

# ReShape™

Non-Surgical Weight Loss Procedure

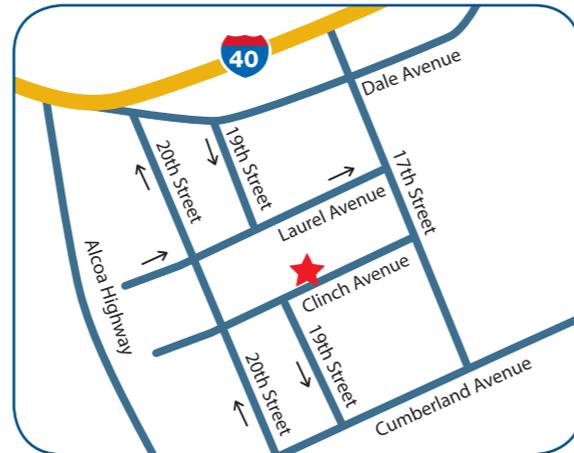
ReShape uses dual balloons, endoscopically inserted in your stomach for 6 months, to create a feeling of fullness. The procedure is coupled with a year-long coaching and support program to help you adopt healthier eating habits and enhance your physical fitness. ReShape is designed for patients with a lower BMI (between 30-40) who may not qualify or want surgery.



**John lost 145 pounds with Laparoscopic Sleeve Gastrectomy, improving his health and quality of life!**

# Foothills Weight Loss Specialists

A Division of Premier Surgical Associates



Fort Sanders Center for Advanced Medicine  
1819 W. Clinch Avenue, Suite 200  
Knoxville, TN 37916

**865-984-3413**  
[www.foothillsweightloss.com](http://www.foothillsweightloss.com)



Foothills Weight Loss Specialists works in partnership with the Fort Sanders Center for Bariatric Surgery.

## Connect with Us



4/2016

*It's your time*



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## Physicians

Since 2002, thousands of Foothills Weight Loss patients have improved their health as a result of surgical weight loss procedures performed by bariatric surgeons, Dr. Mark Colquitt and Dr. Jonathan Ray. Both are board certified by the American Board of Surgery and are affiliated with Fort Sanders Regional, a Bariatric Surgery Center of Excellence accredited by the American Society of Metabolic and Bariatric Surgery.



**Mark A. Colquitt, MD, FACS, FASMBS**

Dr. Colquitt was born in Knoxville, Tenn. He completed four years of active duty in the Navy as a surgeon prior to returning to East Tennessee in 1994.

**Undergraduate:** University of Tennessee, Knoxville

**Medical School:** University of Tennessee, Memphis

**Residency:** Saint Mary's Hospital, Waterbury, Conn.; Yale University, School of Medicine, New Haven, Conn.

**Board Certified:** General Surgery

**Member:** Fellow, American College of Surgeons; Fellow, American Society of Metabolic and Bariatric Surgery; Member, Society of American Gastrointestinal and Endoscopic Surgeons



**Jonathan H. Ray, MD, FACS, FASMBS**

Originally from Thibodaux, La., Dr. Ray began his practice in East Tennessee in 1988.

**Undergraduate:** Nicholls State University, Thibodaux, La.

**Medical School:** LSU Medical School, New Orleans

**Residency:** Charity Hospital System, New Orleans

**Fellowship:** Memorial Hospital, Jacksonville, Fla.

**Board Certified:** General Surgery

**Member:** Fellow, American College of Surgeons; Fellow, American Society of Metabolic and Bariatric Surgery; Society of American Gastrointestinal and Endoscopic Surgeons



Chriscilla's joint pain and acid reflux have improved since she lost more than 100 pounds with Laparoscopic Sleeve Gastrectomy.

### Personalized Care

Our board-certified surgeons and highly trained staff are ready to help you achieve your weight loss goals. One of our experienced Patient Advocates will be with you through every step of the surgery process.

### Weight Loss Options

- **Laparoscopic Sleeve Gastrectomy** is the most commonly performed bariatric surgery. It 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.
- **Laparoscopic Roux-en-Y Gastric Bypass** combines restrictive and malabsorptive approaches resulting in an early sense of fullness that reduces the desire to eat. In this procedure the surgeon reduces the size of your stomach with stapling and re-routes part of your digestive system.
- **ReShape** is a non-surgical procedure in which dual balloons are temporarily inserted into the stomach. You feel less hungry, enabling you to make healthier food choices.

### Frequently Asked Questions

#### *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.

#### *What are my chances for success?*

Bariatric surgery is one tool in transforming your life and health. Your ultimate success depends on your personal commitment to adopting the recommended dietary and lifestyle changes. You can transform your life!



Since Debi lost 100 pounds via Laparoscopic Sleeve Gastrectomy, her sleep problems and self esteem have improved!

Explore Your Options  
in person or online.

For upcoming seminar dates, visit  
[www.foothillsweightloss.com](http://www.foothillsweightloss.com)  
or call (865) 984-3413.



Foothills Weight Loss Specialists is affiliated with Fort Sanders Regional, accredited as a Comprehensive Center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

