



# Let us change **your story**

with the help of bariatric  
weight-loss surgery



**Jackson**  
HEALTH SYSTEM

*Miracles made daily.*



*Chandra lost  
100 pounds.\**



## Are you ready to **change your story?**

Our team can help make the next chapter of your life a page-turner. To arrange a physician consultation or seminar, call **305-585-TRIM (8746)** or visit **[JacksonBariatrics.org](https://JacksonBariatrics.org)**.

\*Individual results may vary.



## **Life is about** the little things,

like celebrating with family, traveling to new places, or enjoying a good movie. However, when you're overweight, you may not be able to live the life you want. You may be facing health issues, like pain in your joints and fatigue – issues that keep you from living the fullest life you can. The good news is we've helped thousands of people change their story and find a healthier, fuller life through weight-loss surgery.

“After my  
bariatric surgery,  
**I’m a new  
person.”**

*Jeancarlo lost  
222 pounds.\**





**A healthier life**  
is waiting for you



# You're not alone

At Jackson Health System, we understand your circumstances, and we know being obese is not a choice or a result of laziness. In fact, studies show that less than five percent of morbidly obese people lose weight and keep it off through diet and exercise. So you're not alone. We're here to help you live the life you deserve. We will do it together with our team of expert physicians, our professional support staff, and with other patients who have walked in your shoes.

## A serious solution for a serious problem

More and more studies confirm that weight-loss surgery can be an effective, long-term solution for treating obesity and the conditions that often go along with being overweight. One recent study showed 60-80% of bariatric surgery patients with type 2 diabetes experienced an improvement in diabetic symptoms within a year of their procedure.<sup>1</sup> Many patients can modify or even eliminate their diabetes medication, while others may actually experience a mitigation of the disease. All thanks to weight-loss surgery.

## Why Jackson:

The Bariatric Surgery Centers at Jackson North, Jackson South, and Jackson West have already helped hundreds of people lose thousands of pounds and transform their lives. Most importantly, the majority of our patients have freed themselves from the dangers and despair of obesity-related conditions like diabetes, high blood pressure, and constant fatigue.

## Why bariatric surgery:

Jackson's weight-loss surgery program offers a variety of procedures. The sleeve gastrectomy is the number one procedure performed at our Bariatric Surgery Centers for its many advantages over other types of bariatric surgeries. During the gastric sleeve surgery, your surgeon reduces the size of the stomach and reshapes it into a tube or "sleeve." With a smaller stomach, you'll feel full faster, and therefore, eat fewer calories, which leads to significant weight loss – on average, 70 percent of patients' excess weight.\* Most patients prefer the procedure for these benefits:

- **Overnight stay may be required; length of stay is typically one night.**
- **You won't have a man-made device implanted into your body.**
- **There's no need for future adjustments.**
- **Nutrients are still absorbed naturally.**
- **Patients face few, if any, restrictions on what foods they can eat.**
- **It's a simpler procedure than gastric bypass, with fewer complications.**

\*On average, patients lose 70 percent of excess weight after gastric sleeve surgery. Individual results may vary.

<sup>1</sup>UPMC, HealthBeat

# Treatments tailored for you

No matter where you live, there's a Jackson weight-loss surgery center close by. In addition to the gastric sleeve, our surgical team performs a range of weight-loss surgery procedures, specifically tailored to your personal health circumstances, current weight, and surgical history. Your Jackson physician will work with you to determine which procedure is best for you, including:

- Gastric bypass
- Gastric balloon
- Revisional surgery

## Revisional surgery

For some patients who have previously had weight-loss surgery, a revisional surgery may be required. These procedures seek to fix or “revise” a previous surgery if a patient begins to regain their weight. A Jackson surgeon can determine the cause of the weight gain and select the most appropriate procedure to help achieve safe weight loss.



*Chandra lost  
100 pounds.\**

“I was scared, but with Jackson’s support,  
**I said yes to bariatric surgery.**”





“I thought my life was over  
but after my bariatric surgery,  
**I’m a lot happier.”**



*Mannie lost  
225 pounds.\**

## Three centers, one goal

### **At Jackson, we want to be there for you – always.**

Your relationship with your surgeon, as well as with other bariatric surgery “graduates,” should be for life. That’s why we specialize in giving you the right options, including a choice of locations. Because staying healthy is a lifelong journey, we help you find the right center – not just for your surgery, but also for ongoing support.

Choose your center with confidence. Our surgical weight-loss programs at Jackson North, Jackson South, and Jackson West are monitored closely for quality, with special improvement projects aimed at better safety, surgical effectiveness, and improved patient experience.

Our surgical weight-loss programs at Jackson North, Jackson South, and Jackson West are MBSAQIP Accredited Comprehensive Centers based on high volumes and specific quality measures. To learn more about our Accredited Comprehensive Centers, visit [JacksonBariatrics.org](https://www.jacksonbariatrics.org).

## Special places for comfort and healing

We understand the special needs of patients facing weight-loss surgery, so we created our centers with unique features to ensure your stay is as comfortable as possible. Your positive patient experience starts with a dedicated nursing and support team, as well as special units just for our bariatric patients. Here, you’ll find spacious private rooms, extra-large beds to accommodate heavier patients, and even bathrooms outfitted for weight-loss patients that feature wider toilets and oversized showers. Many of our rooms also include luxuries like a high definition TV, sofa-bed for overnight guests, and beautiful views.





*The dedicated bariatric wing at Jackson North includes spacious rooms with oversized chairs, beds, and bathroom facilities.*





A woman with blonde hair and glasses, wearing a black zip-up jacket and bright pink leggings, is walking on a grassy path in a park. She is holding a grey towel over her shoulder and a light blue water bottle in her right hand. The background shows trees and a grassy area.

**“Together, we turned  
the page on obesity.”**

## Joining you on your journey

The Jackson bariatric surgery team provides a high-quality experience that begins with your first visit to one of our seminars, continues with a safe and effective surgery, and transitions to follow-up care and support to help you embrace your new, healthier life.

Prior to your surgery, we'll help you schedule all the necessary tests and consultations to get you ready. As part of the planning process, you'll meet with a primary care physician, a dietitian, and a psychologist. After your surgery, our team will develop an individualized strategy to help you achieve your goals for weight loss and general good health, which may include:

- Body and image counseling
- Diet and nutrition classes
- Exercise advice
- Support groups
- Specialist referrals



*Daniella lost  
115 pounds.\**



# Welcome to a supportive community

For many years now, studies have confirmed the importance of a holistic approach to bariatric surgery. Social support is considered a key component of behavioral weight-loss programs, given that social contexts can both help and hinder weight-loss efforts.<sup>2</sup>

That's why Jackson's Bariatric Surgery Centers have developed an active schedule of programs for our bariatric "graduates." You'll be able to participate in our community through support groups, online forums, and, if you feel comfortable doing so, share your experiences with other people who are considering weight-loss surgery. In addition, you'll receive invitations to special events.

<sup>2</sup> PubMed Central, 2016

*Alessandra lost  
130 pounds.\**



**"The bariatric team at Jackson** was with me every step of the way."





**Bariatric Surgery Center**

Jackson North Medical Center  
100 N.W. 170th St., Suite 410  
North Miami Beach, FL 33169

**Bariatric Surgery Center**

Jackson South Medical Center  
9380 S.W. 150th St., Suite 250  
Miami, FL 33176

**Bariatric Surgery Center**

Jackson West Medical Center  
2801 N.W. 79th Ave., Suite 402  
Doral, FL 33122

**305-585-TRIM**  
**JacksonBariatrics.org**

**Jackson**  
HEALTH SYSTEM  
*Miracles made daily.*

# Medical excellence for a global community

*Jackson International connects patients from around the world with expert treatment for complex medical and surgical care. Jackson International provides a one-of-a-kind medical concierge and hospitality program. The program, which supports international patients and their families, assigns a hospitality coordinator who provides compassionate, professional, and personal assistance 24 hours a day.*



## Luxurious patient reception center

The VUMI International Patient Reception Center at Jackson Memorial Hospital is an upscale oasis for international patients and their families. The center features first-class hospital amenities in addition to luxurious waiting areas, examination rooms, and a full-service business center.

## 24-Hour access to expert medical care

Our hospitality coordinators are always available to assist with every aspect of inpatient and outpatient stays. Calling **+1 305-355-1212** connects the caller with foreign medical graduates trained to facilitate all aspects of emergency medical transfers.

### Jackson International

11611 N.W. 12th Avenue · International Patient Center C-152 Miami, FL 33136

**We are available 24 hours a day · Tel: +1 305-355-1211 · Fax: +1 305-355-5545**  
**international-info@jhs-miami.org · [www.JacksonInternational.org](http://www.JacksonInternational.org)**

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