

Fantastic results

“WEIGHT-LOSS surgery has given me a whole new life—a whole new lease on life—because I’m able to physically do things with the kids that I wasn’t able to do before,” says Fort Plain resident Stephanie Paradiso. “I never, ever have been an athletic person, but I can run 5Ks and finish them in

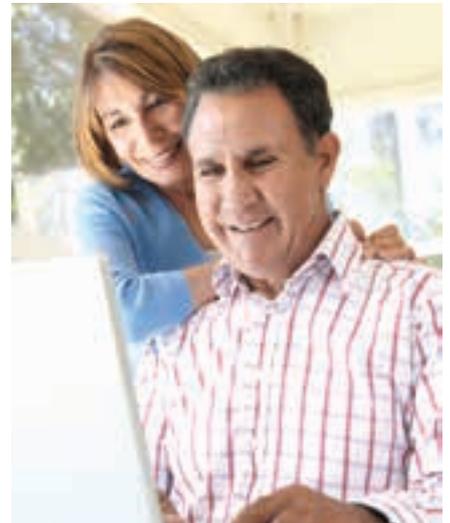
less than an hour, a huge accomplishment considering I started at almost 40 years old to run for the first time.”

In January 2014, Steven Heneghan, MD, performed gastric bypass surgery on Paradiso, and she has gone from a high of 287 pounds down to 133 pounds. At her six-month check, she was down 110 pounds. She has lost nearly 100 percent of her excess body weight.

One reason Bassett Healthcare Network’s surgical weight-loss program is successful for patients is the rigorous presurgery program. Patients learn about types of surgery, attend orientation sessions, receive a full medical assessment and review proper nutrition and exercise.

Tips from Stephanie

- ▶ “We’ve changed the way we shop. We have a lot more fruit in the house to snack on. Now if I or the kids want a snack, we go grab an apple or an orange. You have to completely change the way you think about food.”
- ▶ “You have to be ready to incorporate exercise.”
- ▶ “You have to want to do it for yourself. I feel better emotionally and physically, and I think I’ve become a better person through it all.”



We offer options

Gastric sleeve and **gastric banding** procedures shrink your stomach’s size. With gastric sleeve, 75 percent of your stomach is removed, leaving a banana-shaped stomach. After surgery, your stomach will only be able to hold about 2 to 3 ounces. A gastric sleeve procedure is not reversible.

Gastric banding involves placing a silicone band around the upper part of the stomach to decrease stomach size and reduce food intake. The band limits how much food can go into your stomach. The band can be adjusted or removed.

Roux-en-Y gastric bypass surgery reduces the size of your stomach to a small pouch, which is done by stapling off a section of it, reducing the amount of food you can take in. The pouch is then attached directly to the small intestine, bypassing the rest of the stomach and upper part of the small intestine.

Patients generally lose more weight more quickly, about 60 to 65 percent of their excess weight, but there’s also a risk of malnutrition and vitamin and mineral deficiencies.

Remember! Weight loss surgery should be considered a major life decision.



“I still want to be a kid with my kids,” says Stephanie Paradiso. Stephanie’s children are Anthony, center, and Sarah, right.



FIND OUT MORE ABOUT WEIGHT-LOSS SURGERY Bassett Medical Center’s surgical weight-loss program is an accredited center of the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. For more information, visit bassett.org/weightloss or call 800-BASSETT (800-227-7388).