



It's More Than Surgery. It's a Life Changer.

Scripps Clinic Center for Weight Management is the most comprehensive weight loss program in San Diego.

Our experienced physicians and professional staff have helped thousands of people successfully lose weight through a full range of bariatric surgery options, as well as non-surgical, medically supervised weight management programs.

We understand that no single weight loss program works for everyone. That's why we customize a safe and healthy weight loss program to help you reach your health goals — and change your life.

Now that you have your guide, how about taking one more step? Consider taking our **free bariatric assessment** or call us at **858-260-3391** to schedule a consultation with a bariatric specialist or to sign up for an upcoming seminar.



Ready to Change Your Life? Bariatric Weight Loss Surgery Options

If you have tried numerous weight loss programs without lasting success, bariatric surgery may be your best option — especially if your weight is posing serious health risks.

Our expert, experienced bariatric surgeons perform all medically proven, evidence-based weight loss operations using minimally invasive laparoscopic techniques. Laparoscopic surgery involves an abdominal operation performed with multiple very small incisions instead of one large incision. The benefits include less pain, fewer risks, shorter recovery time, and better cosmetic results.

The right procedure for you will depend on many factors, including your weight, medical conditions, past operations, and age.

Laparoscopic Gastric Bypass (Roux-en-Y)

Laparoscopic gastric bypass is widely accepted as the most effective weight loss surgery available and considered by many as the “gold standard” to treat severe obesity.

During gastric bypass surgery, the stomach is divided into two sections. One section is a new, smaller pouch that acts as the new stomach and has a capacity of roughly two ounces, much smaller than its former size of about two quarts. The significant reduction of stomach capacity creates a feeling of appetite control and fullness after eating only a small amount of food.

Our bariatric surgical center is accredited by the **Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP)**, a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). Our center has passed a rigorous review process by proving that it maintains certain physical resources, human resources, and standards of practice. We report our outcomes to the MBSAQIP database.

In addition, gastric bypass enables a small amount of food to pass through without being processed by the body, which enhances the weight loss. As a result of these two effects, less food is consumed and processed, which produces comfortable and significant weight loss. On average, patients lose approximately 70 percent of their excess weight.

Laparoscopic Sleeve Gastrectomy

Sleeve gastrectomy also permanently reduces the size of the stomach, which in turn reduces feelings of hunger and increases a sense of fullness.

During this procedure the surgeon removes 70–80 percent of the stomach, leaving a portion shaped like a tube or “sleeve.” With a significantly smaller stomach after surgery, many patients report they are satisfied with much smaller portions of food, and lose significant weight as a result of reduced intake. On average, patients lose about 60 percent of their excess weight.

Support Before, During and After Bariatric Surgery

Not only will bariatric surgery change your weight, it will change your life in multiple ways. Our team is there at every step to help you succeed.

Pre-bariatric Surgery Program

By identifying strengths and targeting potential problems before surgery, we can increase your chances of reaching your goal weight and maintaining it for life.

To ensure that your entire process is smooth and successful, we provide:

- **Psychological Counseling**

Our psychologist will provide counseling to enhance your understanding of and readiness for bariatric surgery and help you create both pre-surgery and post-surgery plans to help maximize weight loss and long-term weight maintenance.

- **Bariatric Surgery Orientation Seminar**

This 60-minute orientation seminar gives you an opportunity to meet the surgeon and get all the facts about the various bariatric surgical options.

- **Pre-surgery Diet Prep Class**

This 60-minute class teaches you how to eat to prepare for surgery and what to eat when you return home from the hospital after the surgery. The transition from liquids to solid food will be reviewed in detail. This is a small group with opportunities for discussion and questions.

- **Bariatric Support Group Meeting**

Following your bariatric surgery, you may need support from others to adjust to your new lifestyle, especially from those who have gone through the experience. Held once a month, this free, one-hour session explores various topics regarding life after bariatric surgery.



Post-bariatric Surgery Ongoing Support

Remember that bariatric surgery is only a means to an end: improved health and quality of life.

By providing ongoing support and psychological treatment post-surgery, we can help you maintain your weight and your health.

- **Scripts Living Lite (Behavioral Change Program)**

Led by a professional life coach, the Living Lite program teaches powerful skills and strategies that will inspire you to live a healthier lifestyle. Through personalized one-to-one coaching and weekly meetings to help keep you motivated, you'll experience a life-changing approach to long-term weight management.

- **Follow-up with Team Members**

Follow-up consultations with your medical clinician, registered dietitian and clinical psychologist can help you maintain healthy, appropriate eating habits and address any challenges following your surgery.

Specialists Who Care

For many people, weight issues have been a frustrating, life-long struggle. Successful weight management often requires the assistance of one or more medical professionals trained to identify both the root causes of a weight problem and the most effective solution for every individual.

We're dedicated to providing the right treatment plan for you through a complete, multidisciplinary program that addresses all aspects of your care — including medical, nutritional, behavioral and psychological.

Our team of specialists includes:

- Expert **bariatric surgeons** who specialize in the latest minimally invasive weight loss procedures available.
- Board-certified **endocrinologists, physicians and nurse practitioners** who specialize in treating underlying medical conditions that can impact weight, including metabolic disorders, endocrine problems, diabetes and other conditions such as thyroid disease.
- **Registered dietitian (RD)** who will assess your nutritional needs, evaluate your eating habits, design personalized diet plans and help you make the necessary adjustments for a sustainable healthy eating plan.
- **Clinical psychologists** who work closely with patients seeking help for eating disorders and the emotional and lifestyle struggles that often accompany weight problems.
- **Exercise physiologists** trained to create fitness programs modified for each person's age, activity level and weight loss goals.
- **Weight loss coaches** who help motivate, educate and support you in achieving and maintaining a healthy body weight.



Non-surgical Weight Loss Solutions

Recognizing that many people can learn to manage their weight through healthy lifestyle changes instead of surgery, Scripps Clinic Center for Weight Management offers a variety of non-surgical services, including medical screenings for metabolic disorders, review of current medications that may impact your weight, meal replacement plans, medically-supervised dietary and activity counseling, and weight loss classes.

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