



## FROM THE DESK OF...



**Robert Richard, MD**

Spring is a time of year many associate with renewal and fresh starts. It comes just a few months after the new year, an occasion many associate with resolutions such as weight loss. But for millions of Americans, losing a few pounds is just a small dent in where they need to go to improve their health and, for many, to save their lives.

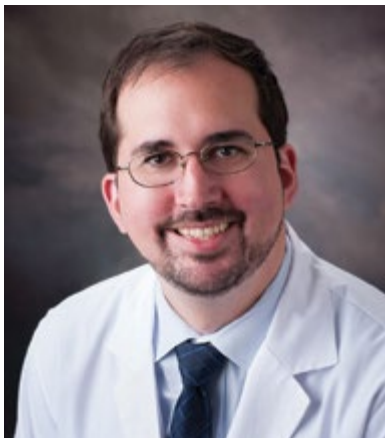
Defined as a BMI over 30, obesity is a serious health issue that millions in this country face. It's a disease that affects nearly 40 percent of all Americans according to the Centers for Disease Control and Prevention.

Over the years we've had the privilege to work with thousands of people to help them achieve their weight loss goals. This can also provide improved quality of life and even life expectancy. Our patients are looking for safe, effective weight loss. We provide that through a variety of

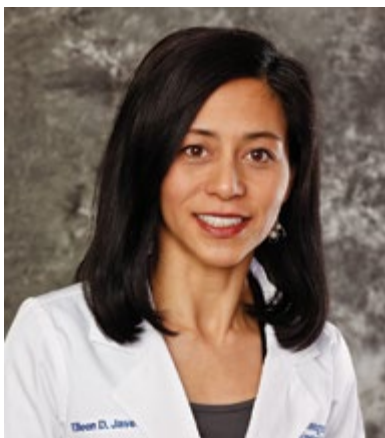
methods, including both surgical and nonsurgical interventions.

People who seek help through the Center for Weight Management will come to understand that what we offer is neither cosmetic surgery nor is it a quick fix. With a properly performed weight loss procedure, we can extend lives 10 to 20 years versus not doing anything at all. Those are results that show up beyond the scale – they show up in the school plays and ballgames attended, the weddings witnessed, and the joys of grandchildren.

We encourage anyone considering surgical or nonsurgical options to visit our website to learn more. While there you can watch an online seminar that explains the procedures as well as what to expect. Call now to make an appointment to see us for a consultation.



**Miguel del Mazo, MD**



**Eileen Javellana, MD**

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# CENTER FOR WEIGHT MANAGEMENT OVERVIEW

Maintaining a healthy weight is just as important as keeping tabs on the health of your heart, brain, liver, or any other organ, as bad weight effects everything in your body. In fact, the medical community now understands that obesity is a disease just like any other chronic condition and should be treated as such.

With that in mind, Longstreet Clinic's Center for Weight Management is here to help you gain control over one of the most important aspects of your personal health.

We do so via a team of dedicated physicians, specialists and nurses who walk our patients through each step of the weight loss process in order to produce long-lasting and successful results.

We offer both surgical and non-surgical weight loss options, each designed to ward

off dangerous pounds and, with hard work and dedication, keep them off for good.

Laparoscopic surgical options available through the Center for Weight Management include:

**GASTRIC BYPASS**

**GASTRIC SLEEVE**

**REVISIONAL WEIGHT LOSS SURGERY**

**DUODENAL SWITCH**

Surgery is not always the best option for weight loss, which is why the Center for Weight Management offers numerous non-surgical options designed to help you reach your goals. This includes:

**INTRAGASTRIC BALLOON SYSTEMS**

**- ORBERA GASTRIC BALLOON**

**- OBALON BALLOON**

**MEDICAL WEIGHT LOSS PROGRAMS**

## WHEN IS SURGERY THE RIGHT OPTION FOR WEIGHT LOSS?

**Deciding to undergo a surgical procedure, no matter the nature of that procedure, is no simple decision.**

The same is most certainly true of bariatric surgery. But there are certainly factors that may help you determine if a procedure is the best option for you.

First, make an appointment with your doctor and ask him/her pointed questions. If you are more than moderately overweight, certainly if you are obese, then it is worth talking with a medical professional and determining the best plan of action. If you have tried dieting to no

success or experienced short-term success only to see weight return, then you may need surgical help. Understand, however, that bariatric surgery is not magic. Surgery patients still must undergo a significant lifestyle change and possess tremendous discipline in order to experience long-lasting success.

If you do seek medical help, it is in your interest to connect with a medical professional willing to stay in contact with you throughout the process, as success requires a lifelong commitment.

## MEET THE TEAM

Meet the team at Longstreet Clinic's Center for Weight Management.

We feature two bariatric surgeons, a bariatrician and a registered dietitian, each dedicated to helping our patients on each step of their weight loss journey.

**Robert Richard, M.D., F.A.C.S.**

**Medical Degree:** Albert Einstein College of Medicine

**Residency:** Harvard University Beth Israel Deaconess

**Certification:** American Board of Surgery

**Medical Staff Privileges:**

Northeast Georgia Medical Center  
Gwinnett Medical Center  
Gainesville Surgery Center

**Miguel del Mazo, M.D., M.S., F.A.C.S.**

**Medical Degree:** Emory University School of Medicine

**Residency:** Jackson Memorial Hospital

**Certification:** American Board of Surgery

**Fellowship:** University of Miami

**Medical Staff Privileges:**

Northeast Georgia Medical Center  
Gwinnett Medical Center  
Gainesville Surgery Center

**Eileen Javellana, M.D.**

**Medical Degree:** Wayne State University School of Medicine

**Residency:** William Beaumont Hospital

**Certification:** American Board of Internal Medicine, American Board of Obesity Medicine

**Medical Staff Privileges:**

Northeast Georgia Medical Center

**Sheenagh King, RD, LD, CPT**

**Registered Dietitian**

**Education:** University of Georgia

**Certification:** Academy of Nutrition and Dietetics



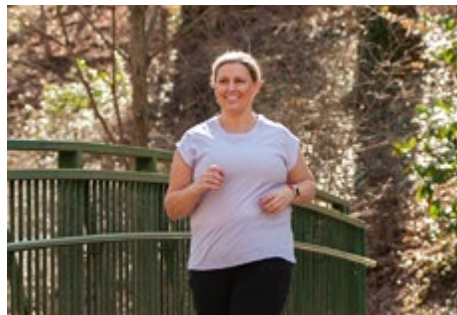
Call us at 770-534-0110 or visit [longstreetclinic.com/weightloss](https://www.longstreetclinic.com/weightloss) to learn more.

# PATIENT TESTIMONIALS



## SCOTT LEDFORD

Just two-and-a-half years ago Scott Ledford weighed almost 350 pounds, suffered from sleep apnea, and needed medication to control his blood pressure. Today, however, Scott weighs in at a sleek 195 pounds, bicycles over 5,000 miles a year and has a resting heart rate of 46 -- a number reserved for highly-tuned athletes. What fostered the change? First, Scott determined to take his weight loss seriously -- both for his sake and his family's. Second, he contacted Longstreet Clinic Center for Weight Management, where he met Dr. Robert Richard. Dr. Richard and Scott worked together to determine the gastric sleeve was the best medical method to help him regain control of his health. Working hand-in-hand with the team at Longstreet Clinic and through Scott's unyielding determination and disciplined lifestyle, Scott now lives an amazingly active life. His blood pressure and sleep apnea problems are things of the past, and a fully-healthy Scott harbors goals that just three years ago would have seemed impossible.



## CHRISTINE PRICE

Christine Price spent many of her 39 years battling weight issues. It was a fight she waged with only brief success, watching small victories wiped out by yo-yo diets, the weight returning with a vengeance. That all changed when Christine contacted Longstreet Clinic's Center for Weight Management. Meeting with Dr. Miguel del Mazo, Christine opted for a procedure known as a gastric sleeve. Just four months following the procedure, Christine has already lost 70 pounds, and she has goals to take the losses even further. Thanks to the hand-in-hand approach and personal care provided by the Center for Weight Management, Christine believes she will accomplish just that, beginning with running a 5-kilometer road race in the fall. Christine's children have been impressed but know there is plenty of hard work ahead. And while Christine has cut out such American diet staples as sodas, breads and potato chips, she is feeling so much better for it. In fact, she has never felt better.



## DR. REBECCA ANDO

A well-respected obstetrician at Longstreet Clinic, Dr. Rebecca Ando knew exactly where to turn when she made the decision to gain control over her health and weight issues. Dr. Ando soon sat down with bariatric surgeon and colleague Dr. Robert Richard to look at the options available to her. Dr. Ando found herself in a unique situation. After battling weight issues throughout her life, Dr. Ando had already attempted a bariatric procedure which had failed and even led to painful acid reflux complications. But after recently giving birth to her son, Hank, Dr. Ando was determined to drop pounds. Dr. Richard determined that a gastric bypass was the best option and just over a year after her procedure, Dr. Ando has lost 125 pounds, with a goal of continued weight loss. Fully-dedicated to maintaining her health, Dr. Ando, along with son, Hank, and husband, Ren, have all been pleased by the results, as she now has the energy to keep up with her energetic two-year-old. Determined, Dr. Ando plans on keeping up with Hank for years to come.



**LONGSTREET CLINIC**  
Center for Weight Management

Watch their stories:  
[longstreetclinic.com/weightloss](https://longstreetclinic.com/weightloss)



# HOW WEIGHT LOSS CURES OTHER ISSUES

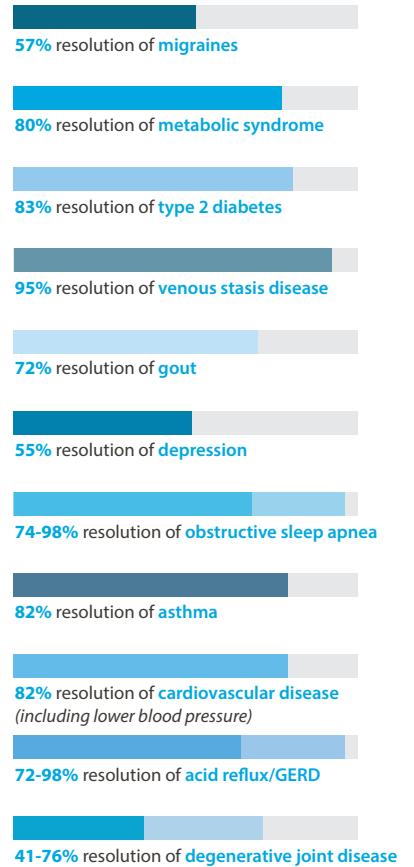
Obesity is a serious medical condition that leads to a number of health complications, including:

- PULMONARY DISEASE**
- NON-ALCOHOLIC FATTY LIVER DISEASE**
- GALLBLADDER DISEASE**
- GYNCOLOGICAL ABNORMALITIES**
- OSTEOARTHRITIS**
- GOUT**
- PHLEBITIS**
- CANCER**
- CORONARY HEART DISEASE**
- CATARACTS**
- STROKE**
- IDIOPATHIC INTRACRANIAL HYPERTENSION**

Treating obesity, through either surgical or non-surgical weight loss, can lead to the reversal of or relief from a number of these health concerns. This happens for a number of reasons, each unique to various bodily systems. Studies show that consequential weight loss significantly reduces these issues in many patients.

There is also a **95 PERCENT** improvement in the quality of life for patients, while five-year mortality rates drop by **89 PERCENT**.

In other words obesity is a significant issue that cannot be ignored in order to maintain good health.



## 5 TIPS TO LOSE 5 POUNDS FAST:

### 1 EAT THREE SMALL MEALS A DAY\*



\*There is an exception for those people with diabetes who have a low blood sugar.

### 2 STOP DRINKING ALL SODAS AND CARBONATED BEVERAGES



There are NO health benefits to soda.

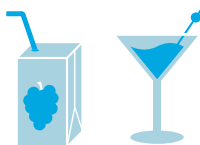
### 3 CONSIDER A HIGH-PROTEIN MEAL REPLACEMENT

For at least one meal a day, try a protein bar or shake.



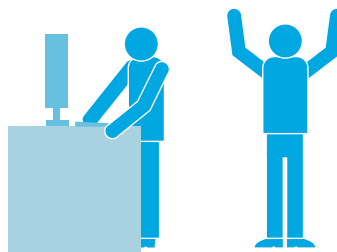
### 4 LIMIT OR STOP THE INTAKE OF LIQUID CALORIES

Drink lots of water.



### 5 STAND UP FOR MOST OF THE DAY

Even just 20 minutes every hour.



## MEDICAL WEIGHT LOSS

The Center for Weight Management offers a comprehensive, physician-supervised **medical weight loss program**.

Each of our patients starts with an orientation program and receives a full medical evaluation that includes an EKG and lab work. We also prescribe meal replacements which prove to be 10 times more effective than standard food therapy, as well as individual nutrition counseling, weekly group education sessions, and additional visits with our physicians or nurse practitioner to monitor your continued progress.