorie meals and liquids
- Snacks

You should:

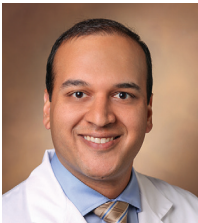
- Eat high-protein meals
- Increase your activity



After gastric sleeve surgery, the stomach is much smaller, so you feel full faster and eat less food.

Our Surgical Team

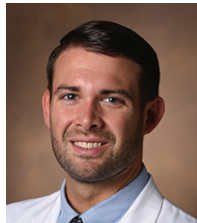
See information about each care team member at VanderbiltWeightLoss.com



Chetan V. Aher, MD



Jessica Ardila, MD



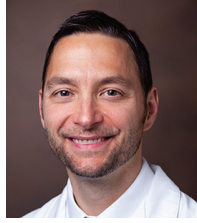
Joseph Broucek, MD



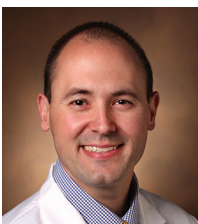
Meredith C. Duke, MD, MBA



Wayne J. English, MD



Christopher Menzel, MD



Matthew D. Spann, MD



Brandon Williams, MD

FEELING HEALTHY

“Everyone constantly tells you that you don’t need to have surgery. They say, ‘Why don’t you just exercise and lose the weight?’ With everyone telling you this, it makes you feel like it’s your fault you got this big.

I was on two blood pressure medications, I had sleep apnea, and I was taking a daily pill for acid reflux. And then at the age of 30 or 31, my blood pressure spiked while I was at work, and I collapsed. I was in the critical care unit for almost three days because they thought I might have had a mini-stroke.

I was never worried about dying. I was worried about being incapacitated. I tried losing weight for a few years, but I’d gain it back. I needed to do the surgery.

After my surgery, I remember telling people not to tell me how good I looked but to tell me how healthy I looked. I wanted to focus on feeling healthy.”

Brandon Webb, 33
Lost 135 lbs.

Pathway to Surgery

1. Initial Consultation

At your first visit, you'll watch a Surgical Weight Loss Program overview video. You'll also meet your surgeon and care team, where you'll discuss procedure options and get answers to your questions. You'll also meet our insurance specialist to review requirements related to your benefits and your personal health qualifications.

2. Attend Support Group

3. Complete the Required Medical Appointments

4. Obtain Insurance Approval for Surgery

5. Schedule Surgery

Long-Term Support

From your initial evaluation through post-operative appointments and follow-up support groups, our team is with you every step of the way. You'll receive lifelong guidance on lifestyle changes, nutrition education, exercise and medications to support your continued success.

As a surgical weight loss patient at Vanderbilt, you have access to any of our virtual support groups offered at convenient times throughout the week to assist and encourage you in your weight loss journey.

Why Choose Vanderbilt?

- **Highly skilled surgeons:** Our surgeons are certified in bariatric surgery, making them uniquely qualified to care for you. They use the most advanced laparoscopic surgical options for weight loss surgery.

LIKE I'M 30 AGAIN

"For 15 years, I traveled around the world teaching American step aerobic dance methods to other countries. Then, I had foot surgery and couldn't work out for a year. I was raising two daughters with my husband deployed and going to school to become a physical therapy assistant. My mom became ill. The weight came on.

The hardest thing about gaining weight was the shame. I was an exercise professional. How could I let this happen?

This surgery has made me feel younger — like I'm 30 again. It was the best thing I ever did. I feel healthier and move better. It's nice to look down and see my knees and toes.

I run three miles a day and train for 5K and 10K races. I had fitness and lost it and got it back again."

Carol Heron, 57
Lost 120 lbs.

HAPPIER WITH THE WAY I LOOK

"I'm not embarrassed. I'm happier with the way I look. I don't feel trapped in my body anymore. I want to educate people who say, 'I'm hopeless. I could never do that.' Yes, they can!"

Cheryl Swanson, 42
Lost 110 lbs.

I STOPPED USING THE CPAP MACHINE

"I want to be the healthiest older adult possible. I have hypertension controlled with diet and exercise. I'm not diabetic or prediabetic. I stopped using the CPAP machine about a year after surgery. Life is good where I am right now. I look good and I feel good."

Pennie Bell, 50
Lost 60 lbs.

- **Collaborative, personalized care:** Our surgeons work closely with bariatricians (doctors who treat obesity), nurses, dietitians, psychologists and exercise physiologists to create a tailored care plan that is right for you. Together, we can determine the best procedure based on your health, unique needs and personal preferences.
- **Advancing research and treatments:** As part of an academic medical center, our team is continually exploring new and innovative approaches for weight loss. To help you achieve life-changing results, we provide you with access to the latest proven treatment options.
- **Convenient locations:** We have clinics in Clarksville, Jackson, Lebanon, Murfreesboro, and Nashville.

THIS SURGERY SAVED MY LIFE

"I'm more confident now. I'm not down on myself. This surgery saved my life. If I hadn't gone to Vanderbilt, I wouldn't be here. I'm excited to still be here. I'm still living because of a decision I made."

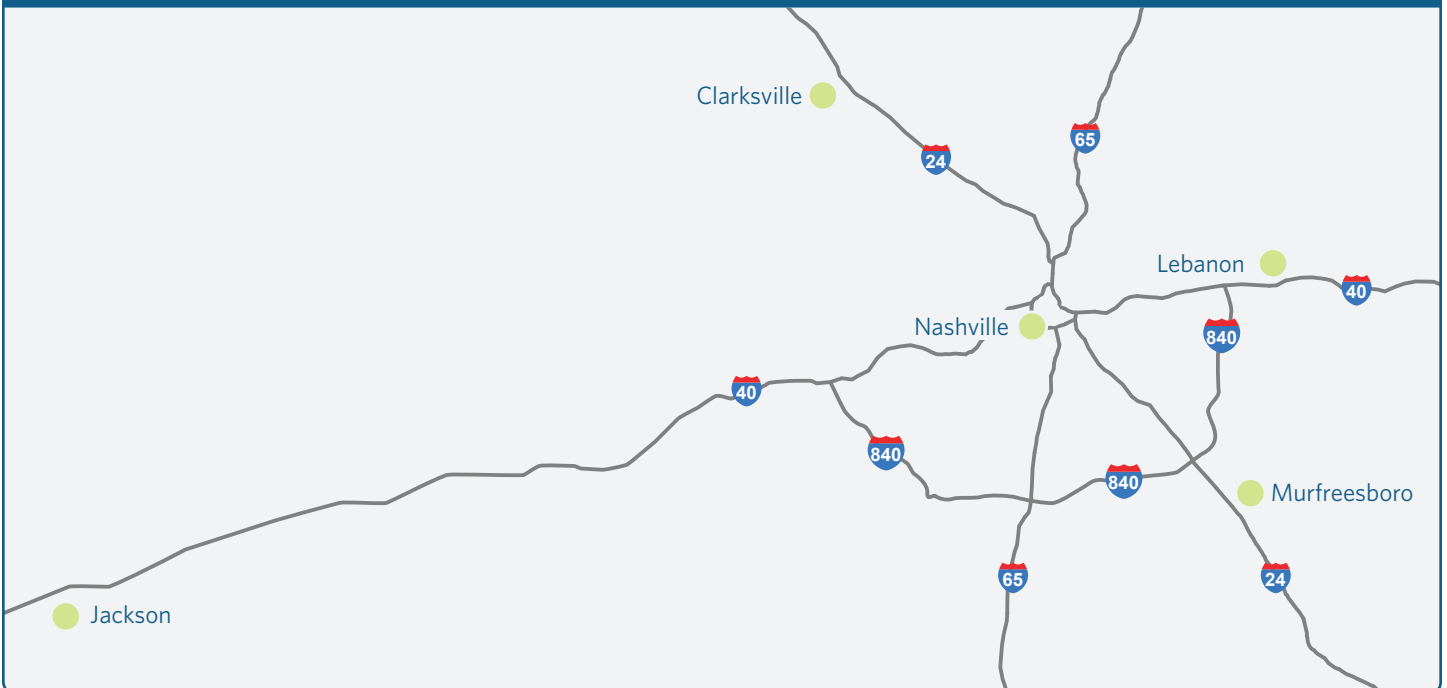
Xavier Esmon, 23
Lost 168 lbs.

THE MOST COMFORTABLE I'VE EVER FELT

"I'm happy. I'm healthy. I'm the most comfortable I've ever felt in my body. I can put on a dress that I never thought in a million years I could wear."

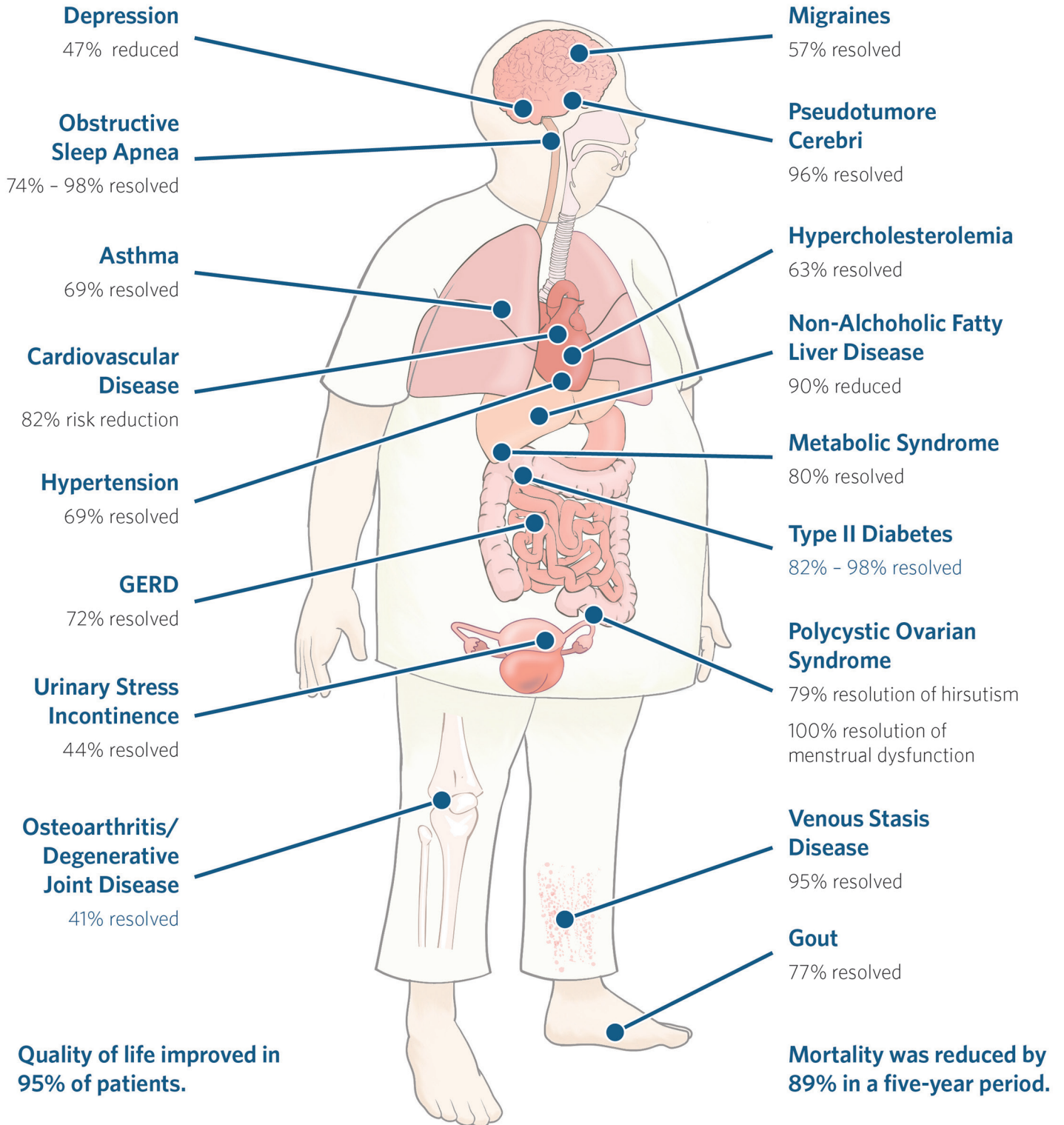
Alan Theis, 48
Lost 100 lbs.

Locations



Benefits of Bariatric Surgery

Losing 50% to 70% of excess weight may be just the beginning...



First Step to True Weight Loss

**Schedule a consultation
appointment today**



SCAN ME

to schedule a consultation

1. No app needed*
2. Point phone's camera to QR code
3. Link will appear, tap to open

**If you have an older phone model, please
go to VanderbiltHealth.com/FirstStep*