

## Feast on your LIFE !

### Obesity weighing you down?

If it is time to change your life, to start anew, and to learn to live again, then it is time to discover the surgical options available to you from a qualified, experienced, compassionate, bariatric weight loss surgeon.

Westfield Hospital, under the surgical prowess of Dr. Vitaly Sawyna, offers full bariatric services for patients who are overweight. Bariatric surgery changes the anatomy of your digestive system to limit the amount of food you can eat and digest. The surgery aids in weight loss and lowers the risk of medical problems associated with obesity.

Dr. Sawyna offers the Lap-Band, the Laparoscopic Roux-en-Y Bypass, and Laparoscopic Revision Surgery. These surgical procedures are completed through the laparoscope which minimizes pain and significantly shortens your hospital stay. Dr. Sawyna is offering a third option to patients: laparoscopic sleeve gastrectomy.

*"The decision is a tough one,  
but think about how your life is now."*

## Learn to Live, Again!

Westfield Hospital and Dr. Vitaly Sawyna hosts informational sessions and Bariatric Support Group meetings for people thinking about weight loss surgery and those people who have already had their surgery.

Westfield's Bariatric Support Group Meetings are held the third Tuesday of the month, starting at 6:45 p.m. for the informational session and 7 p.m. for the support group session. Meetings are free to the public; ALL are welcome. Meetings are held in the third floor conference room at Westfield Hospital.

Each month, a speaker offers an informative session. At the meetings, you will have ample time to ask questions and interact with patients who have already undergone weight loss surgery. The various weight loss surgery options are discussed.

Dr. Sawyna has been a board certified surgeon in Allentown for over 28 years.



Vitaly Sawyna, M.D.,  
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## Bariatric Weight Loss Surgery ... the birth of the new you!



Westfield Hospital  
4815 W. Tilghman Street  
Allentown, PA 18104  
610-973-8400 [www.westfieldhospital.com](http://www.westfieldhospital.com)

## Bariatric Weight Loss Surgery ... *“It is life changing, in a good way!”*

Patients who have had surgery or already made the choice to have surgery have discovered camaraderie, support and friendship through the Westfield Hospital patient forum or blog. Read about patient success stories and the way Bariatric Weight Loss Surgery has changed their lives. Forum questions will be answered by Dr. Sawyna.

Go to [www.westfieldhospital.com](http://www.westfieldhospital.com) and visit Patient Forum. You may log on through the link at the bottom of the first page or by visiting the link to Bariatric Surgery.

Bariatric Surgical procedures are considered an option for individuals with a BMI (Body Mass Index) of 40 or greater (or 35 or greater with a co-morbidity, such as diabetes, hypertension or documented sleep apnea).

Visit [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi) to see if you are a candidate for

bariatric surgery.

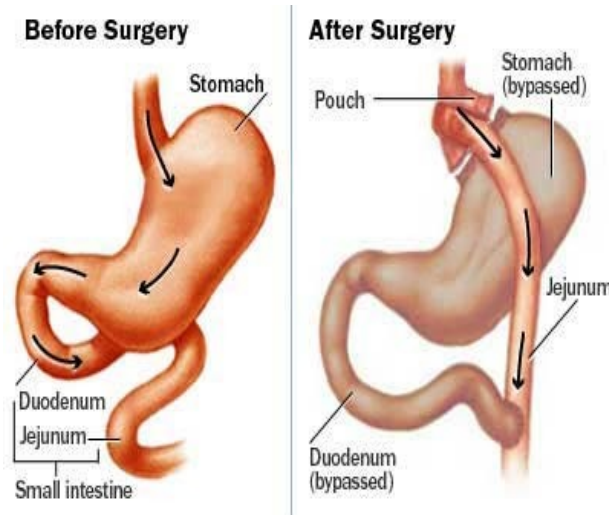
*“Making a positive, life-changing weight loss decision is a big commitment.”*

### The Surgical Options:

Bypass, Lap Band and

Sleeve Gastrectomy

In Gastric Bypass (Roux-en-Y gastric bypass) the surgeon creates a small pouch at the top of the stomach and adds a bypass around a segment of the stomach and small intestine. The surgeon staples the stomach across the top, sealing it off from the rest of the stomach. The resulting pouch is about the size of a walnut and can hold only about an ounce of food.



The Lap Band utilizes an adjustable silicone ring (band) that is placed around the top portion of the stomach. The band restricts the volume and type of foods able to be eaten. For more information on Lap-Band, go to [www.lapband.com](http://www.lapband.com).

Gastric Laparoscopic Sleeve is a relatively new form of Bariatric Weight Loss Surgery. The Bariatric Surgeon will remove about 60% of the stomach so that it takes on the shape of a sleeve. The Sleeve Gastrectomy is performed on the more obese patient and is a step approach to a second bariatric surgery. For a consultation, contact Dr. Sawyna at 610-437-3585.

An opportunity to start over and learn new healthy eating and lifestyle habits.