



# Experience.

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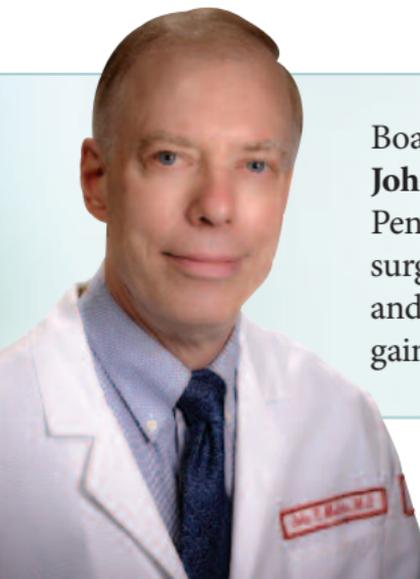
Losing a great deal of weight can be very difficult on your own, and sometimes diet and exercise alone are not enough.

The weight loss program at Chestnut Hill Hospital provides a comprehensive look at your health and wellbeing. We go beyond group-based programs by providing individualized patient care by dedicated dietitians, psychologists, and nurses in a private setting. Our team, along with your primary care physician, will create a complete plan that will meet your specific needs.

Individual consultations with a bariatric dietician and private educational classes with a nurse create a supportive environment to work through the preparatory process.

Minimally invasive procedures include:

- ✓ **Gastric Bypass**
- ✓ **Vertical Sleeve Gastrectomy**
- ✓ **Duodenal Switch**
- ✓ **Adjustable Gastric Band**
- ✓ **Revisional Procedures**



Board-certified bariatric surgeon **John Meilahn, M.D.**, a University of Pennsylvania and Johns Hopkins-trained surgeon has helped more than 2,000 men and women in the Philadelphia region gain a new lease on life.



# Fit.

*Weight loss surgery can produce and maintain lasting weight loss in patients for whom nonsurgical methods have failed.*

Potential candidates for weight loss surgery include:

- Persons over age 18 with a Body Mass Index (BMI) of 40, this is roughly 100lbs over ideal body weight.
- Persons over age 18 with a Body Mass Index of 35 or more who have weight-related medical conditions such as type 2 diabetes.

Health conditions such as type 2 diabetes, high blood pressure, sleep apnea, asthma, difficult to manage reflux disease, back and joint pain, and infertility are often improved and in many cases resolved with weight loss surgery.

## Information and Support

Dr. Meilahn and Laurie White Meilahn, program coordinator and surgical assistant, are happy to meet and talk with you. If you are interested in weight loss surgery, please join us.

***FREE Weight Loss Surgery Informational Session***

3rd Wednesday every month at 5:30 p.m.

1st Saturday every month at 10 a.m.



Call **215-248-8520** or email **Laurie\_WhiteMeilahn@chs.net** to register or to schedule a private consultation.

All sessions take place at:  
Chestnut Hill Hospital  
8835 Germantown Avenue, Philadelphia.

CHESTNUT HILL  
HOSPITAL

UNIVERSITY of PENNSYLVANIA  
COMMUNITY HEALTH NETWORK

[chestnuthillhealth.com](http://chestnuthillhealth.com)