OVERCOME OBESITY

With minimally invasive weight loss surgery.

WEIGHT LOSS SURGERY

Saint Alphonsus
Meet the Team

Losing weight is not just about a smaller number on the scale. It is about improving your health, and your life, and becoming the person you want to be. If you’ve tried endless diets without success and still need to lose significant weight, bariatric surgery may be an effective option for you. Our multidisciplinary team of experts work closely together to help you achieve your health and weight loss goals.

**Chris Reising, MD,** graduated from Indiana University Medical School and completed surgery training at Iowa Methodist Medical Center. He is board-certified by the American Board of Surgery and a fellow of the American College of Surgeons. He specializes in minimally invasive and robotic foregut surgery and endoscopy with an emphasis on metabolic and bariatric surgery. He has over two decades of bariatric surgery experience and has been a member of the American Society for Metabolic and Bariatric Surgery since 2005. Dr. Reising has five adult children and one pup named Ginger. He is passionate about taking care of surgical patients. When he is not working he loves to cook, kite surf, ski, mountain bike, paint, read books and watch movies.

**Daniel Prior, DO,** joined Saint Alphonsus after completing his general surgery residency at East Tennessee State University and his Minimally Invasive Bariatric fellowship at Johns Hopkins University in Baltimore, MD. His practice includes bariatric surgery, robotic surgery, minimally invasive surgery, and general surgery. He strives to provide the latest innovations in surgery and offer world class, state-of-the-art surgical techniques.

**Troy DeMasters, PA-C,** is a physician assistant certified by the NCCPA and is passionate about caring for surgical patients. He has been practicing as a surgical PA for nearly two decades and specializes in minimally invasive surgery and robotic surgery. Troy enjoys spending time with his family and participating in his children’s sporting activities. In addition, he enjoys outdoor activities, including boating, skiing and backpacking.

**Anna, RN, Bariatric Coordinator,** was raised in Boise, Idaho, and received her undergraduate in Tucson Arizona from the University of Phoenix. She has more than 17 years experience as a nurse and is dedicated to creating a customized patient journey experience that is tailored to meet the needs of her individual patients. When she is not working, she enjoys outdoor activities including spending time on her family farm.
Casey, Insurance Coordinator, is passionate about guiding patients to a healthier lifestyle. During her free time, she enjoys going on bike rides, cooking for friends, and playing video games.

Emily, RDN, LD, Dietitian, was born and raised in Columbus, Ohio. She received her undergraduate and post-graduate training in nutrition at Ohio State University. She has extensive experience in bariatric nutrition counseling and immensely enjoys working with bariatric patients. When she is not working she enjoys camping, hiking and skiing with her husband and two children. Her undergraduate and post-graduate training in nutrition at Ohio State University.

Kyle, RDN, LD, Dietitian, received his undergraduate degree in dietetics from the University of Southern Indiana and completed his post-graduate training in nutrition at Idaho State University. He has extensive experience in caring for a bariatric patient’s nutritional needs. He enjoys hiking, skiing and bow hunting with his wife, friends and family in the mountains of Idaho.

Emily Norbyhrn, Dietitian, Nampa, is a Boise native and has been a registered dietitian for more than ten years. She graduated from the University of Idaho in 2009. Over the years she has worked in a variety of settings including nutrition counseling, acute care, long term care, acute rehab, home health and hospice, and with the child nutrition program. She is the main outpatient dietitian at Saint Alphonsus in Nampa. Emily lives in Boise with her dog, Maddie, and two cats. In her free time, she enjoys rafting, CrossFit, traveling, camping, and gardening.
Metabolic & Bariatric Center

Saint Alphonsus
Metabolic & Bariatric Center

Mulvaney Medical Building
1072 N. Liberty St., Suite 300
Boise, Idaho 83704

(208) 302-2300
The path to weight loss success

Our goal is to help you changing your life and your health, not just the number on the scale. If you have tried endless diets without success and still need to lose a significant amount of weight, bariatric surgery can be an effective treatment to help you make a change for health and for life.

Our multi-disciplinary and comprehensive program is focused on helping our patients achieve their weight loss and health goals based on their individual needs. Both gastric bypass and sleeve gastrectomy weight loss surgeries using robotic or laparoscopic are minimally invasive through very small incisions made by your surgeon.

Pre-operative preparation

The Saint Alphonsus Metabolic and Bariatric Surgery Program is a process that takes six months to complete in most cases. Our program and insurance carriers require six monthly medically supervised weight loss visits.

PRE-OPERATIVE PATHWAY OF CARE

1 Month
Surgeon Consult

2 Months
Physician Supervised Weight Loss Visit
Nutrition Consult
Support Group Meeting

3 Months
Physician Supervised Weight Loss Visit
Psychiatric Clearance
Physical Therapy Consult

4 Months
Physician Supervised Weight Loss Visit
Nutrition Consult
Support Group Meeting

5 Months
Physician Supervised Weight Loss Visit
Support Group Meeting

6 Months
Preoperative Consult Visit
Support Group Meeting

Follow-up care

Our team follows each patient through their weight loss journey to ensure long-term success.

POST-OPERATIVE PATHWAY OF CARE

Week 2 +4
Surgeon Post-op Visit
Primary Care Visit
Support Group Meeting

Week 8
Surgeon Post-op Visit
Primary Care Visit
Nutrition Consult

Week 12
Success Visit
Support Group Meeting

6 Months
Success Visit
Nutrition Consult
Support Group Meeting

9 Months
Success Visit
Support Group Meeting

12 Months
Success Visit with Labs
Support Group Meeting

SaintAlphonsus.org/WeightLoss
Criteria for weight loss surgery

Candidates for weight loss surgery should meet the following criteria:

• At least 100 pounds overweight or 100 percent above ideal weight
• Body Mass Index (BMI) of at least 40, or 35 with severe weight related health problems
• Severe weight-related health problems such as diabetes, high blood pressure, high cholesterol, heart disease, osteoarthritis, GERD and sleep apnea
• Non-smoker
• At least 19 years old
• A history of obesity and documented attempts of non-surgical weight loss treatments that have failed
• No history of substance abuse
• No history of uncontrolled or untreated psychiatric or eating disorders

CALL FOR A CONSULTATION TODAY | (208) 302-2300

Make an appointment online at SaintAlphonsus.org/WeightLoss
Benefits of weight loss surgery

After surgery, most gastric bypass and sleeve gastrectomy patients lose weight rapidly until 12 to 18 months. Patients might lose 30 to 50 percent of their excess weight in the first six months and up to 70 percent of their excess weight as early as one year after surgery. Diet and activity level after surgery have an effect on how much weight is lost and the long-term success of the weight loss.

**Significant weight loss can improve many obesity related health problems:**
- Type 2 Diabetes: 82 – 98% resolved
- Hypertension: 69% resolved
- Depression: 47% reduced
- Obstructive Sleep Apnea: 74 – 98% resolved
- GERD (reflux): 72% resolved
- Quality of Life: 95% improved

Emotional and social changes are often associated with extreme weight loss. Many patients report that their mood, self-confidence and quality of life improve significantly after surgery.

Ready to take the next step in your weight loss journey?

View the FREE weight loss surgery seminar at SaintAlphonsus.org/WeightLoss