

Dear Physician:

Your patient has requested information on options for weight loss surgery. We appreciate your referral to the Wake Forest University Baptist Medical Center and look forward to evaluating your patient for bariatric surgery. For the seriously overweight patient, traditional weight loss techniques offer only a temporary solution. Most patients experience failure rates of almost 100% when they attempt to lose weight with traditional methods. The Roux-en-Y Gastric Bypass, Adjustable Gastric Band, and the Sleeve Gastrectomy are offered as minimally invasive procedures at Wake Forest University Baptist Medical Center.

Our surgical patient evaluations follow the guidelines from the 1991 NIH consensus conference. Patients must have a body mass index above 40kg/m^2 , or above 35 kg/m^2 with documented comorbidities. The surgical Weight Management team includes surgeons, a nurse practitioner, a nurse coordinator, a registered dietitian, and a psychologist. Our team recognizes the life-long commitment a patient has to make to nutrition and exercise in order to improve physical and emotional health.

Insurance carriers may consider weight loss surgery as a covered expense when the patient's health status is likely to be substantially improved by a significant weight loss. Your patient will request his/her medical records from your primary care practice. If the following diagnostic tests have been completed in your practice, please include those documents in the records.

- TSH and Chemistry Panel
- Cardiac Echo (if history of Fen-Phen use)
- Sleep study (if history of sleep apnea)
- Gallbladder Ultrasound (r/o cholelithiasis)

A psychologist and dietitian will evaluate patients prior to surgery and will also provide follow-up care post-operatively. The surgical team will also provide long term post-operative care, but the assistance of the primary care physician is invaluable for the medical management of patients. Please contact our office if we can provide any additional information regarding either weight loss surgery procedure or your role in long term patient management. Thank you for your assistance.

Sincerely,

Adolfo "Fuzz" Fernandez, M.D.
Assistant Professor of Surgery

11/14//08