

Frequently Asked Questions

How do I know if I am eligible for weight loss surgery?

The National Institutes of Health recommends weight loss surgery if you are 100 pounds above your ideal body weight, or have a BMI (Body Mass Index) over 40, or a BMI over 35 with obesity-related illnesses such as sleep apnea, diabetes, or hypertension (high blood pressure).

Is weight loss surgery covered by insurance?

Insurance coverage depends on your insurance plan. Our coordinators can assist you with obtaining proper authorizations.

How long will I be off from work?

Recovery and time off of work will depend on the type of weight loss surgery you have. Plan to take about, four weeks, depending on the type of work you do.

How much weight will I lose?

The amount of weight you lose and the rate at which you lose it depends on many factors: your age, gender, the type of bariatric procedure, starting body mass index and how you make the lifestyle changes necessary for success.

If I am interested in weight loss surgery, how do I find out more?

Come visit one of our FREE informational sessions. They are held monthly at our Chelmsford and North Andover locations, and are available in Spanish. Visit www.lowellgeneral.org/weightinfosessions.



The Center for Weight Management and Bariatric Surgery

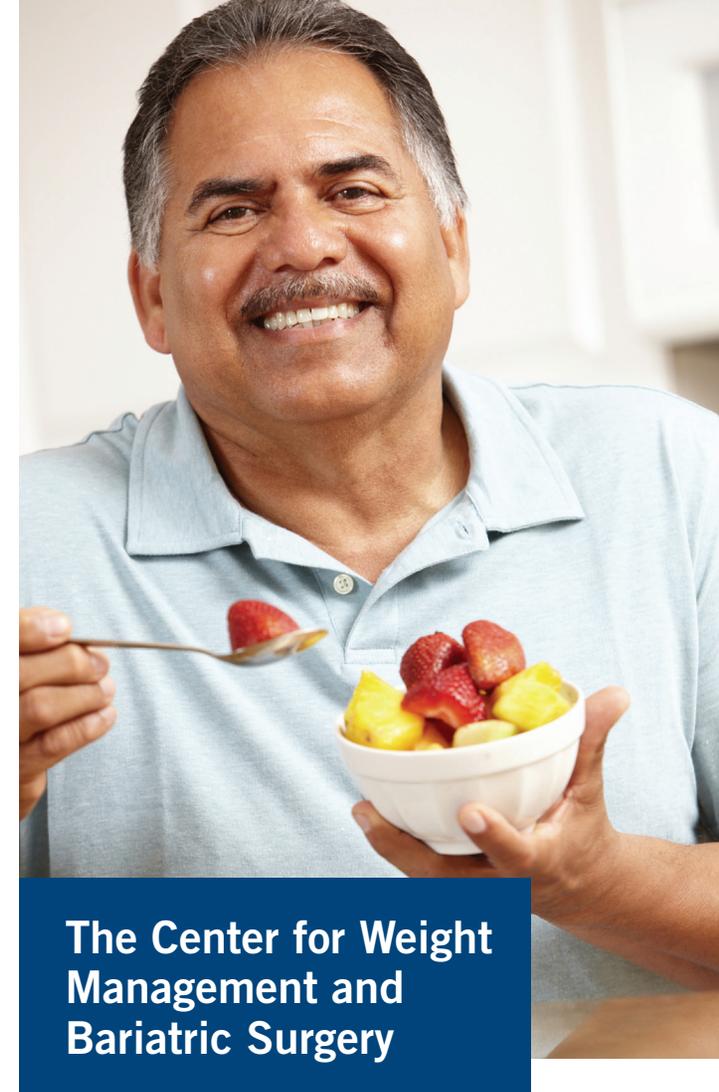
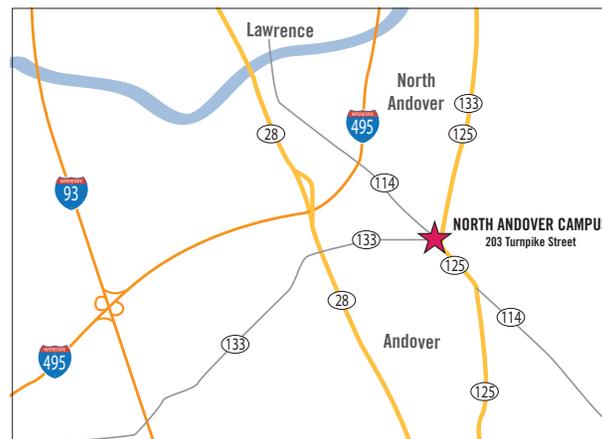
Chelmsford campus:
20 Research Place, North Chelmsford

Take Route 3 North to the Drum Hill Interchange, exit 32. Take your second right off of the interchange, Route 4 North. Proceed on Route 4 North to the first right, Technology Drive. Take your next right at Research Place.



North Andover Campus:
203 Turnpike Street, 2nd Floor, North Andover

Take I-495 to Route 114 East exit 42A toward Middleton. Merge onto MA-114/Salem Turnpike (Turnpike Street). Drive 1.1 miles. We are in the Circle Health North Andover building on the right.



The Center for Weight Management and Bariatric Surgery



Changing Lives

Losing weight is about more than a new body; it's about a new way of living. At the Center for Weight Management and Bariatric Surgery, we have helped thousands of patients transform their bodies and lives through our comprehensive and individualized approach to weight management. Investigating your options to manage obesity is the first step to gaining control and finding a solution that works for you. We provide effective, compassionate care in a comfortable, welcoming setting at two convenient locations.

Center for Weight Management and Bariatric Surgery

20 Research Place, North Chelmsford
203 Turnpike Street, North Andover
For questions or appointments,
please call 978-788-7200 or visit
www.lowellgeneral.org/weight

Our Team

The Center for Weight Management and Bariatric Surgery is a multidisciplinary team of surgeons, medical doctors, dietitians, psychologists, nurses, and support staff committed to providing you with long-term comprehensive care and support. Our broad treatment approach includes individual counseling, support groups, body movement classes, and educational workshops that help you make the important lifestyle changes necessary for lifelong weight success.



How Weight Loss Surgery Works

Bariatric surgical procedures cause weight loss by restricting the amount of food the stomach can hold, causing malabsorption of nutrients, or by a combination of both gastric restriction and malabsorption. Bariatric procedures can also cause hormonal changes that affect appetite and blood sugar. Most weight loss surgeries are performed using minimally invasive techniques (laparoscopic surgery). We offer three types of weight loss surgery:

Gastric Bypass Surgery - The stomach size is reduced to a golf-ball size pouch and then attached to the middle of the small intestine. The small pouch size restricts the amount of food that can be consumed. The rerouting of the food stream past the upper part of the intestine may reduce some of the calories absorbed and alters gut hormones to promote fullness, suppress hunger, and improve blood sugar levels.

Adjustable Gastric Band - An adjustable silicone band filled with saline is wrapped around the upper part of the stomach, creating a small pouch that restricts the amount of food that can be consumed at one time.

Sleeve Gastrectomy - The stomach is divided and more than 85% of it is removed. The remaining stomach is stapled vertically, creating a tube or banana-shaped pouch that restricts the amount of food that can be consumed. The surgery affects gut hormones that impact hunger, fullness, and blood sugar control.

Each surgery provides you with an effective tool to help you lose weight and increase your quality of health. Bariatric surgery has been shown to help improve or resolve many obesity-related conditions, such as type 2 diabetes, high blood pressure, heart disease, and more. Our team will guide you in choosing a procedure that is best for you.

Resources and Education

We offer online, individual, and group education and support before, during, and after surgery so you may learn at your own pace and at times that are convenient for you.

Preparing for Bariatric Surgery These classes help you learn about nutritional guidelines for surgery, reading food labels, habits for success, and more.

Body Movement Classes include Neuromuscular Integrative Action (NIA), traditional and chair yoga, and strength training.

Support Groups include men's and women's groups, and a patient-led group called Patient-to-Patient. Visit us on Facebook at www.facebook.com/Lowell-General-Hospital-Center-for-Weight-Management-Bariatric-Surgery for upcoming groups.

Healthy Mind, Body Workshops are designed to build and enhance positive behaviors and include My Hungry Head, Successful Habits, A New You, and Body Image and Weight Loss. To register for a workshop, go to: www.lowellgeneral.org/health



*Surgical information adapted from the American Society for Metabolic and Bariatric Surgery (ASMBS).