



# GET BACK THE LIFE YOU LOVE.

OUR COMPREHENSIVE BARIATRIC SURGERY PROGRAM CAN LEAD TO THE LASTING, SUBSTANTIAL WEIGHT LOSS YOU'VE BEEN LOOKING FOR.

 Little Company of Mary  
Bariatric Surgery Center  
*You're in good Company*

 MIDWEST  
BARIATRIC  
INSTITUTE™

## EXPERIENCE MAKES THE DIFFERENCE

When it comes to weight-loss surgery, you want an experienced bariatric team with a safe, proven track record of successful outcomes.

That's why you can trust the Little Company of Mary Bariatric Surgery Center. Since 2001, Dr. Gerald A. Cahill, Director of the Midwest Bariatric Institute, has successfully performed nearly 500 procedures. Dr. Cahill, a board-certified physician with nearly two decades of surgical experience, explains that the bariatric operation "...is not a cure for obesity, but a tool to help patients control their disease. Most of our patients safely lose more than 100 pounds in the first year."

At the Bariatric Surgery Center, we offer open and laparoscopic gastric bypass surgery, as well as laparoscopic gastric banding, or Lap Band.

Our goal is to provide you with safe, comprehensive, personalized bariatric care to help you achieve a positive attitude about your weight, health, and overall improved lifestyle.

### Team of Experts (as of 4/2005)

**Gerald A. Cahill, M.D.,  
F.A.C.S.**

#### *Education & Training*

Medical School:

**University of Illinois,  
Chicago, IL  
graduated 1982**

Residency:

**University of Illinois,  
Chicago, IL  
finished 1987**

#### *Memberships*

**American Society  
of Bariatric Surgery**

**American Board  
of Surgery**

#### *Clinical Experience*

**16 years of Surgery  
Experience**

**14 Years of Laparoscopic  
Surgery Experience**

**6 Years of Bariatric  
Surgery Experience**

**Has performed nearly  
500 bariatric procedures  
since 1998**

**Tony Romeo,  
R.N. and Bariatric  
Program Director**

**Tracy P. Robinson, Psy.D.**

**Lisa Micetich, R.D., L.D.**

### Consulting Physicians

**Dr. Kidanu Birhanu,  
Internal Medicine**

**Dr. Richard Kern,  
Medical Director of  
Little Company's Sleep  
Disorders Center**

**Dr. Evan McLeod,  
Medical Director of Little  
Company's Respiratory  
Care Services**

## TEACHER LOSES 100 POUNDS AND LEARNS HEALTHY LIFESTYLE



At six feet tall, Kelly Koehler always described herself as a “big” girl. In high school, Kelly weighed around 250, but was active and athletic.

But by age 26, Kelly’s weight rose to 300, and she started experiencing pain in her feet and legs. Being a teacher, Kelly has to walk up and down many flights of stairs between classes, and it was becoming more and more difficult for her.

Kelly decided to investigate weight-loss surgery and attended a seminar at a place that performed bariatric surgery. But she felt it was too impersonal



and too crowded and did not follow through. Shortly afterwards, Kelly’s mother showed her a newspaper ad for Little Company of Mary’s Bariatric Surgery Center. They went to a seminar together and Kelly felt the presentation was informative, personal and interactive – just what she was looking for. And after meeting with the rest of her bariatric team, Kelly was convinced this was the right place for her.

Kelly’s bariatric surgery was a huge success and she’s lost 100 pounds. She credits her monthly support gatherings, which offers emotional and psychological support, plus a renewed focus on good eating and exercise habits. Reaching this weight-loss goal has helped this teacher pursue her next life goal – her second masters degree.



## IS WEIGHT-LOSS SURGERY RIGHT FOR ME?

If you're 100 pounds overweight, or have a Body Mass Index\* (BMI) of 40 or greater, weight-loss surgery could be the right choice for you.

Or, if your BMI is between 35 and 40, and you have one of the following obesity-related conditions:

- **Diabetes**
- **High Blood Pressure**
- **Heart problems**
- **Sleep Apnea**
- **Degenerative Joint Disease**

And, you've tried and failed to lose excess weight through diets, exercise, behavior modification or weight-loss drugs, our program could be the answer.

## FEEL BETTER ABOUT YOUR LIFE

Obesity is a chronic disease, not a personal weakness. It affects one in 20 people in the United States—a number that's growing. Today we know obesity is caused by a combination of factors, such as environment, individual psychology, and genes.

When you free yourself of your excess weight, you'll feel better about your life in so many ways.

Our patients have shared with us how their lives improved after weight-loss surgery. Many had health concerns that were reduced or even disappeared, such as high blood pressure, heart and circulatory problems, arthritis and joint problems, asthma, sleep apnea, diabetes, and infertility.

Their day-to-day life was improved by having extra energy and a new-found ability to move easier without pain. How they felt about themselves and how others related to them also improved. Patients reported a better self-image and felt more confident in their relationships with family, friends, co-workers, and especially new acquaintances. This new confidence even helped with their careers, whether performing physical work or just having more stamina during the work day.

Overall, our patients say we've helped them to finally enjoy the life they felt they were meant to live.

To easily calculate your BMI, visit [www.lcmh.org](http://www.lcmh.org) and click on the [Directory of Services/Bariatric Surgery link](#) or visit [www.midwestbariatric.com](http://www.midwestbariatric.com), and click on the [Path To Surgery link](#).

\*Body Mass Index (BMI) = weight (lbs) x 700/height (in) x height (in)

## FIREMAN RESCUES HIMSELF AND LOSES 137 POUNDS



Being a fireman is an active, physical profession. And, fireman Lyle Lake, 36, felt his weight at 337 pounds was starting to affect his ability to be his best. Lyle had tried all kinds of diets and diet pills, but would only lose a small amount of his weight. He started to look into other weight-loss options, including surgery. Then one day, while on the job, Lyle had chest pains that convinced him he needed to do something soon.

During his thorough investigation of bariatric surgery, Lyle reviewed eight different resources in the



Chicago area. But his wife, Michelle, wasn't totally convinced he should have the weight-loss surgery. However, after they met with the team at the Little Company of Mary Bariatric Surgery Center, they decided it was the right surgery and right place for Lyle.

Lyle's laparoscopic surgery went smoothly and he's lost 137 pounds. He felt his medical team and support groups helped him become the

happier, healthier fireman, husband and dad he is today. Not only is Lyle more active on the job, but he also has more energy to play with his four children. As a fireman, Lyle says the Little Company of Mary Bariatric Surgery Center's program really "rescued" him and would highly recommend it to anyone.



## WHAT CAN I EXPECT?

Support – and lots of it, before and after your surgery.

First, you're invited to attend and participate in our free, monthly support group meeting. You'll be able to talk with our weight-loss specialists, as well as patients who are enjoying the benefits of our bariatric surgery program.

The next step is a personal, detailed consultation to determine what kind of surgery is best for you. At that time, you'll also discuss:

- **Nutritional Support**
- **Exercise Support**
- **Psychological Support**
- **Monthly Support Groups**
- **Metabolic Evaluation**
- **Long-term Follow-up Support**

If necessary, you'll have a comprehensive medical evaluation for pulmonary, cardiology, and psychological clearance prior to surgery. We'll help you with your insurance, too. Insurance companies realize the health concerns and complications of obesity, and many provide coverage for weight-loss surgery. We'll work with you and your insurance company to determine your coverage, or; if you're not covered, we'll help you find the financing you'll need.

The surgery typically takes only a few hours, but requires a two-to three-day stay. Your recovery takes three to six weeks. Working under the care of our dietitian, you'll be on a prescribed diet of liquids, protein shakes and slowly be progressed to solid foods.

After surgery, ongoing support, information, and encouragement – both physically and emotionally – are continually available for you. We'll spend as much time as you need to help you achieve your weight-loss goals and begin your new, healthy life.

## CALL US – WE CAN HELP

For more information about upcoming seminars or to meet for a consultation, call us at **866-540-LCMH**.

## MOM WITH TWO SETS OF TWINS LOSES 153 POUNDS & GAINS ENERGY & ENTHUSIASM



After gaining weight with two sets of twins within three years, Kimberly Flowers-Watson felt tired and lifeless. She tried many different diets, but at 268 pounds, nothing seemed to help. Around this time, Kimberly watched her good friend successfully take off weight after having bariatric surgery at the Little Company of Mary Bariatric Surgery Center. This encouraged Kimberly to investigate the weight-loss program herself. After meeting with Dr. Cahill and the bariatric surgery team at Little Company, Kimberly felt everyone was very supportive



and sensitive to her needs and she was confident about her decision to pursue surgery for herself.

Kimberly couldn't be happier with her results. She felt good enough to go back to work after only three and one-half weeks from having surgery and, to date, has lost 115 pounds. Kimberly now feels her life has changed tremendously. Before the weight-loss, she felt it was "too late" to go back to school. But now

the motivation and Kimberly has desire to pursue her dream of a degree. She also started to "dress for success," which she felt helped lead to her promotion. Her husband is thrilled with her results, and Kimberly says his compliments just won't stop. But the best part is now the twins have a happy, active, and energetic new Mom that can keep up with them.





**2800 West 95<sup>th</sup> Street**  
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**866-540-LCMH**  
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