



# Surgical Weight Loss Options

## Bariatric Surgery

Indiana University Health Arnett Bariatric Surgery provides counseling and assistance to help you overcome obesity and achieve a healthy weight. Our team includes a skilled bariatric surgeon and nursing staff, along with a registered dietitian—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 Arnett Hospital Medical Office Building at 5177 McCarty Lane, Lafayette.

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.

### SERVICES

- Supervised weight loss for program participants
- Nutritional counseling
- Psychological assessments and additional counseling as needed
- Weight loss support groups for program participants
- Insurance support
- Bariatric fitness services optional exercise program
- Laparoscopic sleeve gastrectomy surgery

### LOCATION

**IU Health Arnett Hospital Medical Office Building**  
5177 McCarty Lane  
Lafayette, IN 47905

### ABOUT YOUR TEAM



**Ruban Nirmalan, MD** is a general surgeon with experience in bariatric surgeries.

Dr. Nirmalan received his medical degree from Northeastern Ohio Universities College of Medicine. He completed his General Surgery Residency and served as Chief Surgical Resident at St. John Hospital in Detroit,

Michigan. He is a fellow of the American College of Surgeons, a member of the Indiana Medical Association and is board certified in General Surgery.



**Michelle McQueen, RD, CD** is a registered dietitian. Throughout her career, her passion has been to help people feel enabled to make healthy choices for their family. Her experience working with Supplemental Nutrition Program for Women, Infants and Children (WIC) and IU Health Arnett Hospital have helped to increase

her skills and enthusiasm for nutrition education. Michelle and her husband have three little girls. She enjoys sewing, cooking and serving others through her church.



**Nicole Harmeson, RD, CD** is the bariatrics program registered dietitian. Nicole is from Crawfordsville, Indiana and has lived in the Lafayette community since she studied Dietetics, Nutrition, Fitness and Health at Purdue. She is passionate about helping people and has worked with the Power Over Pounds

program. Being part of the IU Health team has inspired her to continue making a difference in her patients' lives.



**Teresa Bowers, RN** has started her bariatric journey in November 2014 after attending a bariatric seminar. She knew she wanted more than just personal weight loss. In October 2015 she had a sleeve gastrectomy and in January 2016 she became the Bariatric Support Group Leader for IU Health Arnett. With a passion

to assist others, she was hired in October 2016 as the Bariatric Coordinator. She now guides patients through their weight loss journey and provides tools needed to not only lose the weight but to maintain a healthy weight for years to come. Teresa is an active member of her church and the Obesity Action Coalition. When she is not giving back to her patients you will find her spending time with her family, spoiling her grandchildren, shopping and traveling to any tropical location.



Arnett Physicians

[iuhealth.org/arnettbariatrics](http://iuhealth.org/arnettbariatrics)

## 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:

- Submit insurance information to determine bariatric benefits eligibility
- Attend an educational office consult or EMMI module
- Consult with surgeon, bariatric coordinator nurse and registered dietitian
- Undergo psychological testing and evaluation
- Complete three to six months of supervised weight loss (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
- Verify insurance authorization for surgery
- Complete testing to ensure physical readiness for surgery
- Understand risk and benefits of laparoscopic sleeve gastrectomy surgery
- Attend postoperative follow-up appointments for diet and weight loss management
- Attend a minimum of three bariatric support group meetings

## LAPAROSCOPIC SLEEVE GASTRECTOMY

Laparoscopic sleeve gastrectomy surgery involves the laparoscopic resection of about three-fourths of the stomach, leaving behind a long slender gastric tube that is based on the lesser curve. The operation is typically completed in about one hour and most patients stay in the hospital one or two nights. Patients tend to tolerate this operation very well. The sleeve gastrectomy has a high safety profile since it is performed laparoscopically and because it does not include an anastomosis. The intestines are not manipulated in this operation, so it is an ideal option for those patients who have had extensive prior intestinal surgery or have dense adhesions.

## 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. Studies show that patients who continue to stay involved with a support group after surgery have the best long term success five or more years after surgery. 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 sleeve gastrectomy 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.

## SURGERY BENEFITS

- Minimally invasive surgery
- Decreased hunger and increased sense of fullness to help promote weight loss
- Reduced risk of post-operative complications
- Take control of your overall health
- Many obesity-related health conditions may be improved or resolved
- Overall quality of life improves greatly
  - Physical functioning & appearance
  - Social opportunities
  - Economic opportunities

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 obtain a referral with IU Health Bariatrics and Medical Weight Loss in Indianapolis.

## RISK OF SURGERY

While laparoscopic sleeve gastrectomy surgery is less invasive than other forms of bariatric surgery, this procedure can result in the following surgical complications [1]:

- Gastritis
- Heartburn
- Stomach ulcers
- Injury to the stomach, Intestines, or other organs during surgery
- Leakage from the line where parts of the stomach have been stapled together
- Poor nutrition, scarring inside the belly that could lead to a future blockage in the bowel
- Vomiting

(1) US National Library of Medicine – National Institutes of Health. (2011). Vertical sleeve gastrectomy. Accessed October 2013 from [nlm.nih.gov/medlineplus/ency/article/007435.htm](http://nlm.nih.gov/medlineplus/ency/article/007435.htm)

## ADDITIONAL RESOURCES

Here are resources with information about bariatric surgery, obesity, diet and exercise to help you on your weight loss journey:

- [iuhealth.org/bariatrics](http://iuhealth.org/bariatrics)
- [obesityhelp.com/morbidobesity](http://obesityhelp.com/morbidobesity)
- [obesityaction.org](http://obesityaction.org)
- [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

## CONTACT INFORMATION

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

For information regarding our program, your eligibility for bariatric surgery, seminars and more, please contact the program coordinator.

Bariatric Program Coordinator:  
**765.838.7185** or **800.899.8448**



Arnett Physicians

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