Weight Loss Surgery Team

Bristol Hospital
everyday extraordinary
OUR WEIGHT LOSS SURGEONS

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Medical School: American University of Beirut, Lebanon - MD
Residency: University of Texas Southwestern Medical Center, Dallas - General Surgery
Fellowship: University of Texas Southwestern Medical Center, Dallas – Advanced Minimally Invasive and Bariatric Surgery
New York Presbyterian Hospital, NYC, NY, Colon and Rectal Surgery
Board Certified: General Surgery, Colon and Rectal Surgery
Languages: French, Arabic
Professional Organizations: Society of American Gastrointestinal Endoscopic Surgeons (SAGES), American College of Surgeons (ACS), American Society of Metabolic and Bariatric Surgery (ASMBS), American Society of Colon and Rectal Surgeons (ASCRS)

Souheil W. Adra, MD
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Waterbury Hospital Health Center – General Surgery
American University of Beirut – General Surgery
Fellowship: Beth Israel Deaconess Medical Center
Minimally Invasive & Bariatric Surgery
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Languages: French, Spanish, Arabic
Professional Organizations: Society of American Gastrointestinal and Endoscopic Surgeons add (SAGES)
American College of Surgeons (ACS)
American Medical Association (AMA)
Society of Surgery of the Alimentary Tract (SSAT)

Vanessa Malit, MD
Medical School: Meharry Medical College, Nashville- MD
Residency: Abington Memorial Hospital
University of Pittsburgh - General Surgery
North Shore University Long Island Jewish Health System
Board Certified: General Surgery
Fellowship: Minimally Invasive & Bariatric Surgery
Professional Organizations: American College of Physicians, American College of Surgeons, American Medical Student Association, Association of Women Surgeons.
Welcome to the first edition of the Bristol Hospital, Weight Loss Surgery Outcomes Report.

As a high-quality, low-cost community hospital, our goal with this publication is simple—transparency. Included in this publication are outcomes and complication rates as well as surgical volumes and length of stay data. As you will see, our quality data far exceeds the national benchmarks set in place as we continue to improve the health status of our communities. We want you to review this data and ask any questions of our surgical team as you refer patients to our weight loss surgery program.

Our program began in 2009 and shortly thereafter, Dr. Makram Gedeon, joined the Bristol Hospital Multi-Specialty Group. Within the past two years, two more incredible bariatric fellowship-trained surgeons have joined our team; Dr. Souheil Adra and Dr. Vanessa Malit.

Our surgeons set the tone with a multi-disciplinary team approach that provides patients with the education, support and tools to help them prepare for a successful and life-altering journey. We support our patients with a well-designed program that brings the very best in professional care to your patients. To help achieve a complete lifestyle change, our program pulls together the skills from a spectrum of Bristol Hospital professionals, including:

- Fellowship-trained surgeons
- Bariatric-trained APRN
- Bariatric nurse caregivers
- Dietitians
- Mental health providers

As you review the data in this report, I want you to think about the wonderful patient stories which are the ultimate goals of what you and our team want to accomplish. Every spring, the weight loss surgery team hosts an annual patient reunion in which they share stories with their fellow patients and show photos of what are known as “non-scale victories.” Comments like “I’m working again,” “I can play with my kids now,” or “I can walk my dogs,” are all examples of the victories that go far beyond any numbers on a scale.

This is a very personal journey for our patients with a family structure and engaged staff who are there for our patients every step of the way. Thank you for your interest in the Bristol Hospital Weight Loss Surgery Program and for allowing us to be “Everyday Extraordinary.”

Sincerely,

Kurt A. Barwis, FACHE
President and CEO
Bristol Hospital and Health Care Group, Inc.
MESSAGE FROM THE MEDICAL DIRECTOR

Dear Colleague,

I am delighted to present the Bristol Hospital Weight Loss Surgery Six Year Outcomes Report.

Our program continues to grow as more patients from Bristol and the Greater Hartford area choose to come to Bristol Hospital to pursue their weight loss surgery goals.

Since the start of the program in 2009, our main focus has been the delivery of highest quality surgical care in an atmosphere of dignity and respect to the patient. This dedication was rewarded in 2013 and our center received designation as a comprehensive center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). This designation means patients who join our program can be confident to receive surgical care based on best practices and with outcomes in accordance with nationally accepted benchmarks.

The accreditation has also allowed us to recruit top quality surgeons. Dr. Souheil Adra, who joined us in 2014, spearheads our quality improvement efforts and Dr. Vanessa Malit, who joined in 2015, allowed us to offer robotic surgery to our patients. I am very proud to be working with both and I am grateful to the value they add to the program.

As we strive for continued improvement, I cannot stress enough that the success of our program is due to the entire team—a dedicated group of professionals from a variety of disciplines—who are passionate about providing safe, high-quality, patient care. They are the reason for our fantastic outcomes and the hundreds of gratified patients.

I encourage you to review this report carefully and share this information with patients you are considering referring to our center.

I welcome your feedback, questions and ideas for collaboration. Please feel free to contact me at mgedeon@bristolhospital.org or 860.585.1560.

Sincerely,

Makram Gédeon, MD, FACS, FASMBS
Medical Director
Bristol Hospital Weight Loss Surgery Program
Outcomes 2010 – 2015
(30 Day Post Operative)

<table>
<thead>
<tr>
<th>Category</th>
<th>Bristol Hospital <strong>N = 565</strong></th>
<th>*National Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Readmission</td>
<td>4.78%</td>
<td>4.00%</td>
</tr>
<tr>
<td>Reoperation</td>
<td>0.88%</td>
<td>1.70%</td>
</tr>
<tr>
<td>Mortality</td>
<td>0.00%</td>
<td>0.10%</td>
</tr>
<tr>
<td>Surgical Site Infection</td>
<td>3.01%</td>
<td>3.20%</td>
</tr>
<tr>
<td>Leak</td>
<td>0.71%</td>
<td>0.59%</td>
</tr>
<tr>
<td>Pulmonary Embolism</td>
<td>0.00%</td>
<td>0.39%</td>
</tr>
</tbody>
</table>


** Excludes Revisions
% Excess BMI Reduction Over Time
Gastric Bypass N=185

(Baseline BMI – Follow up BMI)/(Baseline BMI – Ideal BMI(25)) \times 100
% Excess BMI Reduction Over Time
Sleeve Gastrectomy N=254

(Baseline BMI – Follow up BMI)/(Baseline BMI – Ideal BMI(25)) X 100

<table>
<thead>
<tr>
<th>Time</th>
<th>% Excess Weight Loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Days</td>
<td>22%</td>
</tr>
<tr>
<td>6 Months</td>
<td>47%</td>
</tr>
<tr>
<td>1 Year</td>
<td>61%</td>
</tr>
</tbody>
</table>
Weight Loss Program Has No Shortage Of Recognitions
By Dennis S Perrone, MBA
Director, Weight Loss Surgery Service Line

The Weight Loss Surgery Program at Bristol Hospital has performed more than 600 procedures in its first six years. During the past three years, the program has grown 5 percent annually and is the third largest program in Greater Hartford. As of July 2015, our program served 64.6 percent of our patients in our primary service area (Bristol, Plymouth, and Plainville) and 42.9 percent of our patients in our secondary service area (Wolcott, Burlington, Farmington, Southington and Harwinton).

During this six-year period, our program received accreditation from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. We also were recognized as a Blue Distinction Bariatric Surgery program by Anthem Blue Cross and Blue Shield as well as an Aetna Institutes of Quality Bariatric program. But probably, for me, one of the fondest accolades our program receives is the referrals we get from family and friends of our patients. It is the number one “How did you hear about us” answer at our Weight Loss Surgery Information Sessions we offer to our patients every month both in our community as well as our surrounding towns.
Dietitians Are A Vital Part Of The Weight Loss Surgery Program
By Tricia Erickson MS, RD, CD-N
Clinical Nutrition Manager

Registered dietitians are an integral part of Bristol Hospital’s Weight Loss Surgery Program. In the years since the program began, we have immensely enjoyed working with this team and helping transform our patient’s lives. The weight loss dietitians focus continued efforts on developing the nutrition program and providing the best service possible. As a result of our growing patient volumes, we have expanded our availability and office hours, added classes and implemented weekly staff meetings. Further enhancements include improved education materials, recipes, weekly classes and streamlined internal processes. The dietitians also assist in organizing the monthly support groups and arrange a variety of topics and speakers for the groups. We look forward to continuing to serve our weight loss surgery population.
Healthy Patients Are The Greatest Reward Of All  
By Kerry Roy, RN, BSN, CBN

It is my ongoing privilege to be a part of the Bristol Hospital Weight Loss Surgery multidisciplinary team. Over the past six years as the Bariatric Coordinator, I have contributed to the growth of the program by guiding patients and providing education.

Some exciting landmarks through those years include facilitating the ASMBS Walk from Obesity event for Greater Connecticut, gaining our program national recognition as one of the top fundraisers in the United States. Working collaboratively to build a partnership between Bristol Hospital and the Weight Loss Surgery Foundation of America (WLSFA); led to fulfilling our first Grant in December of 2014.

One of the most rewarding achievements as coordinator was assisting in the process of obtaining accreditation as a Metabolic and Bariatric Surgery Accredited Quality Improvement Program. This accreditation status was awarded to our program in 2013.

The development of our comprehensive patient education book has been a vital resource to help our patients obtain a better understanding of their bariatric journey. Navigating patients seamlessly through their bariatric surgery journey is my passion and brings gratification to my work.

Acknowledging our patients success at our annual “Celebration” event highlights the team’s efforts and provides us with continued motivation. Having the opportunity to be involved in changing the lives of patients, increasing their quality of life, and improving their health of is the greatest reward of all.
Yearly Procedure Mix

<table>
<thead>
<tr>
<th>Year</th>
<th>Revisions</th>
<th>Gastric Bypass</th>
<th>Sleeve Gastrectomy</th>
<th>Lap-Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>11.76%</td>
<td>17.60%</td>
<td>5.88%</td>
<td>64.70%</td>
</tr>
<tr>
<td>2011</td>
<td>12.85%</td>
<td>20%</td>
<td>41.42%</td>
<td>34.70%</td>
</tr>
<tr>
<td>2012</td>
<td>12.72%</td>
<td>20.90%</td>
<td>47.27%</td>
<td>19.09%</td>
</tr>
<tr>
<td>2013</td>
<td>12.97%</td>
<td>23.60%</td>
<td>46.56%</td>
<td>16.79%</td>
</tr>
<tr>
<td>2014</td>
<td>14.87%</td>
<td>41.30%</td>
<td>38%</td>
<td>5.78%</td>
</tr>
<tr>
<td>2015</td>
<td>12.80%</td>
<td>38.41%</td>
<td>45%</td>
<td>3.66%</td>
</tr>
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</table>
Weight Loss Surgery Case Mix

Overall (2010-2015)
N = 637

- Gastric Bypass: 30%
- Sleeve Gastrectomy: 44%
- Lap-Band: 15%
- Revisions: 11%

Last year (2015)
N = 164

- Gastric Bypass: 38%
- Sleeve Gastrectomy: 45%
- Revisions: 13%
- Lap-Band: 4%
## Demographics At Baseline

<table>
<thead>
<tr>
<th>Category</th>
<th>Bristol Hospital</th>
<th>*National Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Age</td>
<td>44.6</td>
<td>46.0</td>
</tr>
<tr>
<td>Female</td>
<td>79.5%</td>
<td>79.0%</td>
</tr>
<tr>
<td>Male</td>
<td>20.5%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Mean BMI</td>
<td>44.6</td>
<td>46.0</td>
</tr>
</tbody>
</table>

Robotic Surgery Now An Option For Weight Loss Patients
By Vanessa Malit, MD

I am pleased to announce that Bristol Hospital has added a valuable tool to its surgical capabilities with the addition of the da Vinci Xi Surgical System. As Director of the Robotic Surgery Program, I am proud to say that Bristol Hospital is the only hospital in Hartford County to have the latest version of the da Vinci robot. In addition to myself, Drs Makram Gedeon and Souheil Adra have completed proctored training with the da Vinci system and the robot is now becoming our primary method of conducting weight loss surgeries. Since we began utilizing the da Vinci last spring, more than 75 weight loss surgeries have been completed robotically.

The benefits of the da Vinci include less post-operative pain, lower risk of infection, minimal scarring, decreased blood loss, faster recovery times and earlier discharge from the hospital. We have received nothing but positive, enthusiastic feedback from those patients who have undergone surgery with the da Vinci Xi. We are thrilled to offer the da Vinci Xi to our patients and with this technology, we will continue to build upon our record of superior patient outcomes.
Bariatric Inpatient Unit Overall Patient Satisfaction

Press Ganey standardized survey for measuring patients' perspectives on hospital care. Surveys are from patients discharged between October 2011 and September 2015.
Bariatric Inpatient Unit Skill of Physician

Press Ganey standardized survey for measuring patients’ perspectives on hospital care. Surveys are from patients discharged between October 2011 and September 2015.
Press Ganey standardized survey for measuring patients' perspectives on hospital care. Surveys are from patients discharged between October 2011 and September 2015.
Bariatric Inpatient Unit Recommended Hospital

Mean Score

- Bristol Hospital Bariatric Inpatient Unit
- CT Peer Group

Press Ganey standardized survey for measuring patients’ perspectives on hospital care. Surveys are from patients discharged between October 2011 and September 2015.
The WLSFA is a nonprofit organization powered by weight loss surgery patients and their supporters, bariatric surgeons, hospitals and corporations. The WLSFA raises funds and gathers resources in the forms of surgery grants for those who cannot afford or are denied access to the medical treatment of obesity.

Comedian and Comedy Center regular Lisa Lampanelli visited Bristol Hospital on Feb. 25, 2014 to take part in a news conference announcing Bristol Hospital’s exclusive affiliation with the Weight Loss Surgery Foundation of America and its Central Connecticut Chapter. Lampanelli, (center), is shown with bariatric surgeon Dr. Makram Gedeon, and Patricia Miller, former president of the Weight Loss Surgery Foundation of America, Central Connecticut Chapter.

In December, the first patient to receive a grant WLSFA—Tiffany Torres-Jalbert of Thomaston, Conn.—underwent a successful weight loss surgery procedure through the generosity of the WLSFA. Torres-Jalbert (first from left), is shown with Dr. Makram Gedeon, Robin Dawley, vice president of the WLSFA; Dr. Souheil Adra and Theresa Crombie, president of the WLSFA.
The 2015 Walk from Obesity took place at Rockwell Park in Bristol on Saturday, Sept. 19, 2015. It attracted more than 100 participants and was one of the top 10 highest grossing walks in the country raising more than $10,000 for the American Society for Metabolic and Bariatric Surgery.

The Walk from Obesity is the nation’s largest gathering of individuals affected by obesity. In cities all across the country, those focused on addressing obesity joined forces and walked to raise money for research, education, prevention and treatment of obesity.

In addition, in the prior years 2013 and 2014, the program achieved 2nd and 3rd place respectively for fund raising activity nationally.
The Weight-Loss Program at Bristol Hospital is a wellness program designed to help patients reach their weight-loss goals in an atmosphere of dignity and respect. Our surgeons and caregivers specialize in today’s most progressive surgical weight-loss procedures and provide the education and tools to help you prepare for a successful and life-altering journey.

For more information, please call 860.585.3339 or visit bristolhospital.org.

Changing lives
everyday extraordinary

CREDITS
The 2016 Bristol Hospital Weight Loss Surgery Outcomes Report is published by the Bristol Hospital Public Relations and Marketing Department.

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