

# Guide to Proven Weight Loss

ORLANDO  
HEALTH®

Weight Loss &  
Bariatric Surgery  
Institute

# Patient Success Story



## Totally Worth It

Growing up, Griselle — a statuesque 5-foot-8 — had never worried about her weight. Her first pregnancy changed that, and her second was even harder, packing on another 80 pounds. "I just couldn't find a way to lose all that weight," she says. She was heavier than she'd ever been, nearly 300 pounds.

She knew of the Orlando Health Weight Loss and Bariatric Surgery Institute because she works at Orlando Health, and she decided she was ready to try it.

In October 2020, Dr. Teixeira performed robotic gastric bypass surgery on Griselle, a procedure that reduces stomach size and reroutes the small intestine so less food is absorbed. Patients are left with a much smaller internal space for whatever they consume, which is why keeping a light but steady stream of the right kinds of nutrition flowing through their system is necessary.

For Griselle, the early days were hard. "At first it was really tough for me because I was used to eating so much junk food," she says. "Within a couple of months, I had to change all of those habits I had for many, many years."

Even with all the effort it took to get this far, "I would say it's totally worth it," Griselle says. "At the beginning it's a struggle, but a few years down the road you're going to feel better about yourself. And, when you're not tired all the time, when you're not falling asleep everywhere and when you're not hurting, your life is going to change."

# You Have Choices When It Comes to Achieving Your Health Goals

At the Orlando Health Weight Loss and Bariatric Surgery Institute, we understand the challenges that come with living with obesity — impacting every aspect of your physical and mental health and well-being. We want to show you that choosing to learn how we can help is the first step. From there, we'll be with you every step of the way. With effective treatment options, advanced techniques and ongoing support, our comprehensive weight loss program offers lifelong results.

## Am I Eligible?

To achieve the highest possible levels of effectiveness and safety, a patient's condition must meet specific requirements to be eligible for a bariatric procedure or program:

- You must be between 14–70 years old. Some additional age restrictions may apply depending on the type of procedure or program.
- You have a BMI from 30–34 with a health condition related to obesity such as diabetes, hypertension, obstructive sleep apnea and/or coronary artery disease.\*
- You have a BMI greater than 35.\*

\*Procedures for lower BMIs subject to insurance guidelines.

## Am I a Candidate?

Candidates for a bariatric procedure or program typically have been morbidly obese for five years or longer and have been attempting to lose weight through traditional means for an extended period of time. Unfortunately, the most common weight-loss methods, such as dieting, exercise and therapy, simply don't work for many people. In these cases, other options can be considered.



# Orlando Health Weight Loss and Bariatric Surgery Institute Procedures and Programs

You have choices when it comes to achieving your health goals.

After considering your medical history, health conditions and expectations, we will develop a plan with you and help you choose the weight-loss journey that is right for you.

Our compassionate surgeons, weight loss specialists and obesity-medicine experts who provide minimally invasive and robotic surgery, revision and conversion procedures, psychological support and nutritional guidance are all committed to care for and support you as you reach each milestone, and for the rest of your life.

## Endoscopic Procedures

Endoscopic examinations of the upper part of your digestive system – the esophagus, stomach and beginning of the small intestine – can reveal ulcers, hiatal hernias and gastroesophageal reflux disease, also known as GERD.

Narrow-band imaging, a technology for endoscopes, uses special light to better detect precancerous conditions, such as Barrett’s esophagus. Improved visibility allows gastroenterologists to decide on the best treatment.

Treatment options may include:

- Intragastric Balloon
- Endoscopic Gastric Plication
- TIF Procedure

## Robotic Procedures

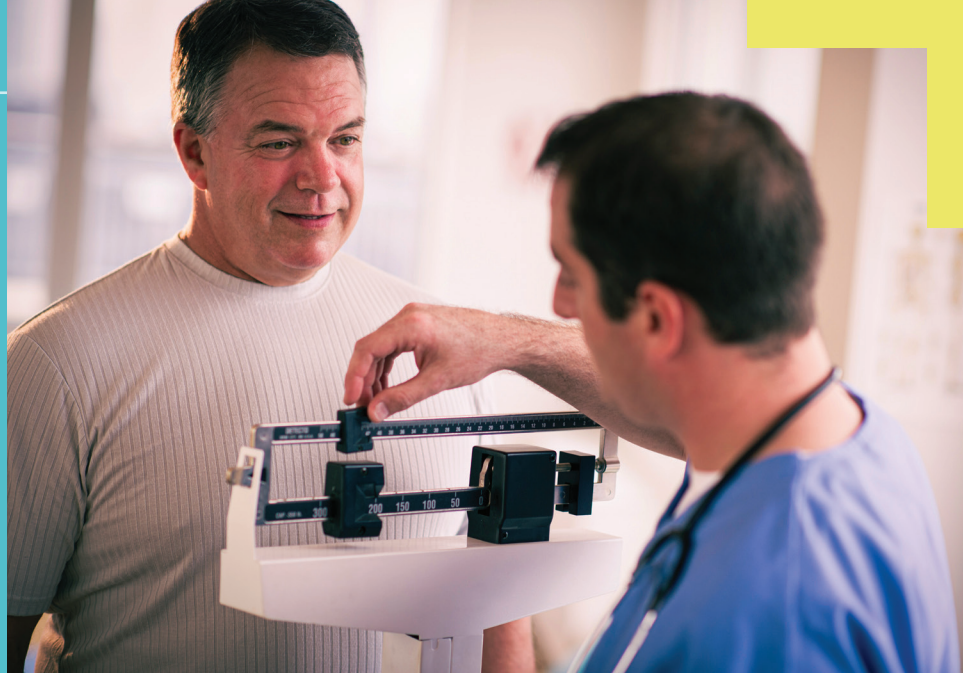
The board-certified bariatric surgeons at Orlando Health are among the most experienced in the state. Our bariatric center is also recognized as an epicenter for robotic surgery, with doctors coming from across the country to receive training.

Sleeve gastrectomy and gastric bypass surgeries can be performed with robotic-assisted surgery. The term “robotic” often misleads people. Robots don’t perform surgery; surgeons perform surgery by using instruments they guide via a console.

The robotic system translates the surgeon’s hand movements at the console in real time, bending and rotating the instruments while performing the procedure. The instruments move like a human hand, but with a greater range of motion.

Robotic procedures include:

- Traditional Duodenal Switch or Single Anastomosis Duodenalileal Bypass with Sleeve (SADI-S)
- Roux-en-Y Gastric Bypass
- Sleeve Gastroplasty



## Revision and Conversion Procedures

Our doctors specialize in the revision and conversion of previous weight-loss surgeries. They may recommend a revision or conversion if your bariatric surgery did not achieve lasting weight loss, or it led to complications. Some of the most common revision and conversion procedures our physicians perform are due to:

- Weight gain after gastric bypass
- Failed stomach stapling procedure
- Failed sleeve gastrectomy

## Obesity Medicine

Obesity drugs can provide a boost to weight loss efforts when traditional methods haven't worked. These drugs suppress appetite and reduce your body's ability to absorb fat.

Obesity medications can be a powerful ally in your efforts to lose weight, particularly when more traditional efforts have not produced the desired results. But these medications are not meant to replace other weight-loss strategies and should be used in conjunction with exercise, diet and behavioral changes.

At the Orlando Health Weight Loss and Bariatric Surgery Institute, our doctors, nurses, dietitians and counselors will work with you to determine if obesity medication has a place in your individualized treatment plan.

## Surgical Body Contouring

Losing weight can be a challenge, and losing a significant amount of weight takes a lot of determination and the right tools over a period of time to succeed. Reaching that goal certainly is an accomplishment to celebrate. Patients who lose 50 pounds or more may have excess skin left behind and may benefit from body contouring.

The health benefits of the weight loss achieved post weight-loss program included a 95% improvement in quality of life.

## Free Virtual Information Session

Attend one of our complimentary information sessions and virtually meet one of our experienced weight-loss surgeons. They will discuss insurance coverage, procedures offered, benefits, lifestyle recommendations and answer any questions you may have. Learn more at [OrlandoHealth.com/Bariatrics](https://OrlandoHealth.com/Bariatrics).

## Free Virtual Weight-Loss Surgery Support Group

This helpful support group is an opportunity for patients to learn more about what to expect throughout the journey of bariatric surgery.

**Third Wednesday of each month**  
**6:00 pm – 7:00 pm** (Virtual)

## Post-Op Nutrition Class

Join this weekly class to review post-surgery eating phases, portion guidance and practical tips for healthy, sustainable habits.

**Every Thursday**  
**11:00 am – Noon** (Virtual)



Scan the QR code to register for a support program.





connect to health



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