

## Team Members:

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Paul Stewart, MD, FACS, is a general surgeon experienced in Advanced Laporoscopic Techniques. He is a graduate of the Indiana University School of Medicine and completed his internship and residency at Methodist Hospital in Indianapolis. He is a member of the medical staff at IU Health Ball Memorial Hospital and has practiced in Muncie since 1998.



Mandy Puckett, MA, RD, CD, is a registered dietitian and is the Weight Management Program Coordinator. She has received a Certificate in Adult Weight Loss Management through the American Dietetics Association. Mandy teaches patients about the proper diet and nutrition needed for a successful weight loss program.



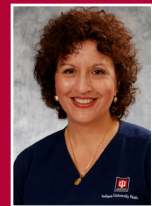
Josh Rainey, PhD, MA, is a behavioral health post-doctoral fellow with the Family Medical Residency Center. Josh performs health focused individual and group therapy as well as pre-surgical psychological examinations for the IU Health Ball Memorial Hospital Bariatric and Medical Weight Loss Center.



Cindy O'Dell, MA, RD, CD, serves as the outpatient dietitian and sees patients in the bariatric program.



Jami Rosenbaum, BS, is an Insurance Verification Specialist at the Bariatric Center. Jami also has a degree in Health Science and is passionate about patient education and helping patients reach their goals to move to a healthier weight.



Karin Gaither, CMA is a certified medical assistant that works with both programs.

Not Pictured:  
Behavioral Health Specialist  
Exercise Specialist

## How You Can Succeed.

The keys to success in your weight loss journey include a commitment to making gradual changes to promote a healthier lifestyle, seeking advice and reaching out for support. Our bariatric team is here to offer you the encouragement, answers and tools to help you work toward your weight loss goals. We are here to support you before, during and long after surgery with nutritional, exercise and lifestyle counsel and support. Laparoscopic gastric band surgery is only a tool for weight loss. Surgery alone will not guarantee long term success. Your commitment to making lifestyle changes is crucial to a successful outcome.

## Contact Information.

Whether your primary care physician refers you or you decide to seek help on your own, our goal at IU Health Ball Memorial Hospital Bariatric and Medical Weight Loss is to give you the information you need to make an informed decision about the weight loss treatment options available to you.

For more information regarding our program, your eligibility for bariatric surgery, seminars and more please call 765.747.4410, email [mpucket1@iuhealth.org](mailto:mpucket1@iuhealth.org) or visit [iuhealth.org/ball-memorial/bariatric-services/](http://iuhealth.org/ball-memorial/bariatric-services/).



Ball Memorial Hospital

[iuhealth.org/ball-memorial/bariatric-services/](http://iuhealth.org/ball-memorial/bariatric-services/)

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## Surgical Weight Loss Options.

IU Health Ball Memorial Hospital  
Bariatric and Medical Weight Loss



Ball Memorial Hospital

Indiana University Health Ball Memorial Hospital Bariatric and Medical Weight Loss provides counseling and assistance to help you overcome obesity and achieve a healthy weight. Our team includes a skilled bariatric surgeon and multidisciplinary staff, including a registered dietitian, behavioral health specialist and exercise specialist - all with the goal of helping you embrace a lifestyle that promotes health, wellness and a new you. We provide services at the IU Health Ball Memorial Hospital Bariatric and Medical Weight Loss office at 2901 West Jackson Street Muncie, IN 47304.

Bariatric surgery is a tool used to help you achieve your weight loss goals. However, pursuing surgical weight loss is not for everyone. Our mission is to connect you with the resources to make the choice that is right for you.

## Surgical Options.

- Laparoscopic adjustable gastric band surgery



## Bariatric Program Guidelines.

Bariatric surgery is just one step along the path to losing and maintaining weight loss and a healthy lifestyle. To help prepare you for a successful weight loss journey, we require all patients to take an active role in the following treatment plan:

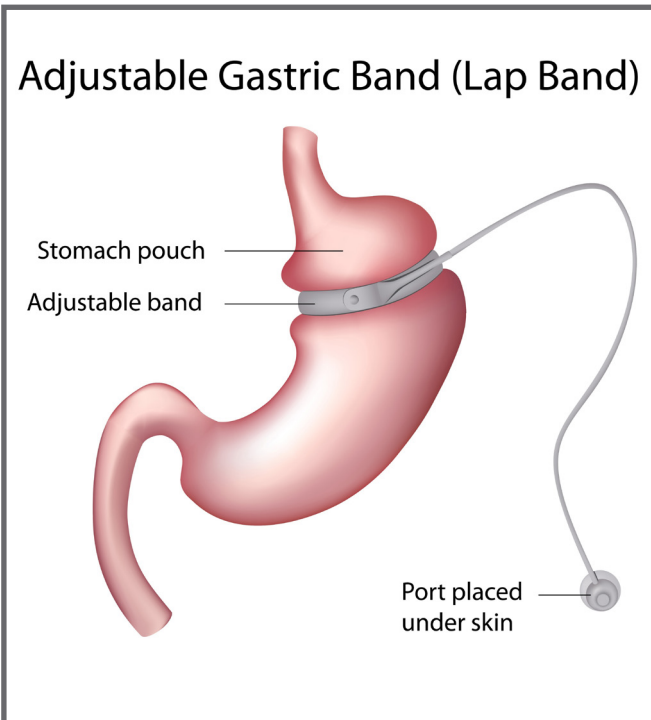
- Attend an educational office consult or seminar
- Verify insurance authorization for surgery
- Determine bariatric surgery benefits
- Pre-op testing eligibility with insurance
- Consults with surgeon and registered dietitian
- Undergo psychological testing and evaluation
- Complete consecutive supervised weight loss # of visits (per insurance requirements)
- Demonstrate an understanding that bariatric surgery will not solve weight problems, but that commitment to prescribed lifestyle changes can lead to success
- Understand risk and benefits of laparoscopic gastric band surgery
- Attend postoperative follow-up appointments for diet and weight loss management
- Attend support groups.

If you are interested in a different bariatric surgical procedure or if you are not a candidate for our program, our team will help you find a program to meet your needs.

## Laparoscopic Gastric Banding.

Laparoscopic gastric band surgery involves inserting an adjustable band around the upper portion of the stomach to restrict its capacity.

A port is installed on the abdominal wall muscle underneath the skin. The port is not visible above the skin's surface. Adjustments are made to the band by injecting or removing saline solution to fine-tune the band's fit around the stomach, causing an increased sense of fullness by further reducing stomach capacity. Talking with your bariatric surgeon and the dietitian will help determine if and when an adjustment is necessary.



## Surgery Benefits.

- Minimally-invasive surgery
- Unaltered stomach anatomy
- Decreased hunger and increased sense of fullness to help promote weight loss
- Reduced risk of post-operative complications
- Reversible surgical procedure
- Routine adjustments to help tailor band fit to each individual

## Risk of Gastric Band Surgery.

While laparoscopic gastric banding is less invasive than other forms of bariatric surgery, this procedure can result in the following surgical complications:

- Band slippage
- Band erosion
- Port-site complications
- Device leaks
- Pouch and/or esophageal dilation
- Plus additional surgical risks