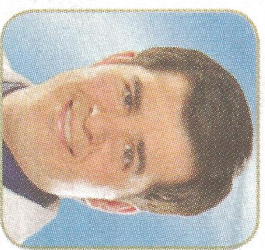


EXPLORE SURGICAL WEIGHT-LOSS OPTIONS AT ST. JOE



JACOB ROBERTS, DO

St. Joseph Mercy Oakland's (SJMO) Bariatric Surgery Program improves the health, wellness and overall quality of life for individuals who are morbidly obese by offering a comprehensive solution that is focused on long-term success.

Morbid obesity puts an individual at risk of developing cardiovascular disease, type 2 diabetes, hypertension, sleep apnea and certain cancers. These can often lead to an early death.

Beginning with the initial consultation, patients will be introduced to our multidisciplinary team and will leave with an individualized treatment plan. This will include a recommendation for the type of bariatric surgery that is ideal for the individual.

According to Jacob Roberts, DO, an SJMO bariatric and board-certified general surgeon, studies show that bariatric surgery can effectively improve and resolve many weight-related health conditions.

Weight-loss surgery can enable you to lose a significant amount of excess weight, and when combined with a multidisciplinary proven formula, the long-term results are a sustained healthy weight, comorbidity resolution, and longer life span.

St. Joe offers three minimally invasive bariatric surgical options:

GASTRIC BYPASS SURGERY This procedure creates a small pouch at the top of your stomach, as well as bypassing a portion of the stomach and small intestine to limit caloric intake and absorption with excellent outcomes and weight loss.

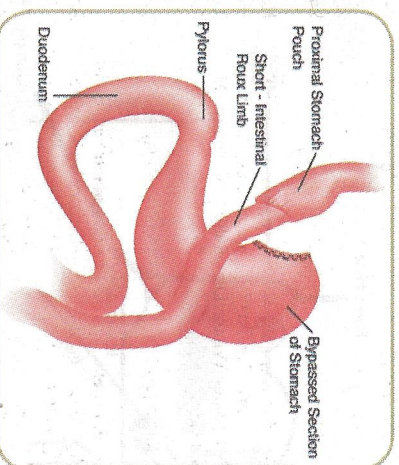
LAPAROSCOPIC SLEEVE GASTRECTOMY This method removes about 75 percent of your stomach, leaving a small banana-shaped sleeve, thus drastically reducing the stomach volume. Results are excellent and patients not only are limited in stomach volume but experience decreased hunger.

ADJUSTABLE GASTRIC BANDING This procedure uses a silicone band that your surgeon places around the top portion of your stomach. The band is connected to a port

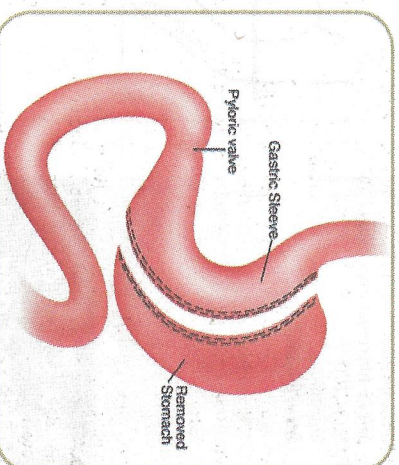
under the skin that allows the band to be tightened in an office with the result of early fullness from a small meal and decreased appetite.

The bariatric program team includes specially trained registered nurses, registered dietitians, behavioral specialists and exercise physiologists. This team assists patients through every aspect of the surgical process, including seminars, pre-surgical classes, postoperative care, long-term follow-up and support groups.

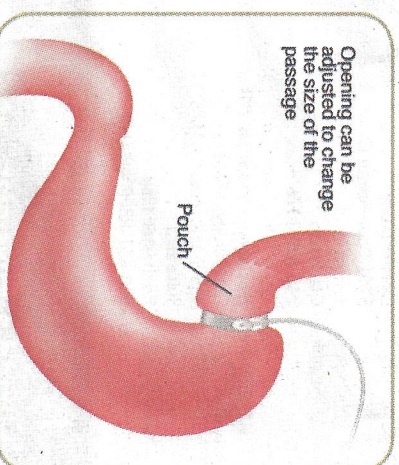
"There are several approaches to weight-loss surgery," says Dr. Roberts. "You should discuss which option is right for you with your bariatric surgeon." Feel good knowing that you can improve your health and overall well-being with the help of the SJMO Bariatric Surgery program. Call **877-WHY-WEIGHT (877-949-9344)** for more information and to register for a free community seminar.



Gastric bypass surgery



Laparoscopic sleeve gastrectomy



Adjustable gastric banding