

## Bariatric Surgeon



### Wesley G. Girod, M.D.

Wesley Girod, M.D., is a general surgeon in Hattiesburg and is a member of the medical staff at Merit Health Wesley, where he serves as the Bariatric Director. Board-certified by the American Board of Surgery,

Dr. Girod is also a member of the Mississippi State Board of Surgery, the American College of Surgeons, the Society of American Gastrointestinal Endoscopic Surgeons and the Southeastern Surgical Congress. Additionally, Dr. Girod serves on the Merit Health Wesley Ethics Committee. He is also certified in Advanced Cardiac Life Support.

*Member of the Medical Staff at Merit Health Wesley.*

Merit Health Wesley Surgical Weight Loss Center is designed to help people improve their health and quality of life by using surgical intervention for weight reduction, getting them on track for a new way of living. Our services promote a lifestyle change for a healthier you and include a one-year membership to the Merit Health Wellness Center. To begin your journey toward a healthier lifestyle, contact our Bariatric Coordinator at 601-261-5767.

## Wishful Shrinking

This is a professionally designed exercise program for individuals wishing to lose 50 or more pounds. This class meets in a private exercise room on Tuesdays and Thursdays from 5:30-6:30 p.m. at the Merit Health Wellness Center. It is ideal for those who are qualifying for or are recovering from bariatric weight loss surgery and offers support and education in exercise and nutrition.

# Surgical Weight Loss



For more information or to find a doctor visit **MeritHealthWesley.com**.



5001 Hardy Street  
Hattiesburg, MS 39402



*Patient results may vary. Before you decide on surgery, discuss treatment options with your doctor. Understanding the risks and benefits of each treatment can help you make the best decision for your individual situation.*

**601-261-5767**

**LoseWeightatWesley.com**



## The Truth

Obesity is a chronic disease that has many contributing factors including your environment, genetics, physiology and psychology, metabolism and behavior. Obesity contributes to the risk of developing serious medical conditions including respiratory and cardiac problems, depression, cancer and is the second leading cause of preventable death in the United States. Don't be a statistic. Get informed and find out how you can change your future and well being.

## Criteria for Surgical Candidates

**To be a candidate for weight-loss surgery, you must:**

- Have a Body Mass Index (BMI) of 40 or greater or be 100 or more pounds overweight from your ideal body weight.  
A BMI calculator is available at our website.
- If BMI is between 35 and 40, you must have at least one significant medical condition such as diabetes, hypertension or sleep apnea.
- Be at least 18 years old.
- Not be drug or alcohol dependent or have at least one year of sobriety.
- Have a personal ongoing commitment to improving your health and lifestyle.

## Getting Started

- To begin your journey towards a healthier lifestyle, contact our Bariatric Coordinator at 601-261-5767.
- At your first appointment you will be provided with a checklist of preoperative requirements that must be met prior to your bariatric surgery.
- Many insurance companies require psychiatric evaluations, sleep study, physical therapy, dietary consultations and a medically supervised diet that may be 3-6 months in duration.
- Your second appointment is an initial visit with a bariatric surgeon to discuss which bariatric surgery will be best for you. The team will also inform you of further consultations or tests needed to determine if you are a candidate for surgery.
- During your supervised diet, you will also meet with our dietitian to discuss lifestyle changes needed for long-term weight control.
- Check with your insurance carrier to see if you are covered for weight loss surgery.



## Surgical Options

### Adjustable Gastric Band

Gastric banding, which is usually performed laparoscopically, is one of the least invasive approaches to weight loss surgery because neither the stomach nor the intestine is cut. Laparoscopically placed around the upper part of the stomach, the band divides the stomach into a small upper pouch above the band and a larger pouch below the band. This small pouch limits the amount of food that a patient can eat at any one time, and will result in a feeling of fullness after eating a small amount of food.

Because the band is adjustable and does not permanently alter the anatomy, it provides an option for patients who may not otherwise consider surgery for treatment of their obesity. Other advantages include a shorter hospital stay and no effects on the absorption of nutrients.

### Sleeve Gastrectomy

A sleeve gastrectomy is a restrictive surgical weight loss procedure that reduces the size of your stomach and is usually performed laparoscopically. During this procedure, a thin vertical sleeve of the stomach is created using a stapling device, and the rest of the stomach is removed. The sleeve is about the size of a banana. This procedure limits the amount of food you can eat and helps you feel full sooner. Because food does not bypass any of the intestines, there is no malabsorption. Since this procedure removes most of your stomach, the "appetite hormone" created by the stomach is reduced and hunger is reduced.