

Clara Maass Medical Center

Clara Maass Medical Center, an affiliate of the Saint Barnabas Health Care System, provides a complete continuum of care to residents of northern New Jersey. Clara Maass Centers of medical excellence include the Women's Health Center, Nuclear Medicine, The Cancer Center, The Bariatric Surgery Center, Diagnostic Cardiac Services including Cardiac Catheterization, Emergency and Elective Angioplasty and Rehabilitation, The Pain Management Center, The Joint & Spine Institute, a Vascular Center, Same Day Surgery, The Wound Center, The Center for Sleep Disorders, Rehabilitation Services, Maternity Services and Parent Education, as well as Pediatrics.

For a physician referral or more information about Clara Maass programs and services, please call 1.888.SBHS.123 or visit www.saintbarnabas.com.



The Bariatric Surgery Center
Clara Maass Medical Center
One Clara Maass Drive, Belleville
973.450.2393

The Bariatric Surgery Center at Clara Maass Medical Center

For the treatment of obesity and health-related issues.



The Bariatric Surgery Center at Clara Maass

The Bariatric Surgery Center offers a comprehensive approach to weight loss, helping patients in their commitment to a healthier lifestyle. Using a multidisciplinary team, the center offers an individualized program to meet each patient's specific needs and goals. To ensure patient satisfaction and long-term success, the program includes extensive patient education, ongoing patient support groups, and long-term clinical follow-up.

Available Bariatric Services

Services include LAP-BAND™, REALIZE™ Band, Laparoscopic Sleeve Gastrectomy, Laparoscopic Roux-En-Y Gastric Bypass Surgery, and StomaphyX Gastric Bypass Revisional Surgery.

The LAP-BAND™/REALIZE™ Band surgery is minimally invasive, requires a shorter hospital stay than Gastric Bypass surgery, and is completely reversible. It involves placing a band around the stomach to create a smaller gastric pouch, limiting the amount of food that the stomach will hold at any time. The inflatable band controls the flow of food from this smaller pouch to the rest of the digestive tract. The patient will feel comfortably full with small amounts of food, reducing the urge to eat between meals.

The Roux-en-Y Gastric Bypass surgery uses a combination of restriction and malabsorption. During the procedure, the surgeon creates a smaller stomach pouch. The surgeon then attaches a Y-shaped section of the small intestine directly to the pouch. This allows food to bypass a large portion of the small intestine, which absorbs calories and nutrients. Having the smaller stomach pouch causes patients to feel fuller sooner and eat less food; bypassing a portion of the small intestine means the patient's body absorbs fewer calories.

Are you a candidate?

In order to be a candidate for bariatric surgery, a person must be 100 pounds overweight with a BMI of 40 or greater or a BMI of 35 or greater with additional medical problems, such as high blood pressure, diabetes, sleep apnea, etc., (as determined by the National Institute of Health Consensus Panel). With the commitment to a healthy lifestyle, surgery has the potential to be an effective, long-lasting weight loss method. Patients are likely to lose 50 to 65 percent of their excess weight and should see improvement in conditions linked to obesity.

The Screening Process

Patients will undergo a comprehensive screening process to determine the appropriate choice of weight loss method. Upon completion of the initial patient medical intake, the bariatric team will coordinate consultations with the appropriate medical personnel including an appointment with a bariatric surgeon. All medical tests and consultations are tailored to each patient's specific needs. This multidisciplinary approach is essential and is proven to provide long-term success.

During the screening process patients will:

- ❖ Meet the multidisciplinary bariatric team
- ❖ Undergo a thorough review of medical and diet history
- ❖ Discuss his or her surgical options in depth, including the risks, benefits and alternatives
- ❖ Undergo a consultation with a registered dietician and psychologist

A Dedicated Team

Board-certified bariatric surgeon, Naveen Ballem, M.D., leads a dedicated staff of specialized nurses, dietitians, behavioral health specialists and a bariatric coordinator. This team will work together to ensure the best possible results for each and every patient.

Information and Support

Monthly information sessions, "About Bariatric Surgery," are available the third Wednesday of each month from 6 to 7 p.m. Sessions are followed by a Bariatric Support Group from 7 to 8 p.m. Both sessions are held in the Belleville Founders Room located in the Main Lobby at Clara Maass Medical Center. Free parking is available in the parking deck. To register, please call **1.888.SBHS.123, prompt #1**.

Office hours by appointment.

For additional information about bariatric surgery, please contact the Bariatric Program Coordinator at 973.450.2393, or e-mail naveenballemmd@gmail.com.