Located at Lawrence Memorial Hospital (LMH) of Medford, the Center for Weight Management and Weight Loss Surgery provides realistic and successful strategies that patients can follow to lose excess weight and maintain their loss. Our team of medical professionals work together to provide you with superior care and partner with your primary care physician to learn about any medical conditions you have that will require special attention and to inform your physician on your surgery and recovery. This includes sharing any resulting special needs or medication changes.

Our team

The Center offers a well-balanced, multi-disciplinary team of experienced board-certified bariatric surgeons, nurse practitioners, mental health professionals, dietitians, nutritionists, physical therapists and other clinicians to help our patients achieve their weight loss goals. And, because our patient's health is so important to us, we do not charge an enrollment fee to join our program.



Andras Sandor, MD, FACS Medical Director Bariatric/General surgeon



Jennifer Lane, MD, FACS

Bariatric/General surgeon



Christine Williams, RN, MSN, ACNP-BC Bariatric Nurse Practitioner

Bariatric Coordinator

To learn more or to register for a free surgical weight-loss information seminar, please call (781) 306-6166 or visit www.hallmarkhealth.org. Seminars are held the second Wednesday of every month at Lawrence Memorial Hospital of Medford.

Hallmark Health System

Center for Weight Management and Weight Loss Surgery 170 Governors Ave., Medford, MA 02155 (781) 306-6166 www.hallmarkhealth.org





Lawrence Memorial Hospital of Medford | Melrose-Wakefield Hospital (Melrose)
Hallmark Health Hematology & Oncology Center (Stoneham) | The CHEM Center for MRI (Stoneham)
The CHEM Center for Radiation Oncology (Stoneham) | Hallmark Health Medical Center (Reading)
Hallmark Health VNA and Hospice | Lawrence Memorial/Regis College Nursing and
Radiography Programs (Medford) | Hallmark Health Medical Associates, Inc.

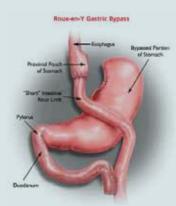
The Center for Weight Loss Surgery and Weight Management



Member of an elite group of select hospitals in Massachusetts selected as a Center of Excellence based on high surgical and patient care standards.

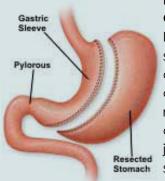


Surgical weight loss options



Laparoscopic Gastric
Bypass Roux En Y
Gastric bypass
surgery works by
changing the
anatomy of your
digestive system. The
surgeon will create
a small pouch at the
top of your stomach
and connect it to a
portion of the small

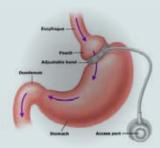
intestine. This procedure limits caloric intake and also helps decrease some of the hormones that stimulate appetite.



Laparoscopic Sleeve Gastrectomy

In this procedure, your surgeon will remove about 80 to 85 percent of your stomach. The remaining portions of your stomach are joined together using staples. This creates a long vertical tube or banana-shaped

stomach. The surgery does not involve cutting or changing the muscles that allow food to enter or leave the stomach. Sleeve procedures preserve the natural continuity of the esophagus, stomach and small intestine so mal-absorption of nutrients, vitamins and minerals does not occur.



Laparoscopic Banding

Adjustable gastric banding surgery involves the placement of a silicone adjustable gastric band around a portion of your

stomach. The surgeon places a band around the upper part of your stomach to create a small pouch to hold food. The band limits the amount of food you can eat by making you feel full after eating small amounts of food.

Results

Obesity is one of the most important factors for the development of Type 2 Diabetes. Studies have shown that gastric bypass surgery is not only an effective tool for treating obesity, but also for resolving diabetes. Many patients have also been relieved from one or more of the following conditions: sleep apnea, GERD, infertility, back/joint pain, gout and hypertension. Please visit www.asmbs.org for more information on the resolution of obesity related medical problems.

After surgery

Our team is dedicated to your long-term success. We offer our post-surgical patients access to a 24-hour hotline answered by our nurse practitioner. Support groups and follow-up appointments are essential to your success. We hold monthly support groups at LMH. We strongly encourage all our patients to attend these sessions, both before and after surgery. The support group setting is also the perfect place to learn more about weight management issues. We host different speakers and topics each month ranging from adapting to everyday life style changes, cooking classes and yoga. To find the next support group date, time and location go to the Event Calendar on www.hallmarkhealth.org.

Medically-supervised weight management program

Our Center for Weight Management and Weight Loss Surgery offers a medically-supervised weight management program for patients who do not meet the surgical guidelines; those with metabolic syndrome and Body Mass Index (BMI) greater than 35 for example. This program includes a team of physicians, dietitians, physical therapists and personal trainers who address diet, exercise, behavior modification and medications with patients.

Visit www.hallmarkhealth.org and select 'Programs' to learn more about The Center for Weight Management and Weight Loss Surgery and to see 'before' and 'after' photos and stories from patients.