

# RECLAIM YOUR HEALTH, RENEW YOUR LIFE: DISCOVER ROXBOROUGH MEMORIAL HOSPITAL'S BARIATRIC SURGERY AND WELLNESS PROGRAM

Imagine a life unburdened by chronic health issues, where energy replaces fatigue and every day offers new possibilities. For millions, severe obesity stands as a formidable barrier to such a life, bringing with it a cascade of debilitating health conditions. At Roxborough Memorial Hospital, we believe in empowering individuals to break free from this cycle. Our comprehensive Bariatric Surgery and Wellness Program is more than just a medical procedure; it's a transformative journey towards sustainable health, vitality, and a dramatically improved quality of life.

## Beyond the Scale: Understanding Bariatric Surgery

Often referred to simply as weight loss surgery, bariatric surgery encompasses a suite of sophisticated surgical procedures meticulously designed to help individuals struggling with severe obesity achieve significant and lasting weight loss. Our program expertly offers a range of these life-changing options, including the widely recognized gastric bypass, the increasingly popular sleeve gastrectomy, the adjustable gastric banding, and the highly effective duodenal switch.

These aren't merely cosmetic interven-

tions. These procedures fundamentally alter how the body processes food, leading to powerful metabolic shifts. Beyond reducing the sheer volume of food one can consume, bariatric surgery actively helps to regulate hormones related to hunger and satiety, profoundly impacting metabolism. This metabolic reset often translates into dramatic improvements in critical health markers such as blood sugar, blood pressure, and cholesterol levels, often far surpassing what can be achieved through diet and exercise alone for those with severe obesity.

## Why Choose Bariatric Surgery? A Long-Term Solution for a Complex Challenge

For individuals grappling with Class III obesity (defined as a Body Mass Index of 40 or greater, or 35 with significant co-morbidities), bariatric surgery stands as the most effective, evidence-based long-term solution. The National Institutes of Health (NIH) acknowledges a critical truth: for many with severe obesity, maintaining significant weight loss through conventional diet and exercise alone is often nearly impossible. The body's powerful physiological mechanisms often resist lower set points, driving a relentless urge to regain lost weight.



Bariatric surgery intervenes in this cycle. By changing the physical architecture of the digestive system and recalibrating metabolic signals, these procedures empower patients to adopt and sustain healthier dietary and lifestyle habits. This surgical intervention provides a powerful biological assist, leading to sustained weight loss, significant resolution of obesity-related diseases, and a profound improvement in overall health and well-being. It's about working with your body, not against it, to achieve lasting results.

## Your Journey to Wellness: Expert Guidance and Comprehensive Care

Our Bariatric Surgery and Wellness Program at Roxborough Memorial Hospital offers unparalleled expertise in all evidence-

based medical and surgical options for achieving a healthy weight. Our unwavering focus is threefold: reducing obesity-related health risks, significantly enhancing overall health and mobility, and fostering a deep, enduring commitment to a healthier lifestyle that extends far beyond the operating room.

Leading our program is Dr. Piotr Krecioch, a highly skilled metabolic and bariatric surgeon renowned for his precision, patient-centered approach, and commitment to optimal outcomes. Under his compassionate leadership, our entire team is dedicated to guiding individuals with severe obesity toward not just weight loss, but truly better health, extended lives, and the prevention of new, debilitating health complications.

*(Continued on page 50)*

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(Continued from page 48)

### Types of Bariatric Surgeries Offered:

#### Gastric Sleeve (Sleeve Gastrectomy):

This powerful restrictive procedure involves surgically removing a large portion of the stomach, transforming it into a smaller, tube-like “sleeve.” This significantly reduces the stomach’s capacity, allowing you to feel full with much smaller portions of food. It also removes the part of the stomach that produces much of the hunger-stimulating hormone ghrelin, leading to reduced appetite.

**Roux-en-Y Gastric Bypass:** As one of the most frequently performed and highly effective bariatric procedures, the Roux-en-Y gastric bypass involves creating a small stomach pouch, limiting food intake. This pouch is then directly connected to the small intestine, bypassing a significant portion of the stomach and duodenum. This rerouting alters digestion and nutrient absorption, minimizing fat and calorie absorption, and profoundly impacting gut hormones for powerful metabolic benefits, often leading to rapid resolution of Type 2 Diabetes.

At Roxborough Memorial Hospital’s Bariatric Surgery and Wellness Program, we treat each patient as an individual with a complex chronic condition deserving of the utmost compassionate care and

respect. Our comprehensive multidisciplinary team — comprising surgeons, dietitians, psychologists, nurses, and support staff — is committed to enhancing your quality of life through a truly holistic approach that supports you every step of the way, from initial consultation through long-term follow-up.

### Are You Ready to Live Your Best Life?

If you’ve been considering whether weight loss surgery is the right choice to reclaim your health and vitality, now is the perfect time to take that courageous next step. Don’t let another day pass without exploring the possibilities. Call us today at 610.277.6131 to schedule a consultation and begin your journey towards comprehensive care from our dedicated multidisciplinary team.

Together, we can pave the way to a healthier, more vibrant future. Your new life is waiting!

Bariatric Surgery and Wellness Program is located at Roxborough Memorial Hospital

Medical Office Building, 5735 Ridge Ave., Suite 103, Philadelphia, PA 19128. For additional information, please call 610.277.6131

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