

# GOSHEN PHYSICIANS CENTER FOR WEIGHT REDUCTION QUALITY DATA

Goshen Physicians Center for Weight Reduction offers patients an integrated approach to weight loss. By combining the expertise of our medical practitioners, surgeons, dietitians and personal trainers, we are able to offer patients the most thorough and individualized weight loss plans possible. As a result, our patients are equipped to achieve success in meeting their weight loss goals.

## Medically Managed Weight Loss:

- An individualized program for those patients who desire to lose any amount of weight without surgery.
- Consisting of weekly/monthly visits with our team:
  - Nurse Practitioner: Kathy Meier
  - Nutritionist: Sandi Morris
  - Fitness Trainers: Andrew Aldrich and Jason Lorent
- Focuses on accountability, support, and a true lifestyle change
- Fitness facility is free to use for participating MMWL patients.
- MMWL is not a fad diet, weight loss pill, supplement, meal replacement, or a shake, it is a genuine life change that seeks to meet our patients' individual needs, all while fitting both their schedule, and their wallet.

## High Quality Surgical Care:

- Performed over 600 bariatric surgeries (2004-2013)
- 60% of our bariatric surgery cases are Roux-en-Y
- 12% of our bariatric surgery cases are sleeve gastrectomy (Began offering in 2010, we have done over 100 operations)
- 28% of our bariatric surgery cases are laparoscopic Gastric Banding (becoming less common w/ increase in Sleeve)
- Infection occurred in 2% of patients
- Stricture rate improved from 17.5% to 0% in past ytd
- 0% mortality as a result of bariatric surgery at Goshen Hospital
- In a recent study, LRYN & (LSG) patients lost 62% (66%) of their excess weight, while LRYN reduced comorbidities by 96%, with type 2 diabetes resolved in 60-84% (45-58%); high blood pressure resolved in 66% (50%); high cholesterol improved in 94% (77%); & Sleep Apnea resolved in 76% (60%) of patients.

<http://www.realize.com/gastric-bypass-surgery-benefits.htm>  
<http://www.realize.com/sleeve-gastrectomy/benefits>

## Average Length of Stay – 2013

National Average\*  
Goshen Hospital Average

	Sleeve Gastrectomy	Gastric Bypass (open & lap)
National Average*	2.21 days	2.4 days
Goshen Hospital Average	2.1 days**	2.17 days***

\* Source: BOLD- Bariatric Outcomes Longitudinal Database, a national database of Clinical bariatric surgery information. Figures represent data reported in March 2010 on over 80,000 consented patients.  
 \*\* Goshen Hospital has been performing the laparoscopic sleeve gastrectomy procedure on a consistent outpatient basis since 2010  
 \*\*\* 2006 began performing RNY's laparoscopically decreasing avg LOS



**Dr. Winston Gerig**  
Bariatric Surgeon

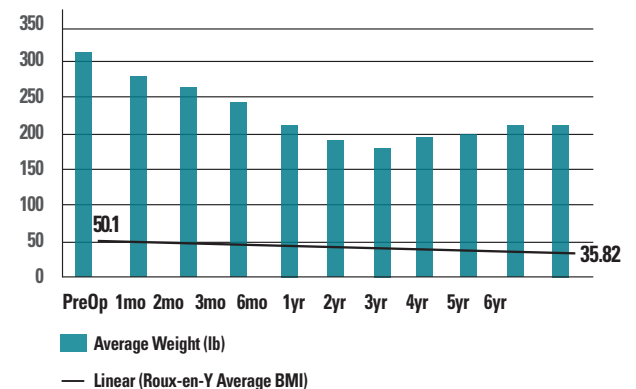


**Dr. Denise Murphy**  
Medical Director,  
Bariatric Surgeon

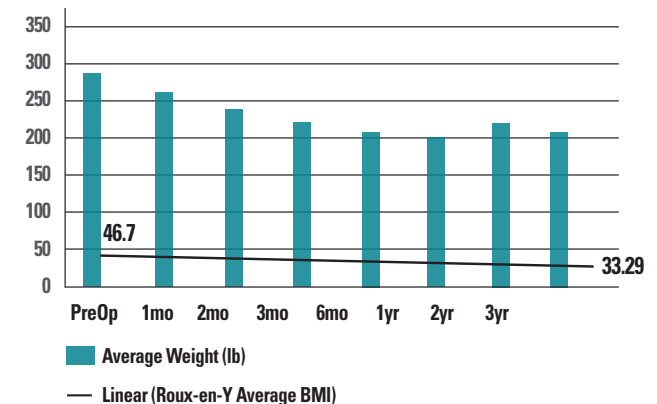


**Kathy Meier, NP**  
Program Coordinator

## Roux-en-Y Average Weight (lb) 2004-2013



## Sleeve Gastrectomy Average Weight (lb) 2010-2013



**Goshen Physicians**  
CENTER FOR WEIGHT REDUCTION

For additional information please visit  
[www.goshenquickguide.com](http://www.goshenquickguide.com) or call (574) 537-8326.