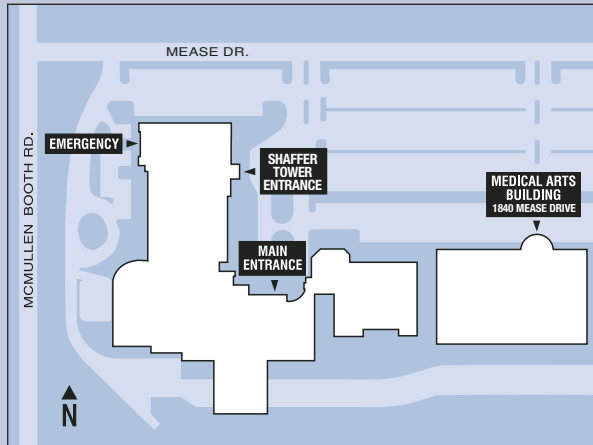


Hours

West Florida Weight Loss operates Monday through Friday, 9am to 5pm.

Location



1840 Mease Drive, Suite 301

Medical Arts Building

Safety Harbor, FL 34695

(727) 287-1011

Fax: (727) 712-1853

www.WestFloridaWeightLoss.com

E-mail: Info@WestFloridaWeightLoss.com



For additional information and consultation on bariatric surgery, please call (727) 287-1011 or visit www.WestFloridaWeightLoss.com.

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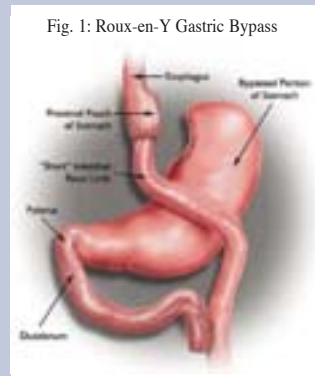
Is Weight Loss Surgery Right for You?



What is Morbid Obesity?

Morbid obesity is more than just a weight problem. It affects your overall physical, mental and emotional health. Common, everyday activities like climbing a flight of stairs, taking a brisk walk or even sleeping may be difficult or impossible, because of how your weight impacts your life.

If this sounds all-too familiar, **YOU ARE NOT ALONE!** Morbid obesity affects millions of people. While there are no medical cures, there are options, such as bariatric surgery, that will benefit your long-term health and help you achieve lifelong weight loss.



What is Bariatrics?

Bariatrics is the branch of medicine that deals with the treatment of obesity. Bariatric surgery is about more than weight loss; it requires a lifestyle change, aimed at helping you improve your overall quality of life.

Evaluations include:

- Nutrition and diet
- Surgical options
- Psychological counseling
- Fitness and exercise training
- Healthy habits for lifelong weight management

Am I a Candidate for Bariatric Surgery?

If you think surgery may be right for you, keep in mind that qualified patients must meet at least one of the following conditions:

- A Body Mass Index (BMI) over 40 without co-morbid conditions (i.e., at least 100 pounds overweight)
- A BMI of at least 35 with significant weight-related co-morbid conditions

Bariatric surgery is not recommended for all cases of obesity. Your entire lifestyle will be different, governed by a new set of rules for healthy living. It's important to consider several factors before making the decision, including:

- Necessary lifestyle changes
- New dietary requirements
- Insurance coverage and issues
- Expectations and misconceptions about bariatric surgery



Where Can I Find Out More?

The choice to have bariatric surgery is a major, life-changing decision. West Florida Weight Loss conducts frequent Bariatric Information Sessions to answer any of your questions. The hour-long sessions cover misconceptions, lifestyle implications and specific insurance-related

information. For a schedule of upcoming sessions, please call (727) 287-1011 or e-mail Info@WestFloridaWeightLoss.com.

www.WestFloridaWeightLoss.com

Your Weight Loss Expert

Theodore R. Small, M.D., F.A.C.S.

Dr. Theodore R. Small is the Medical Director of the Morton Plant Mease Health Care Bariatric Center. In addition to his duties as Medical Director of the Bariatric Center, Dr. Small is a member of the American Society for Bariatric Surgery. He serves as Surgical Director of the Mease Countryside Heartburn Center. He is also a consultant surgeon for Ethicon Endo Surgery, acting as a course director for advanced laparoscopic procedures and instructing surgeons from across the country on the newest techniques. As well as bariatric surgeries, Dr. Small performs all varieties of advanced laparoscopic procedures including hernia, adrenal, spleen and colon resections.



What Procedures Are Available?

At West Florida Weight Loss, we perform the following procedures:

- Laparoscopic Roux-En-Y Gastric Bypass (see Fig. 1)
- BioEnterics® Laparoscopic Adjustable Gastric Banding (see Fig. 2)

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