

Your bariatric team

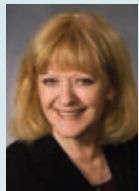
James Kemmerling, MD, FACS, serves as medical director of the Bariatric Surgery Center at Aurora BayCare. Dr. Kemmerling is board certified in general surgery and a Fellow of the Society for Metabolic and Bariatric Surgery. He is also a member of the American Society of Bariatric Physicians.



James Kemmerling, MD, FACS
Medical Director,
Bariatric Program

Dr. Kemmerling has performed bariatric surgery in northeast Wisconsin since 2001, and has excellent results in over 700 cases. He graduated from the Medical College of Wisconsin in Milwaukee and completed his general surgery residency at Wright State University in Dayton, Ohio.

Dr. Kemmerling works closely with a multidisciplinary team offering personalized care for each patient, including nutrition, psychological services, medical consultation, sleep medicine and exercise therapy. He and his team will work closely with your primary caregiver to ensure seamless care.



Mary Elliston
Bariatric
Coordinator/
Insurance
Advisor

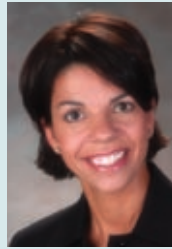


Carla
VandenHeuvel
Patient Care
Advisor

Aurora BayCare Medical Center



Your team of caregivers will include:



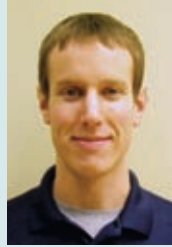
Julie Bobholz, PhD
Consulting Psychologist



James Gapinski, MD
Sleep Medicine Specialist



Anissa Hamilton, RN
Bariatric Surgery Program
Manager/Coordinator



Andy Krautkramer
Fitness Trainer



Amy Krueger
Dietitian

... and Aurora BayCare consulting internists and consulting pulmonologists.

Finding your way

The Bariatric Surgery Center at Aurora BayCare is conveniently located just off Interstate 43 on Green Bay's east side, providing easy access for people in Green Bay and communities throughout northeastern Wisconsin.



From Interstate 43

- Take the Mason Street exit and go east to Ontario Road. Turn right and continue to Greenbrier Road. Turn right and take Greenbrier to the medical center.

or

- Take the Manitowoc Road/JJ exit. Go east to the stoplight and turn left onto Eaton Road. Take Eaton Road to Ontario Road and turn left. Go to Greenbrier Road and turn left.

2845 Greenbrier Road
Green Bay, WI 54311

www.AuroraBayCare.com/Bariatric

Aurora BayCare Medical Center



The Bariatric Surgery Center



Aurora BayCare Medical Center





Are you ready to experience the difference?

Let us help you take the first step to a new, healthier you!

- Meet one-on-one with board-certified bariatric surgeon **James Kemmerling, MD**, during your no-obligation consultation to review all of your weight loss options.
- Receive a personalized weight loss plan designed by our experienced and compassionate team of specialists who understand your weight loss struggles.
- Benefit from long-term follow-up care, including an active support group, nutritional therapy, exercise counseling and psychological counseling.

All you need to do is call, no referral is necessary. We'll coordinate your care with your primary care provider and contact your insurance company.

Make the choice to be a healthier you. Call **920-288-5868** to learn more about the weight loss services offered through the Bariatric Surgery Center at Aurora BayCare Medical Center.

Is bariatric surgery right for you?

The decision to undergo bariatric surgery is personal and life changing – it's a lifetime commitment that we share with you.

In order for your bariatric surgery to be covered by most insurance plans, you must meet the following guidelines:

- Body Mass Index (BMI) higher than 40
- or
- BMI of 35 to 40 with associated health condition(s)
- Multiple past attempts at weight loss
- Ability to understand and comply with a treatment plan

At your first appointment, you will meet with Dr. Kemmerling and his staff. Together, we will design a program that meets your individual needs and fulfills your insurance requirements. We will help you through every step in the process, including preoperative education and preparation, inpatient hospital care and postoperative concerns. Financing options are available.

To learn more about the Bariatric Surgery Center at Aurora BayCare or to schedule a no-obligation evaluation with Dr. Kemmerling, please call **920-288-5868** or **877-450-5744**.

We believe one size does not fit everyone ...

What choice is right for you?

Medical Weight Loss

Aurora BayCare's bariatric program, along with its Bariatric Medical Director Dr. James Kemmerling, offers weight loss supervision using four component therapies: dietary counseling, medication, behavioral methods and exercise therapy. Although this treatment may allow you to achieve weight loss, achieving long-term benefits is typically more difficult.

Adjustable Gastric Banding

With this procedure, an inflatable silicone band is placed around the upper part of your stomach restricting the passage of food. The resulting distension of the stomach above the band gives you a sensation of "fullness." This feedback mechanism allows for portion control. Once the band is healed, adjustment of the band may be required during office visits.

This operation offers a potential lower risk and reversibility, but has more variable weight loss results.

The average long-term weight loss with Adjustable Gastric Banding is 40%-50% of your excess body weight.

Gastric Sleeve Resection

This operation removes 85% of your stomach, leaving a volume of approximately three to four ounces. This aids in portion control, but there is also a decrease in appetite as a result of the removal of the appetite-producing portion of the stomach.

The procedure is usually done laparoscopically with a short hospital stay and short recovery period. This operation is so new that there are no long-term studies available. Most insurance plans do not currently cover this operation.

Early studies indicate low complication rates and a 50%-80% loss of excess body weight with Gastric Sleeve Resection.

Roux-en-Y Gastric Bypass

This operation has been well studied and is the most commonly performed. The small stomach pouch created restricts portion size and the digestive juices are diverted, decreasing absorption by one-third the length of the intestines. This operation also produces a decrease in appetite for about one year that aids in the weight loss.

The procedure can be completed using a minimally invasive (laparoscopic) or open approach. The laparoscopic approach has advantages, but the difference in recovery is not significantly different. We perform both approaches, using selection criteria to determine which method will be most effective for you.

This is a more extensive operation, and so carries some potential for serious complication. We take precautions to minimize any risk, and strive to continue our record of safe outcomes.

The average long-term weight loss with Roux-en-Y Gastric Bypass is 50%-70% of your excess body weight.

