



Thank you for your interest in Bluegrass Bariatric Surgical Associates. We are a skilled Center of Excellence Bariatric Surgery practice designated by the Surgical Review Corporation as of June 2006. Bluegrass Bariatrics offers a multi-disciplinary program in Lexington Kentucky. We operate with the most advanced laparoscopic equipment available, in our state of the art operating suites. Our affiliated hospital is designed to better accommodate our weight loss surgery patients.

As you may know, the reasons for morbid obesity are multiple and complex. Efforts such as dieting and exercise programs are associated with a 95% failure rate. Weight loss surgery, when compared to other interventions, has provided the longest period of sustained weight loss with reduction and resolution of co-morbidities (other health related illnesses). To be considered for the surgery you must be at least 100 pounds over ideal body weight and have a Body Mass Index (BMI) of 40. Occasionally insurance companies will grant approval based on a BMI of 35 with significant co-morbidities (other health related illnesses).

We are a 100% minimally invasive practice offering only laparoscopic surgery. The surgical options available include the Sleeve Gastrectomy, Laparoscopic Greater Curvature Plication, Roux-en-Y Gastric Bypass, Adjustable Gastric Banding, Apollo OverStitch and other revision options. The Roux-en-Y Gastric Bypass is a restrictive procedure (limits the amount of food you can eat) and malabsorptive procedure (decreases the food/nutrients you digest); where as Adjustable Gastric Banding, Sleeve Gastrectomy and Laparoscopic Greater Curvature Plication are entirely restrictive procedures.

Dr. G. Derek Weiss formed Bluegrass Bariatrics in July of 2003. Bluegrass Bariatrics has performed over 6000 procedures since that time. Dr. Weiss is a Board Certified Bariatric Surgeon and Center of Excellence Surgeon and a member of the American Society for Bariatric Surgery.

We also have a support staff that includes an extensive clinical and administrative staff.

HOW DO YOU PROCEED?

We recommend that you attend an informational seminar or view the online seminar, as well as a support group meeting early on in the process. To register for a seminar contact: 859-263-2022

Included you will find a packet to start your surgical weight loss journey. Please complete the Bariatric Patient Profile and Insurance Review Form completely and to the best of your knowledge. **Send them, along with a copy of your insurance card (front and back), to us.**

Once we receive your profile, review form and insurance card we will verify your insurance company's criteria for weight loss surgery and screen your health history for any potential contraindications to weight loss surgery. We will then contact you to set up appointments with the Physician Assistant or Nurse Practitioner (for consultation/education), Registered Dietician (for nutritional evaluation) and the Psychologist (for psychological evaluation). You will also have an Insurance Consultation to find out what documentation is necessary for approval and the financial obligations. After these appointments and all necessary documentation is received, we will request approval from your insurance company to proceed.

AFTER WE RECEIVE YOUR INSURANCE APPROVAL, you will be scheduled for the following:

1. Necessary remaining testing
2. **Surgeons Consult** to discuss your options, review risks and benefits, answer your questions and schedule your surgery date.
3. **Preoperative Education Class** to get ready for surgery and answer final questions.

We will do our best to accommodate all of these appointments on the same day.

Please feel free to contact us if we can assist you in any way. We look forward to meeting you and assisting you in your weight loss surgery journey to a better and healthier life.