Houston Methodist offers weight loss surgery at seven convenient locations across Greater Houston.*

Houston Methodist
Baytown Hospital*
4401 Garth Rd.
Baytown, TX 77521

Houston Methodist
Clear Lake Hospital*
18300 Houston Methodist Dr.
Nassau Bay, TX 77058

Houston Methodist Hospital*
6565 Fannin St.
Houston, TX 77030

Houston Methodist
Sugar Land Hospital*
16655 Southwest Fwy.
Sugar Land, TX 77479

Houston Methodist
The Woodlands Hospital
17201 Interstate 45 S.
The Woodlands, TX 77385

Houston Methodist
West Hospital*
18500 Katy Fwy.
Houston, TX 77094

Houston Methodist
Willowbrook Hospital*
18220 State Hwy. 249
Houston, TX 77070

For more information about how to get started, please visit houstonmethodist.org/weight-loss-surgery or call 832.667LOSE (5673).

* Weight loss surgery orientation sessions are offered for this location.

WHY CHOOSE SURGICAL WEIGHT LOSS AT HOUSTON METHODIST?

Houston Methodist’s board-certified bariatric surgeons have decades of experience and use the least invasive weight loss surgery procedures. Our specially trained staff of bariatric coordinators, dietitians, counselors and exercise physiologists; state-of-the-art facilities; and extensive support before and after surgery are all designed to help each patient achieve long-term weight loss success.

Since 1981, the Houston Methodist Weight Management Center has led the way in helping people achieve weight loss and improvement in their obesity-related illnesses through bariatric and metabolic surgery. This comprehensive program, the only one of its kind in the Greater Houston area, is dedicated to helping patients lose weight and live a longer, healthier life.
A COMPREHENSIVE WEIGHT LOSS APPROACH

The weight loss surgery program at Houston Methodist brings together multiple medical specialties to meet patients’ needs before, during and after surgery.

The program offers:
• Board-certified surgeons experienced in minimally invasive bariatric surgery
• Presurgical assessments, which include a nutritional and psychosocial evaluation by licensed professionals
• Options for video visits with a dietitian, mental health professional or exercise physiologist after surgery
• Ongoing free monthly support groups that cover life-skill topics to assist with successful long-term weight loss
• Bariatric coordinators to help answer questions about the process and understand your insurance coverage
• Metabolic testing procedures that include:
  - MedGem® indirect calorimetry, a breath test that takes 10 minutes and measures resting metabolic rate
  - InBody™ bio-electrical impedance testing for body fat, muscle and fluid status

SURGICAL OPTIONS AVAILABLE

Roux-en-Y Gastric Bypass
The surgery separates the stomach into two parts. The upper portion becomes a pouch about the size of a golf ball, which limits the amount of food digested. The rerouted digestive tract goes around the upper part of the intestine, altering the absorption of food and its nutrients.

Sleeve Gastrectomy
The surgery reduces the stomach to about 25 percent of its original size without bypassing the intestines. The small sleeve-structured stomach restricts the amount of food digested, thus limiting appetite and food intake.

Bariatric Revision Surgery
Weight loss surgery revisions, performed as a result of inadequate weight loss, weight regain or complication from a previous weight loss procedure.

ARE YOU A CANDIDATE FOR SURGICAL WEIGHT LOSS?

Candidates for bariatric and metabolic surgery are carefully screened to protect their health and safety. Criteria for eligibility include:
• A body mass index (BMI) of 40 or above; or a BMI of 35 to 39 with associated medical conditions, such as high blood pressure, high cholesterol, type 2 diabetes, sleep apnea and/or other weight-related diseases
• Previous unsuccessful attempts at weight loss
• A motivation toward dietary and lifestyle changes
• Commitment to long-term follow-up and to taking lifetime vitamin and mineral supplements

Get started today by attending a free information session.
Visit houstonmethodist.org/surgicalweightloss or call 832.667.LOSE (5673).