



# MetroHealth

## Weight Loss Surgery & Weight Management Center

What to consider when you're thinking about medical or surgical weight loss



### Obesity is a Disease

#### Find Treatment that Truly Fits You

Are you tired of hearing “move more, eat less” whenever you try to lose weight? That’s because obesity is a disease that changes your body—and sometimes diet and exercise aren’t enough to improve your health.

At the MetroHealth Weight Loss Surgery & Weight Management Center, we offer:



#### Medical Experts

The most board-certified obesity medicine and surgical experts in the region.



#### Customized Treatment

And time to get to know you.



#### A Caring Team

Many of our providers have walked in your shoes.

### How Does Obesity Impact My Health?

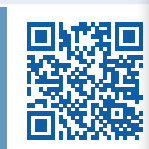
Obesity is a disease that impacts your entire body—and can cause other serious conditions. Medical and surgical treatments for obesity can make you healthier overall. The MetroHealth Weight Loss Surgery & Weight Management Center might be right for you if you have one or more of the following:

- Diabetes/ High blood sugar
- Heart disease
- Sleep apnea
- Anxiety and depression
- Asthma
- High blood pressure
- Snoring
- Liver disease
- Reflux and heartburn
- Joint pain
- Difficulty breathing
- Infertility and PCOS

Your personalized weight loss plan will include seeing specialized providers who will monitor your overall health.

### Learn More about Obesity and Weight Loss

Our website has a series of videos featuring providers and patients to help you learn more about obesity, medical weight loss and weight loss surgery.



Visit our website to watch our videos about weight loss surgery and medical weight management.

[metrohealth.org/weight-loss](http://metrohealth.org/weight-loss)



## Starting Your Weight Loss Journey



### Talk To Your Provider

If you're struggling with obesity, your primary care provider can refer you to our clinic.

### Your First Visit

We'll listen to you: what you've tried, your goals and your concerns.

### Whole Body Health Check

Our team works to understand how obesity is impacting your health.

### Taking Action

We'll guide you through weight loss options and create a treatment plan that truly fits you.

## TREATMENT OPTIONS

### Weight Loss Surgery

Bariatric surgery is the most effective treatment for weight loss. It limits how much food your stomach can hold and helps you feel full. Nearly 90% of patients who choose bariatric surgery lose weight and stay healthy long-term. MetroHealth offers advanced surgical techniques, including robotic surgery, that may help you have a shorter and less painful recovery.

- **Gastric Bypass Surgery**

Gastric bypass surgery reduces the size of your stomach and reduces the amount of your intestine that comes in contact with food. You'll feel comfortable eating less, and you'll absorb fewer calories.

- **Gastric Sleeve Surgery**

Also known as sleeve gastrectomy, gastric sleeve surgery helps people lose up to 60% of excess weight on average. Gastric sleeve surgery removes 80% of your stomach, limiting how much food your stomach can hold.

### Weight Loss Medication

Your treatment plan may include obesity treatment medications, including pills or injectable medications like GLP-1 RAs. Talk with your primary care provider about your options.

### Behavioral Health

Obesity affects how you feel about yourself. A positive attitude and motivation are key to reaching your goals. That's why a mental health professional is a part of your team—and success.

### Nutrition and Active Lifestyle Counseling

Learning what and how much to eat can be challenging. Our dietitians will guide you, and our Active Lifestyle program keeps you moving and motivated to reach your goals.

## Take The First Step

Talk to your primary care provider about if a referral to the MetroHealth Weight Loss Surgery & Weight Management Center is right for you.



[metrohealth.org/weight-loss](https://metrohealth.org/weight-loss)  
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