

“Now, I am very active, instead of being a couch potato like I was before. I’m back to my high school weight, and I feel great.”
 – Harold

“I never realized how much pain I was in when I was 100 pounds overweight. It hurt to walk. I always felt tired. I never had any energy. Now, I feel more confident and outgoing.”
 – Stephanie



Foothills Weight Loss Specialists

A Division of Premier Surgical Associates



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 Maryville, TN 37804
 865-984-3413
 Toll-free: 1-877-290-0859

www.foothillsweightloss.com



It's your time



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Physicians



Mark A. Colquitt,
 MD, FACS, FASMBS



Jonathan H. Ray,
 MD, FACS, FASMBS

Since 2002, more than 1,000 patients have lost a total of over 50 tons as a result of surgical weight loss thanks to our surgeons, Dr. Mark Colquitt and Dr. Jonathan Ray. Both surgeons are board certified by the American Board of Surgery and have been designated Bariatric Surgery Center of Excellence physicians by the American Society for Metabolic and Bariatric Surgery.

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Foothills Weight Loss Specialists has been designated a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery since 2006. The Center of Excellence designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery and requires compliance with rigorous standards established by the Surgical Review Corporation.

Why Choose Foothills Weight Loss Specialists?

- Our board-certified surgeons and highly trained staff are ready to help you achieve your weight loss goals.
- We have been designated a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery since 2006. The designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery and requires compliance with rigorous standards established by the Surgical Review Corporation.



“Dr. Colquitt impressed me greatly, and I was amazed at how absolutely wonderful his staff is. The genuine care and concern they have for all of us makes me feel very lucky to have found my way to them. ”

– Kara



Weight Loss Surgery Options

Foothills Weight Loss Specialists offers two basic approaches to weight loss surgery:

1. Restrictive procedures that decrease food intake, and
2. Malabsorptive procedures that alter digestion, causing the food to be poorly digested and incompletely absorbed so that it is eliminated in the stool.

■ **The Realize™ Adjustable Gastric Band** is a restrictive device that wraps around the stomach to limit food consumption. It is the first gastric band with a personalized support program connecting patients and their surgeon. The combination of the Realize band and Realize mySuccess™ – an innovative online patient support program – marks a new approach to bariatric surgery.

■ **Laparoscopic Sleeve Gastrectomy** involves surgically removing 85% or more of the stomach, resulting in a new stomach roughly the size and shape of a banana. It is a purely restrictive operation and generates weight loss by restricting the amount of food that can be consumed. This procedure differs from banding procedures in that it does not require implantation of an artificial device and it is not reversible.

■ **Laparoscopic Roux-en-Y Gastric Bypass** combines restrictive and malabsorptive approaches resulting in an early sense of fullness, combined with a sense of satisfaction that reduces the desire to eat. It is one of the most frequently performed weight loss procedures in the United States.

Laparoscopic Surgery

Laparoscopic or minimally invasive surgery involves smaller incisions than traditional surgical methods. Suitable candidates find that laparoscopic procedures benefit from involve smaller incisions and offer more rapid recovery times, less pain, fewer complications and improved outcomes.

Explore Your Options

Learn more at one of our free seminars.

For more information, visit www.foothillsweightloss.com or call toll-free 1-877-290-0859.



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Q&A About Surgical Weight Loss

Am I a candidate for weight loss surgery?

Candidates are more than 100 pounds over their ideal body weight; have a Body Mass Index (BMI) of more than 35; are experiencing negative health effects related to obesity; and/or cannot achieve a healthy body weight for a sustained period of time, even through medically supervised dieting.

What are the benefits of weight loss surgery?

Potential benefits include: increased life expectancy; long-term weight loss; resolution or improvement of obesity-related health conditions such as adult-onset diabetes, hypertension, sleep apnea, gastroesophageal reflux disease (GERD) and certain cancers; and decreased health care expenses through fewer medications, physician visits and hospital stays.

Are there risks associated with weight loss surgery?

Weight loss surgery is major surgery. Risks can include but are not limited to: bleeding; complications due to anesthesia and medications; deep vein thrombosis; infections; pulmonary problems; spleen injury and death.

Ultimately, the decision to have the procedure is entirely up to you. You must decide if the benefits outweigh the side effects and potential complications.

What are my chances for success?

This surgery is only one tool. Your ultimate success depends on strict adherence to the recommended dietary, exercise and lifestyle changes.