

# **HADH Offering New Ways to Reach & Maintain a Healthy Weight:**

## ***The ORBERA Weight Loss System & 'HADH for Your Health' Weight Loss Program***

Hermann Hospital is excited to announce a new weight loss option for our patients. Our surgeon, Dr. Donald Swayze, is now performing non-surgical procedures to help patients lose weight. Orbera, named the #1 weight loss gastric balloon, allows patients to feel fuller, eat smaller meals, and in turn can help patients lose 3x the weight of diet and exercise alone, and can be greater than 10% of their total body weight. This gastric balloon requires no surgery, which means no incisions, stitches, or scarring will take place. Orbera is FDA approved and helps patients learn proper portion control for those 6 months. The procedure itself takes approximately 30 minutes to perform, where the balloon is placed in the stomach through the esophagus while the patient is lightly sedated. 6 months later the gastric balloon is removed, with patients resulting in an overall healthier weight. This new weight loss option is one that can help many who have struggled with weight over the years, and in turn where many have had struggles with their health. Our hopes are to help those patients gain better health through this weight loss procedure. For any questions you may have, please call Tammy at Dr. Swayze's office: (573) 486 – 2192.

The Orbera weight loss procedure can also be paired with Hermann Hospital's new weight loss program, "HADH for Your Health." This is a physician monitored 6 month program combining prescription medications to decrease appetite and increase metabolism with a comprehensive program of diet and behavior counseling with a tailored exercise program. The program's goals are to help its participants lose weight and develop a healthier lifestyle, in the belief that they can continue and maintain their new healthy weight once the program is completed. Pairing these two weight loss programs together provides the additional benefits of education, guidance, and counseling, setting our patients up to thrive and succeed so they are able to build the confidence and strength to continue on their journey 6 months later. When combining with Orbera, this weight loss program includes medications as well, to help increase metabolism and decrease appetite, and is physician monitored. "HADH for Your Health" Weight Loss program can also be a stand-alone program for participants. For more information, please call Tammy at Dr. Swayze's office, 573-486-2192, or Abbey at the Hermann Fitness Source at 573-486-2251.

We are always looking for ways to help improve the health of our community and are happy that we have these two new options for our patients. Let us know if you have any questions.