

## **Welcome to the Bariatric Surgery and Weight Loss Program at Albany Medical Center!**

**Please report to the South Clinical Campus located at 25 Hackett Blvd. The Bariatric and Nutrition Department is located on the 2<sup>nd</sup> floor. Please make sure you bring your insurance card(s), co-pay (if one is required) and obtain a referral if your insurance requires one.**

In order to qualify as a candidate for bariatric surgery you must have a Body Mass Index (BMI) of 40 or greater. If your BMI is between 35 and 40 you must have multiple co-morbidities (health issues related to obesity, ie. diabetes, high cholesterol, sleep apnea, etc.) in order to be a candidate for surgery. We recommend that you discuss weight loss surgery with your primary care physician before beginning our program.

When you call our office (518-262-0942) to begin the program, you will be set up for four different appointments. These appointments will jump start your progress in the program and ensure that you are seen by one of our practitioners approximately once every 2-3 weeks. The following appointments will be scheduled for you:

1. Education Session – Part I (Surgery, Complications, Diet and Psychological)
    - this is the first part of a two part education session. These are held every Tuesday from 3:00-4:30 and you must pre-register with the office. There is a one-time \$50 fee for this education session.
  2. Evaluation with Physician Assistant
    - this is a one-on-one appointment with the physician's assistant to look at the clearances you'll need to acquire before surgery and to talk about your medical history.
  3. Nutrition Consultation
    - you must be cleared by a nutritionist prior to your surgery. The nutritionist will look over your bloodwork and make sure your vitamin levels are appropriate before surgery.
  4. Dietitian Consultation
    - you will meet with a Registered Dietitian who will review your dietary habits.
  5. Evaluation with Surgeon
    - your first visit with the surgeon will give you the opportunity to speak directly to the doctor that will be doing your procedure.
- These providers will help you to lose 10% of your weight and will identify any medical clearances you will need prior to weight loss surgery. Other clearances include an evaluation for sleep apnea, completion of the second part of the education session, attendance at 2 support groups, smoking cessation and beginning an exercise program. Additional requirements may be deemed appropriate by the physicians. When you have completed all necessary requirements and reached your 10% goal, you may be scheduled for surgery. At that time we will submit the necessary information to your insurance company for prior approval.

Before beginning the program we recommend that you call your insurance company and make sure that bariatric surgery is a covered benefit. If your insurance requires referrals, you must bring or have faxed a referral made out to Dr. Paul Singh and Dr. Ann Michalek or Dr. Jennifer Lindstrom. These two referrals will cover all of your visits with the other providers.

If you have any further questions, feel free to contact our office at 518-262-0942 and we will be happy to assist you. We look forward to working with you!

Sincerely,  
The Bariatric Center Staff

## **Directions to South Clinical Campus**

### **From The North**

Take the Northway (I-87) to I-90 East. Exit at I-787 South (Albany). Exit at Madison Avenue. Proceed approximately one mile on Madison Avenue. Turn left onto New Scotland Avenue. Go two blocks. Albany Medical Center will be on your right. At the traffic light take a left onto Holland Ave. Travel about ¼ mile and take a right on to Hackett Blvd. South Clinical Campus is on the right at the first traffic light.

### **From The South**

Take the New York State Thruway to Exit 23. Bear right off the exit. At the light, turn left onto Southern Blvd. Proceed for approximately one mile to Delaware Avenue. Turn right onto Delaware Avenue and proceed for one mile. Turn left onto Holland Avenue and then left on to Hackett Blvd. South Clinical Campus is on the right at the first traffic light.

### **From The East**

Take I-90 West to I-787 South (Albany). Exit at Madison Avenue. Proceed approximately one mile on Madison Avenue. Turn left onto New Scotland Avenue. Go two blocks. Albany Medical Center will be on your right. At the traffic light take a left onto Holland Ave. Travel about ¼ mile and take a right on to Hackett Blvd. South Clinical Campus is on the right at the first traffic light.

### **From The West**

Take I-90 East to I-787 South (Albany). Exit at Madison Avenue. Proceed approximately one mile on Madison Avenue. Turn left onto New Scotland Avenue. Go two blocks. Albany Medical Center will be on your right. At the traffic light take a left onto Holland Ave. Travel about ¼ mile and take a right on to Hackett Blvd. South Clinical Campus is on the right at the first traffic light.