



## Maintaining Success with Weight Loss

**If you performed weight loss surgery for two patients and the first loses 60 pounds while the second loses 150 pounds, does that mean you performed a 'better' surgery for the second patient?**

Paul Arcand, MD, FACS, Surgical Director of the Bariatric Program for Reliant Medical Group, answers emphatically, "No. What it means is that the second patient made the lifestyle changes that we know lead to successful, sustained weight loss."

That's true no matter which laparoscopic surgical option a patient chooses: gastric bypass, gastric banding, or the gastric sleeve.

"Each surgery can produce accelerated weight loss and reverse high blood pressure, Type II diabetes, and high

*"Our program is all about helping people change their lifestyles in order to get better long-term results."*

—Dr. Paul Arcand

cholesterol," assures Dr. Arcand, "but our program stands above the rest because our support system helps our patients make lifestyle changes they can live with so they can maintain their healthier weight."

Patients enjoy private and group consultations regarding nutrition, behavioral medicine, and physical therapy. They are invited to enroll in Bariatric Boot Camp, ability-based exercises supervised by a physical therapist. And they participate in monthly meetings with others who are at different stages in their weight loss journey.



*"I didn't want bariatric surgery just so I could lose weight; I wanted it so I could be healthy," says Nancy H., who has shed more than 170 pounds.*

**Three years ago**, Nancy H. weighed well over 300 pounds. She had high cholesterol, high blood pressure, and Type II diabetes, taking drugs for all of them.

Today, she is more than 170 pounds lighter, her cholesterol and blood pressure are under control, and her Type II diabetes is gone. And Nancy is off her medications.

"Reliant's program is the best," Nancy proclaims. "I love it! I've enrolled in Boot Camp. I go hiking and bicycling. I jump rope!

"Some people who saw my rapid weight loss after surgery said, 'Oh, you did it the easy way,' but let me tell you: there's nothing easy about weight loss surgery. You lose weight fast, but you work to keep it off, and that's where Reliant shines. They can't do the work for you, but they do it with you, every step of the way."



"We're here for the long haul with our patients," assures Director of Nutrition Ann Pantazis, MS, RD, LDN, CDE. "Surgery is not the last step in the program; it's a portal to a new way of life, and we guide and support our patients so they can enjoy all the health benefits this surgery has to offer."



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