

## Mercy Health - Springfield Weight Management

100 West McCreight Avenue  
Suite 110  
Springfield, Ohio 45503  
937.523.9940

### Weight Solutions Center hours

Mon. 8am - 5pm  
Tue. 8am - 5pm  
Wed. 8am - 6pm  
Thu. 8am - 6pm  
Fri. 8am - 5pm

## Mercy Health - Urbana Weight Management

900 Scioto Street  
Suite 4  
Urbana, Ohio 43078  
937.523.9940

Please call for weight solutions hours.

Taking the weight off  
your shoulders — and  
everywhere else



Brad lost 300 pounds.



Joy lost 120 pounds.

Weight loss is a very personal journey. What works for one person may not work for another. That's why we take a personalized approach, offering surgical and non-surgical treatments to meet your individual needs. Plus, our expert team is always here for you, through ongoing nutritional, psychological and fitness support.

We've helped thousands of people find new life through weight loss, and we'd like to help you, too. From finding the best approach to maintaining results, we'll guide you through every step of your weight-loss journey to help ensure your lifelong success.

## Benefits of treatment

- Loss of excess weight, often up to 150 pounds or more
- Improved overall health
- Reduced risk for conditions such as heart disease, diabetes and joint disease
- Improved mobility



A Catholic healthcare ministry serving Ohio and Kentucky

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## Surgical treatments

Surgical treatments are designed for patients with a body mass index (BMI) of 40 or more (35-39 or more for patients with serious weight-related health issues), who have been unable to lose weight by dieting and exercise. If you're a candidate for surgery, your surgeon will explain the pros and cons of every procedure and will guide you in deciding which one is best for you.

### Laparoscopic Roux-En-Y Gastric Bypass (Lap RYGB)

In gastric bypass surgery, the stomach is separated into two parts. The upper, smaller part (a small pouch about the size of a golf ball) is connected to the middle part of the small intestine, creating a path for food to pass through that bypasses the larger part of the stomach and the first section of the small intestine. This limits your food intake and the amount of food your body can absorb.

### Laparoscopic Sleeve Gastrectomy (LSG)

In this procedure, 75–80 percent of the stomach is removed, leaving a narrow gastric “tube” or “sleeve” for food to travel through. This new, smaller stomach limits the amount of food you can eat.

## Minimally invasive surgical options

We offer the latest minimally invasive surgical options, including robotic surgery, allowing you to heal faster and reduce the risk of infection.

## Nonsurgical treatments

### Nonsurgical Weight Management

Our proven nonsurgical programs help patients lose an average of 20 to 60 pounds, with some patients losing hundreds of pounds. We offer medically supervised weight loss without surgery, utilizing the Celebrate Path to Success, protein-sparing modified fast diet program. This year long program is designed to educate, guide and motivate you on your weight loss journey.

### Pharmaceutical Pathway

Our team has leveraged the strength of our individual approach to also offer Medication Weight Loss management and support. Our physicians, nurse practitioners and dietitian guide you through our medication based weight loss pathway. Along with a variety of options for medication we offer group and individual nutrition classes.

### Support Groups and Nutritional Counseling

We provide monthly support groups for all program participants at any point in their journey toward successful weight management. Our support groups are led by our registered dietitian and a variety of other weight loss and medical experts throughout the year. Friends and family are encouraged to attend.

# Celebrate®

Medical Weight Loss

High quality Meal Replacements and Protein Supplements

ASMBS Recommended Vitamins and Supplements

Protein Bars and Snack Foods

All-Inclusive Starter Kits for Surgical and Medical Weight Loss Patients

## What is Celebrate?

Celebrate is a Medical Weight Loss company that Springfield Weight Management has partnered with to provide products to support our patients in all our weight loss programs. Celebrate products help provide rapid, safe, and sustainable weight loss. Products are available to support both surgical weight loss, medical weight loss, and maintenance pathways. All items are available for sale to patients enrolled in any program at Springfield Weight Management, patient of other providers, Bon Secours Mercy Health Employees and the public.

Our staff will help find the right products for your own personal needs, preferences and to support your goals. We offer a variety of product choices and flavors, that taste great and are reasonably priced.

- We except cash, check, credit card, FSA and HSA spending cards.
- All items are available for sale any time the office is open Monday through Friday 8am-5pm.
- You can also shop on-line. Visit the website for a full listing of Celebrate Products available to ship directly to your home.
  - <http://celebratevitamins.com/collections/mercy-springfield?aff=22>

## Start your journey today

Call 937.523.9940 or go online to [mercyweightmanagement.com](http://mercyweightmanagement.com) to register for one of our free information sessions.