



The Bariatric Surgery Program at the Mohawk Valley Health System is an MBSAQIP Accredited - Comprehensive Center.

Mohawk Valley Health System  
**WEIGHT-LOSS  
SURGERY PROGRAM**  
The Accredited Center *of* Bariatric Surgery

[www.mvhealthsystem.org/bariatric](http://www.mvhealthsystem.org/bariatric) | Call 315-235-2540



# SERVING NEW YORK STATE & BEYOND



## Why choose the Bariatric Surgery Program at the Mohawk Valley Health System (MVHS) and William A. Graber, MD, PC – Weight Loss Surgery?

*In a word, experience. Dr. William A. Graber and the Bariatric Surgery Program at MVHS have performed thousands of metabolic and weight loss surgeries since the program's inception in 2002. The program is located at the St. Luke's Campus of Faxton St. Luke's Healthcare, an affiliate of MVHS, in Utica, New York. The program maintains the highest standards in surgical techniques and practice standardization, which has resulted in a dependable program with excellent outcomes.*

of William A. Graber, MD, PC, 125 Business Park Drive, Suite 150, Utica, New York. Please call 315-235-2540 for details.

### Our State of the Art Bariatric Surgery Wing

Our valued patients and their families will feel at home in our bariatric surgery wing. Featuring a comfortable Adirondack theme, the floor has 40 patient beds, including 16 private rooms. Patient rooms provide a soothing environment for recovery, as well as the latest technology in care. From expedited lab results to advanced imaging systems, the high quality of patient care helps decrease patients' length of stay. At MVHS, your caregivers are always nearby. Our decentralized work stations allow nurses and physicians to be in close proximity to their patients at all times.

Weight loss surgeries are for those affected by the disease of obesity and the medical conditions exacerbated by carrying extra weight. We are honored to care for patients from all over New York State, the Northeast and hundreds who have come to our program from outside the country.

Our team of board-certified surgeons and healthcare professionals is dedicated to helping you understand all the options for metabolic/weight loss surgery to achieve your health and weight loss goals.

Obesity is a complex health issue that deserves a deep understanding of all the influences involved. We are committed to providing lasting treatment for people who suffer from the disease of obesity via our surgical and multidisciplinary program.

We invite you to determine if weight loss surgery is right for you or a loved one and why MVHS should be your choice for success. Please come to one of our free monthly informational sessions, held the second Wednesday of every month. Sessions are held at the office

## QUICK FACTS

An accredited Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

More than 5,000 patients have undergone weight loss surgery at our Center.

Offering laparoscopic Gastric Bypass, Gastric Sleeve and Revisional Bariatric procedures.

Located in the Mohawk Valley region of upstate New York, just south-east of the Adirondack State Park.

## Different Types of Weight Loss Surgery Procedures

MVHS offers some of the most well established metabolic/weight loss operations - the Roux-en-Y Gastric Bypass, the Gastric Sleeve and management/removal or revision of Adjustable Gastric Bands.

### ROUX-EN-Y GASTRIC BYPASS



The gastric bypass is a procedure that has been performed for decades. This procedure is regarded as the “gold-standard” of bariatric procedures. It provides significant weight loss of up to 80 percent of excess weight, generally achieved within 1 to 2 years following surgery. The gastric bypass works by restricting the amount of food that can be consumed in one sitting and also by altering gut hormones in a way that decreases appetite and increases feelings of fullness. But it is not just about weight loss – the gastric bypass is regarded as a highly effective treatment for diabetes in people who have a high body mass index (BMI).

### VERTICAL SLEEVE GASTRECTOMY



The gastric sleeve works similarly to the gastric bypass in that there is restriction of how much food the stomach can hold at one time. Also like the gastric bypass, this procedure causes hormonal changes that decrease appetite and increase feelings of fullness. The gastric sleeve leads to significant weight loss, although it may be slightly less than the amount from gastric bypass.

# ARE YOU A CANDIDATE FOR WEIGHT LOSS SURGERY?

If you are overweight or suffer from weight-related conditions, metabolic/weight loss surgery may be right for you.



#### Weight Loss Surgery Candidates

- People with a BMI of 40 or higher
- People with a BMI between 35 and 40 with weight-related medical conditions such as diabetes, high blood pressure, heart disease, high cholesterol, sleep apnea and /or musculoskeletal issues such as joint, back, hip and knee problems.

Candidates are medically evaluated on an individual basis. Have your healthcare provider calculate your BMI and schedule a consultation with a bariatric surgeon at MVHS to learn more.

#### Payment Options & Insurance Eligibility for Weight Loss Surgery

Weight loss surgery is often covered by insurance; contact your insurance company to find out its requirements for weight loss surgery and what your coverage includes. We work with most commercial insurance, Medicare and managed care plans.

We can also discuss the option of affordable healthcare lending, if needed.

#### Your Weight Loss Journey

At MVHS, our dedicated team of experienced professionals is here to assist you throughout your weight loss surgery journey.

#### How to Get Started

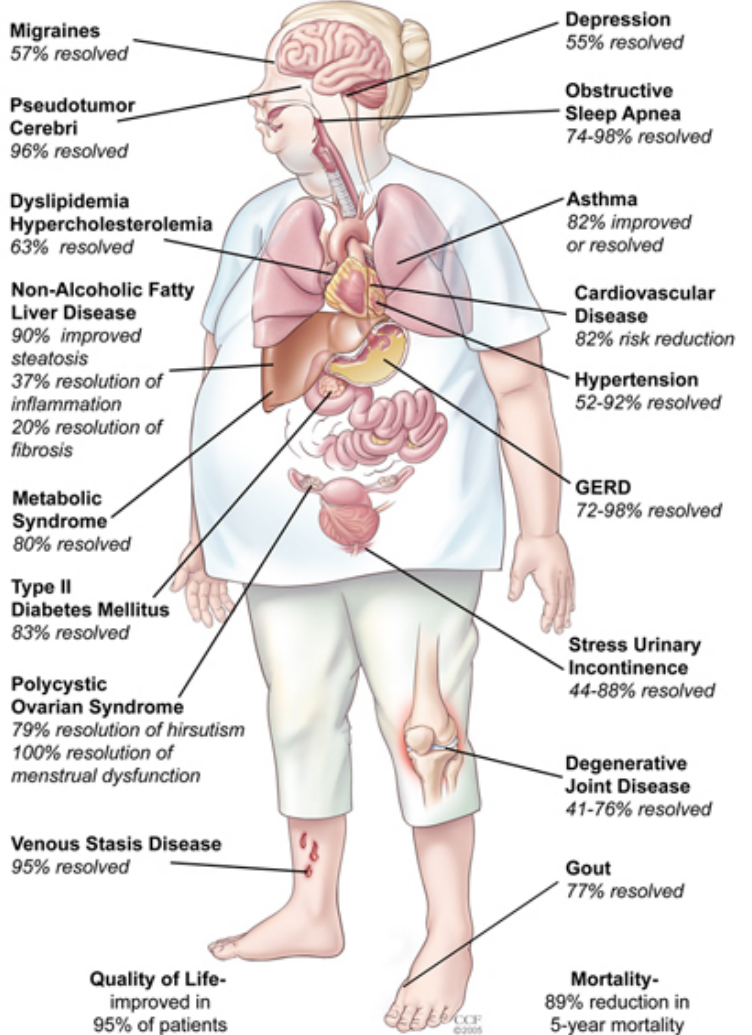
Log onto [www.drgrabermd.com](http://www.drgrabermd.com) or call 315-235-2540 to learn more about our program and to register for a consult. There are steps to undergoing metabolic/weight loss surgery – it is our pleasure to help guide you through this process. Contact our program today!

BMI Chart

	Body Weight (pounds)																				
	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360
5'0"	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	67	69	71
5'1"	30	32	34	36	37	39	42	44	45	47	49	51	53	55	57	59	61	63	64	66	68
5'2"	29	31	33	34	36	38	40	42	44	46	48	50	51	53	55	57	59	61	62	64	66
5'3"	28	30	32	33	35	37	39	41	43	44	46	48	50	52	53	55	57	59	60	62	64
5'4"	27	29	31	32	34	36	38	40	41	43	45	46	48	50	52	53	55	57	59	60	62
5'5"	26	28	30	31	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58	60
5'6"	25	27	29	30	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	57	58
5'7"	25	26	28	29	31	33	35	36	38	39	41	42	44	46	47	49	50	52	53	55	57
5'8"	24	25	27	28	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	53	55
5'9"	23	25	26	28	29	31	33	34	36	37	39	40	41	43	44	46	47	49	50	52	53
5'10"	23	24	25	27	28	30	32	33	35	36	37	39	40	42	43	45	46	47	49	50	52
5'11"	22	23	25	26	28	29	31	32	34	35	36	38	39	41	42	43	45	46	48	49	50
6'0"	21	23	24	25	27	28	30	31	33	34	35	37	38	39	41	42	44	45	46	48	49
6'1"	21	22	23	25	26	27	29	30	32	33	34	36	37	38	39	41	42	44	45	46	48
6'2"	20	21	23	24	25	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45	46
6'3"	19	21	22	23	24	26	28	29	30	31	33	34	35	36	38	39	40	41	43	44	45
6'4"	19	20	21	23	24	26	27	28	29	31	32	33	34	35	37	38	39	40	41	43	44
6'5"	19	20	21	22	24	25	26	27	29	30	31	32	33	34	36	37	38	39	40	42	43

BMI Ranges Normal 18.5 – 24.9    Overweight 25 – 29.9    Obese 30 – 39.9    Morbidly Obese greater than 40

Benefits of Weight Loss Surgery



**William A. Graber, MD, FACS**

Founded in 2002 by Metabolic and Bariatric Surgery Director Dr. William A. Graber, the Bariatric Surgery Program at MVHS has performed thousands of bariatric procedures since its inception and is an accredited center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. Dr. Graber is a board certified surgeon, a Fellow of the American College of Surgeons (FACS), holds a board position on the New York State Chapter of the American Society for Metabolic and Bariatric Surgery (ASMBS) and is a member of the national ASMBS.

*“Obesity is a chronic health condition that deserves effective treatment options. It is not a cosmetic issue caused by a lack of self-control or will power. We are committed to providing lasting treatment for people who suffer from the disease of obesity via our surgical and multidisciplinary program.”*

– William A. Graber, MD, FACS



**Angela Soja, MS, RN, FNP-C, CBN, RNFA - Bariatric clinical coordinator**

Angela Soja, MS, RN, FNP-C, CBN, RNFA, is the Bariatric Program Coordinator. In her role she ensures that the program meets the recommended standards outlined by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. She also provides patient and family teaching opportunities about what to expect before and after surgery. She is part of the Bariatric Support Group that meets on the 2<sup>nd</sup> Tuesday and 3<sup>rd</sup> Thursday of each month. Located at the St. Luke’s Campus of MVHS she can be reached at 315-624-6398 and [asoja@mvhealthsystem.org](mailto:asoja@mvhealthsystem.org).



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