



NEA BAPTIST 
HEALTH SYSTEM



A new facility, new technology and a new health care model for Northeast
Arkansas



Dr. K. Bruce Jones
 Phone: 870-932-4875
 800 S. Church Ste 104
 Jonesboro, AR 72401



3024 Stadium Blvd.
 Jonesboro, AR 72401

Date: _____

Name: _____

Address: _____

Phone: _____ Date of Birth: _____

Social Security Number: _____

Height: _____ Weight: _____

Insurance: _____ ID# _____

Group# _____

Employer providing insurance: _____

Effective Date: _____ Deductible: _____

Letter of Medical Necessity Fax Number: _____

Email: _____

Referral Source: _____

Procedure: _____



QUESTIONS TO ASK YOUR INSURANCE COMPANY

- ◆ **Address or Fax Number for the Letter of Medical Necessity to be sent to your insurance company.**
- ◆ **This is your responsibility to obtain. We will *NOT* submit a letter of medical necessity to your insurance company until this slip is turned into the bariatric coordinator.**

Important

- ◆ **All persons wishing to undergo bariatric surgery are required to have a psychiatric evaluation.**
- ◆ **www.bariatricpsychevaluations.com**
- ◆ **Families, Inc. – 870-933-6886
1815 Pleasant Grove Road, Jonesboro
www.familiesinc.net**
- ◆ **Mid-South Outpatient Services, ph: 870-972-4050
2707 Browns Lane, Jonesboro, AR 72401
www.mshs.org**

Weight Loss Surgery Options

Presented by

K Bruce Jones, M.D. , F.A.C.S.

NEA Baptist Clinic

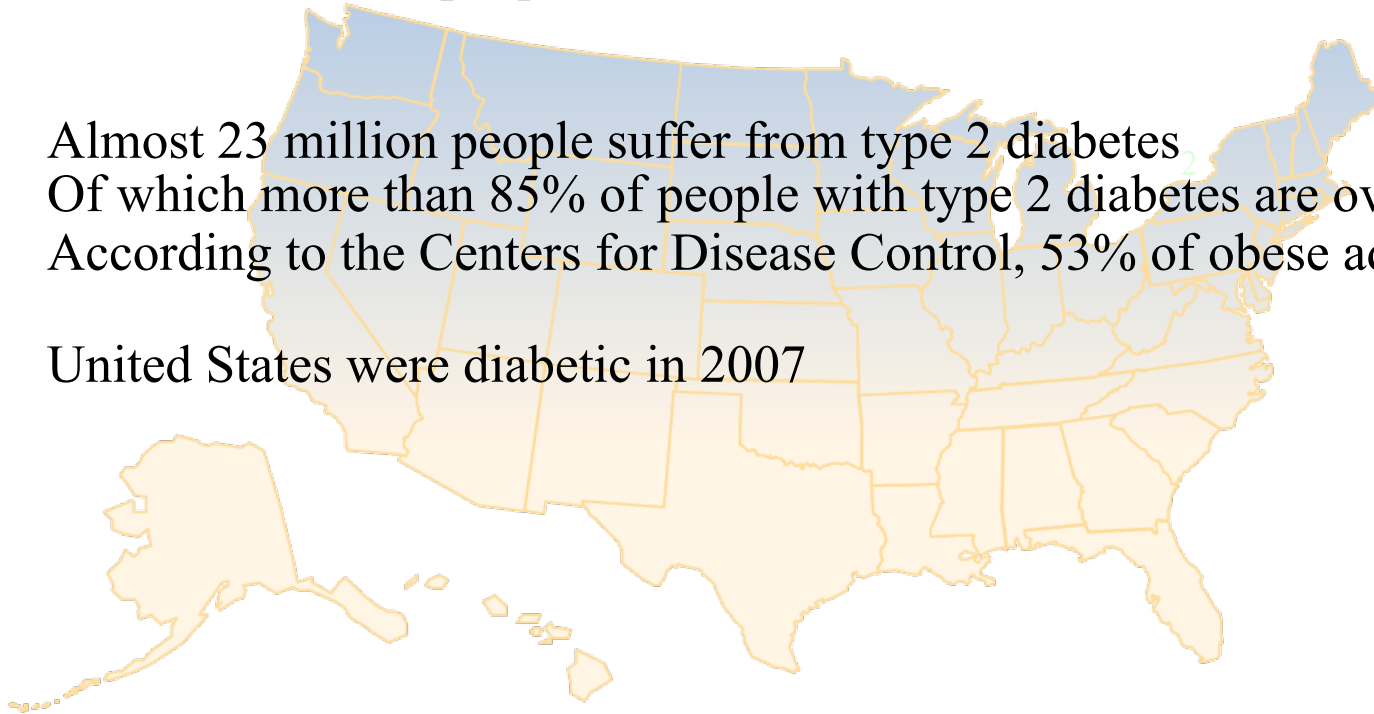
General Surgery

- Performed bariatric surgery since 1989
- Graduate of Vanderbilt Medical School
- Certified in surgery by the American Board of Surgery
- Fellow of the American College of Surgeons
- Fellow of the American Society of Metabolic and Bariatric Surgeons and Database
- Member of the Society of American Gastrointestinal and Endoscopic Surgeons

US Trends in Obesity

Over 72.5 million people in the United States are obese

Almost 23 million people suffer from type 2 diabetes
Of which more than 85% of people with type 2 diabetes are overweight³
According to the Centers for Disease Control, 53% of obese adults in the
United States were diabetic in 2007



References: 1. Center for Disease Control and Prevention. Morbidity and Mortality Weekly Report. August 3, 2010. <http://www.cdc.gov/mmwr/pdf/wk/mm59e0803.pdf>. Accessed March 04, 2011. 2. Emedicine. Medscape. Diabetes Mellitus, Type 2. <http://emedicine.medscape.com/article/117853-overview>. Accessed March 04, 2011. 3. Weight-control Information Network (WIN); an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). http://win.niddk.nih.gov/Publications/health_risks.htm. Accessed March 04, 2011. 4. Centers for Disease Control and Prevention. http://www.cdc.gov/diabetes/statistics/comp/fig7_obesity.htm. Accessed March 04, 2011.

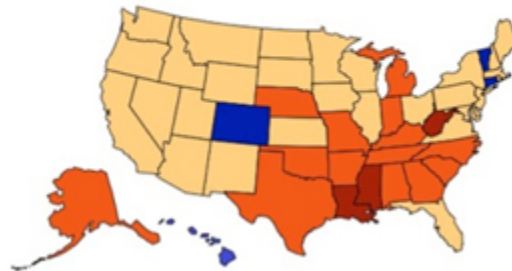
Obesity Trends* Among U.S. Adults BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



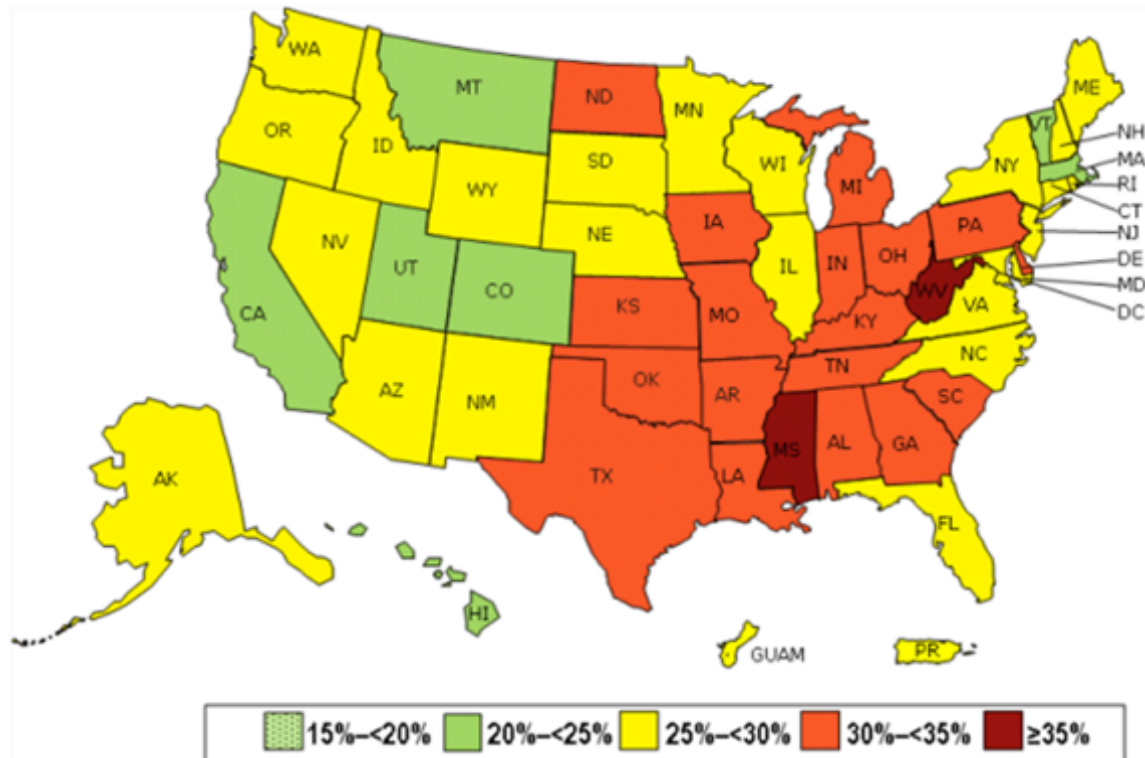
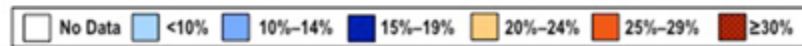
Obesity Trends* Among U.S. Adults BRFSS, 2005

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



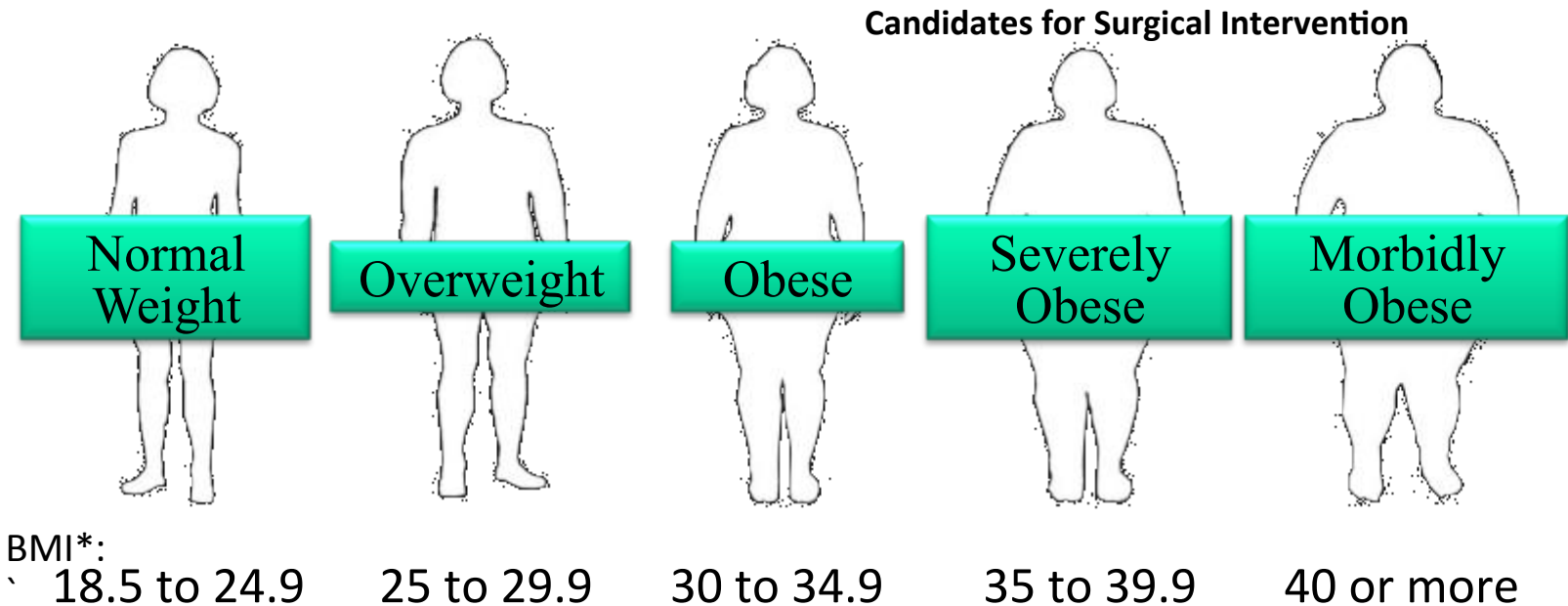
Obesity Trends* Among U.S. Adults BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



What Is Obesity?

The Body Mass Index (BMI) Helps Define Obesity¹



BMI*:

18.5 to 24.9

25 to 29.9

30 to 34.9

35 to 39.9

40 or more

*BMI (body mass index): A measurement of an individual's weight in relation to height (weight/height²).

BODY MASS QUICK INDEX

Lbs. Kg	BODY MASS QUICK INDEX																						
	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"	6'6"
200 91	45	43	42	41	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24	24	23
205 93	46	44	43	42	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24	24
210 95	47	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
215 98	48	47	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
220 100	49	48	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
225 102	51	49	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27	27	26
230 104	52	50	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28	27	27
235 107	53	51	49	48	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28	27
240 109	54	52	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29	29	28
245 111	55	53	51	50	48	46	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	29	28
250 114	56	54	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	31	30	29
255 116	57	55	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
260 118	58	56	54	53	51	49	48	46	45	43	42	41	40	39	37	36	35	34	33	32	31	30	29
265 120	60	58	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
270 123	61	59	57	55	53	51	50	48	46	45	44	42	41	40	39	38	37	36	35	34	33	32	31
275 125	62	60	58	56	54	52	50	49	47	46	45	43	42	41	40	38	37	36	35	34	34	33	32
280 127	63	61	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32
285 129	64	62	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35	34	33
290 132	65	63	61	59	57	55	53	52	50	48	47	46	44	43	42	41	39	38	37	36	35	34	34
295 134	66	64	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34
300 136	67	65	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37	36	35
305 138	69	66	64	62	60	58	56	54	52	51	49	48	47	45	44	43	41	40	39	38	37	36	35
310 141	70	67	65	63	61	59	57	55	53	52	50	49	47	46	45	43	42	41	40	39	38	37	36
315 143	71	68	66	64	62	60	58	56	54	53	51	49	48	47	45	44	43	42	41	39	38	37	37
320 145	72	69	67	65	63	61	59	57	55	53	52	50	49	47	46	45	44	42	41	40	39	38	37
325 148	73	71	68	66	64	62	60	58	56	54	53	51	50	48	47	45	44	43	42	41	40	39	38
330 150	74	72	69	67	65	63	61	59	57	55	53	52	50	49	47	46	45	44	42	41	40	39	38
335 152	75	73	70	68	66	63	61	60	58	56	54	53	51	50	48	47	46	44	43	42	41	40	39
340 154	76	74	71	69	67	64	62	60	59	57	55	53	52	50	49	48	46	45	44	43	41	40	39
345 157	78	75	72	70	68	65	63	61	59	58	56	54	53	51	50	48	47	46	44	43	42	41	40
350 159	79	76	73	71	69	66	64	62	60	58	57	55	53	52	50	49	48	46	45	44	43	42	41
355 161	80	77	74	72	70	67	65	63	61	59	57	56	54	53	51	50	48	47	46	44	43	42	41
360 163	81	78	75	73	71	68	66	64	62	60	58	57	55	53	52	50	49	48	46	45	44	43	42
365 166	82	79	76	74	71	69	67	65	63	61	59	57	56	54	53	51	50	48	47	46	45	43	42
370 168	83	80	78	75	72	70	68	66	64	62	60	58	56	55	53	52	50	49	48	46	45	44	43
375 170	84	81	79	76	73	71	69	67	65	63	61	59	57	56	54	52	51	50	48	47	46	45	43
380 173	85	82	80	77	74	72	70	67	65	63	62	60	58	56	55	53	52	50	49	48	46	45	44
385 175	87	84	81	78	75	73	71	68	66	64	62	60	59	57	55	54	52	51	50	49	47	46	45
390 177	88	85	82	79	76	74	72	69	67	65	63	61	59	58	56	55	53	52	50	49	48	46	45
395 179	89	86	83	80	77	75	72	70	68	66	64	62	60	58	57	55	54	52	51	50	48	47	46
400 182	90	87	84	81	78	76	73	71	69	67	65	63	61	59	58	56	54	53	51	50	49	48	46
405 184	91	88	85	82	79	77	74	72	70	68	66	64	62	60	58	57	55	54	52	51	49	48	47
410 186	92	89	86	83	80	78	75	73	71	68	66	64	63	61	59	57	56	54	53	51	50	49	48
415 188	93	90	87	84	81	79	76	74	71	69	67	65	63	61	60	58	56	55	53	52	51	49	48
420 191	94	91	88	85	82	80	77	75	72	70	68	66	64	62	60	59	57	56	54	53	51	50	49
425 193	96	92	89	86	83	81	78	75	73	71	69	67	65	63	61	59	58	56	55	53	52	51	49
430 195	97	93	90	87	84	81	79	76	74	72	70	68	66	64	62	60	58	57	55	54	52	51	50
435 197	98	94	91	88	85	82	80	77	75	73	70	68	66	64	63	61	59	58	56	55	53	52	50
440 200	99	95	92	89	86	83	81	78	76	73	71	69	67	65	63	62	60	58	57	55	54	52	51
445 202	100	97	93	90	87	84	82	79	77	74	72	70	68	66	64	62	61	59	57	56	54	53	52
450 204	101	98	94	91	88	85	83	80	77	75	73	71	69	67	65	63	61	60	58	56	55	54	52
455 207	102	99	95	92	89	86	83	81	78	76	74	71	69	67	65	64	62	60	59	57	56	54	53
460 209	103	100	96	93	90	87	84	82	79	77	74	72	70	68	66	64	63	61	59	58	56	55	53
465 211	105	101	97	94	91	88	85	83	80	78	75	73	71	69	67	65	63	62	60	58	57	55	54
470 213	106	102	98	95	92	89	86	83	81	78	76	74	72	70	68	66	64	62	61	59	57	56	54
475 216	107	103	100	96	93	90	87	84	82	79	77	75	72	70	68	66	65	63	61	60	58	56	55
480 218	108	104	101	97	94	91	88	85	83	80	78	75	73	71	69	67	65	64	62	60	59	57	56
485 220	109	105	102	98	95	92	89	86	83	81	78	76	74	72	70	68	66	64	62	61	59	58	56
490 222	110	106	103	99	96	93	90	87	84	82	79	77	75	73	71	69	67	65	63	61	60	58	57
495 225	111	107	104	100	97	94	91	88	85	83	80	78	75	73	71	69	67	65	64	62	60	59	59

IF YOUR PATIENT'S HEIGHT EXCEEDS 6' 5" ORDER SIZEWISE TALL PLUS

 Bariatric (Obese) patient may require specialty equipment
 Morbidly (Obese) patient requires specialty equipment



Changing Perceptions as Obesity Increases

Past

- Obesity was seen as a weakness or failure of the individual
- Diet and exercise were prescribed treatments
- Weight loss surgery was viewed as dangerous and extreme

Present

- Obesity is considered a disease with serious health risks
- Diet and exercise remain the cornerstone of obesity treatment
- However, surgery is accepted as a proven treatment for obesity
- Surgical treatment is appropriate for qualified patients

Bariatric surgery is a proven weight loss method.

Comparison of Atkins[®], Ornish, Weight Watchers[®], and Zone Diets

- > Randomized trial of 160 patients with average BMI of 35 (enrollment 2000 to 2002)
- > Medically supervised
- > Each diet reduced the LDL/HDL ratio by 10 percent.

Type of Diet	Completing One Year	Weight Loss at One Year
Atkins [®]	21/40 (53%)	2.1 kg (4 lbs.)
Zone	26/40 (65%)	3.2 kg (7 lbs.)
Weight Watchers [®]	26/40 (65%)	3.0 kg (6 lbs.)
Ornish	20/40 (50%)	3.3 kg (7 lbs.)

Dansinger, et al. JAMA 2005;293(1).

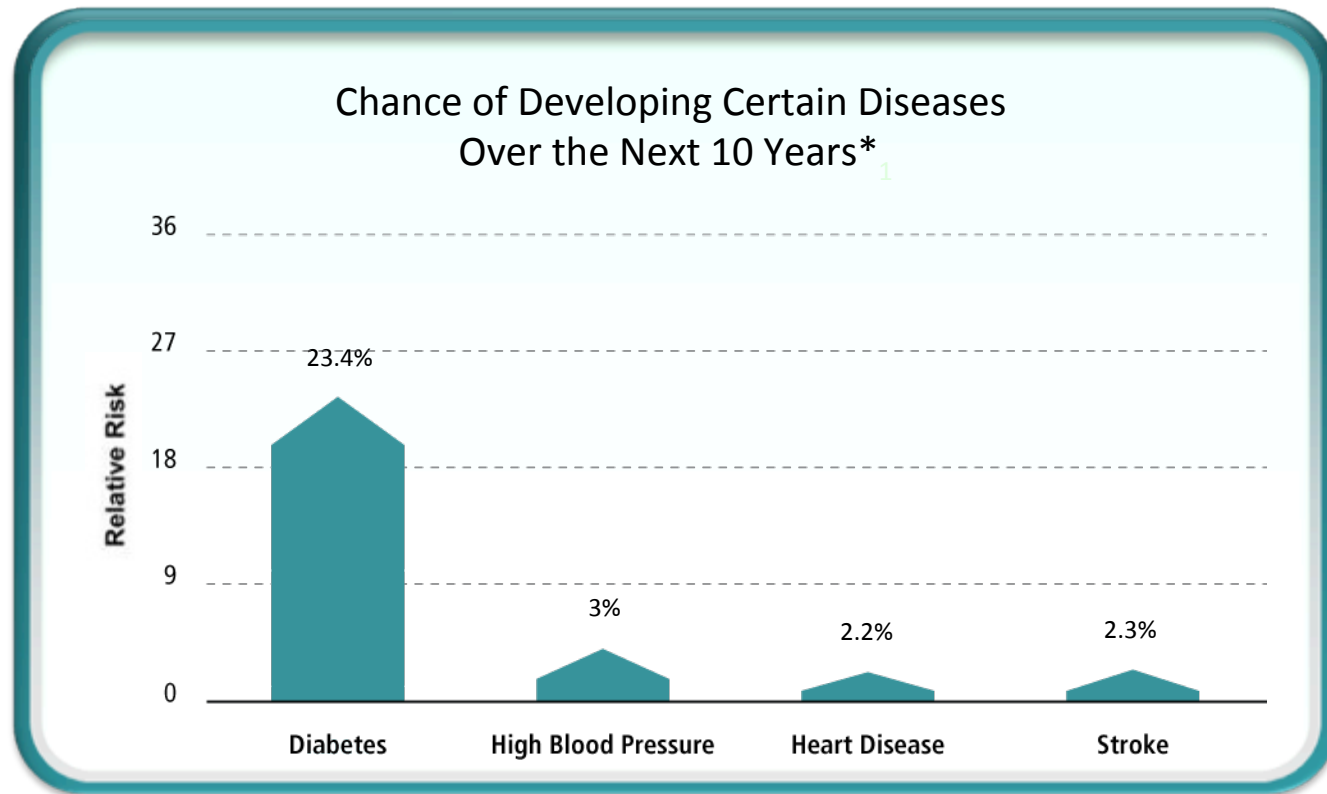
Atkins is a registered trademark of Atkins Nutritionals, Inc.

Weight Watchers is a registered trademark of Weight Watchers International, Inc.

Thrifty Genes Contribute to Morbid Obesity

- > Genetic factors account for 80 percent of a person's tendency to develop obesity.
- > These “thrifty genes” are designed to protect us from starvation by allowing us to store large amounts of energy in the form of fat when food is abundant.
- > This is the first time in human history that food has been so abundant.
- > The age-old advantage of thrifty genes has been influenced by our unique environment to cause disease.

Impact of Obesity: Increased Risk of Diabetes and More



*Men with BMI > 35. N = 51,529.

Impact of Obesity:

- Type 2 diabetes
- Coronary heart disease
- High LDL ("bad") cholesterol
- Stroke
- Hypertension
- Nonalcoholic fatty liver disease
- Gallbladder disease
- Osteoarthritis (degeneration of cartilage and bone of joints)
- Sleep apnea and other breathing problems
- Some forms of cancer (breast, colorectal, endometrial, and kidney)
- Complications of pregnancy
- Restrictive lung disease
- Infertility
- Stasis ulcers
- Asthma
- Pregnancy complications
- Menstrual irregularities
- Excessive hair growth
- Urine leakage
- Depression
- Heartburn (GERD)
- Increased surgical risk
- Increased mortality

Treating obesity may have multiple health benefits.

Physical Co-Morbidity

- Clothing choice and prices
- Furniture incapacity
 - seats: theater, planes, buses
 - restaurant booths
 - toilet/shower cubicles
- Personal hygiene (reach limit)
- Tying shoelaces



Impact of Obesity:

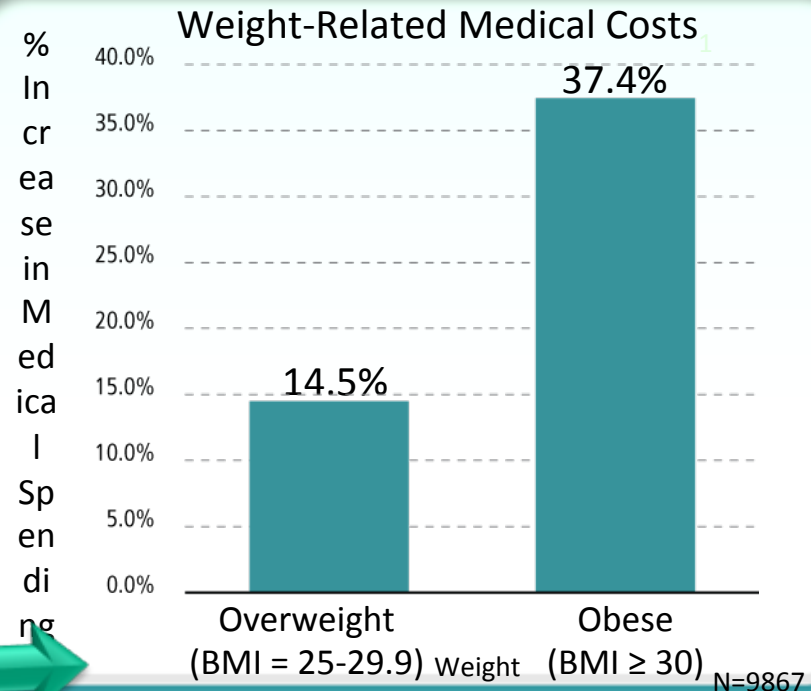
Social and Economic Effects

Social Impact

Making a good impression
Dealing with judgmental behavior
Compromised health and premature aging

Economic Impact*₁₋₃

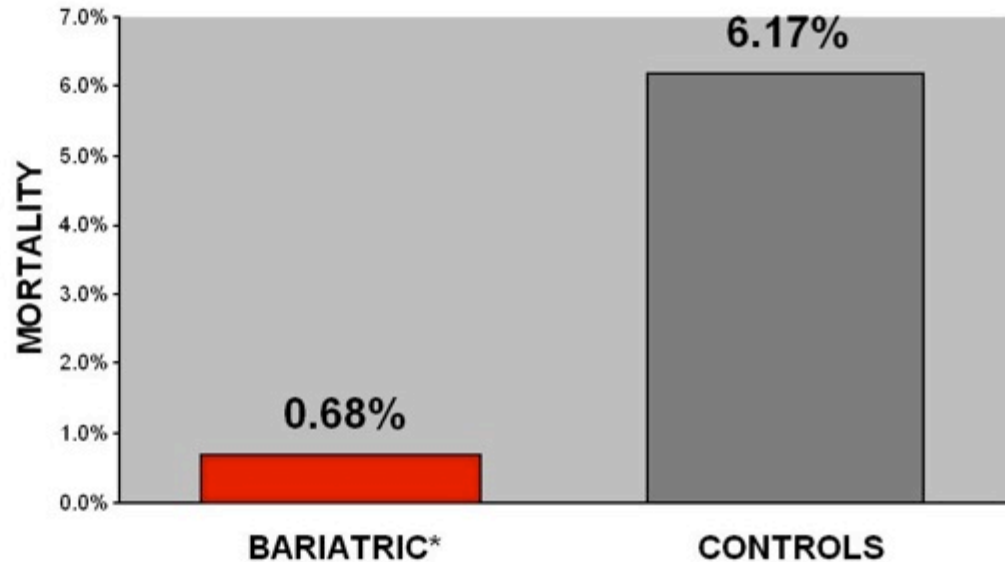
- As weight increases, so does medical spending in healthcare system
- Increased personal spending on prescriptions, weight loss products



*Regression approach using data from 1998 Medical Expenditure Panel Survey and the 1996-97 National Health Interview Surveys. N = 9867 adults. Percent of increase is significant across all payors ($P < .05$).

5-Year Mortality Reduction

Surgical Patients Had Nine Times Lower Risk of Dying Within the Study Period



p-value 0.001

* Includes perioperative (30-day) mortality of 0.4%

Christou NV, Sampalis JS, Liberman M, et al. Surgery Decreases Long-Term Mortality, Morbidity, and Health Care Use in Morbidly Obese Patients. *Annals of Surgery* 2004;240(3):416-424.