

LIVE YOUR LIFE... THE WEIGHT IS OVER!

Is excess weight holding you back from achieving your lifetime goals? Take the first step on a wonderful path to renewed health and happiness and discover a new you with weight-loss surgery.



ALEXIAN
BROTHERS

Advanced Weight Solutions

KANE CENTER
for Advanced Surgical Weight Solutions

A Healthy Community Begins with Alexian Brothers.

REDISCOVER YOU

Being overweight can be a burden on your emotional and physical health. After years of struggling to shed extra pounds, you may suffer from low self-esteem and lack of confidence. You may also face weight-related illnesses such as high blood pressure, diabetes, high cholesterol and heart disease.

Bariatric surgery can help reverse the toll that weight has taken on you and set you on the right path toward a better quality of life and healthier lifestyle. You no longer have to accept the lack of energy, reduced mobility, stress, and aches and pains. If you're ready to live the life you've always wanted, we'll help you get there with the dignity and respect you deserve.

And because we treat the whole person – not just what's on the outside – we will care about your mind, body and spirit. Our comprehensive team provides high-quality, compassionate care with exceptional outcomes. You'll get the support you want and the care you need.



HEALTH RISKS

Approximately 300,000 adults die of weight-related conditions every year, including heart disease, high blood pressure and diabetes. Excess weight also can lead to health problems such as sleep disorders, high cholesterol, infertility, joint disease and asthma.

Sometimes, symptoms sneak up on us and we don't recognize them for the life threatening-illnesses they can represent. Please check the symptoms that apply to you. If you have any of these symptoms, you may benefit from bariatric surgery.

SELF-AWARENESS CHECKLIST

Heart Disease

I have had or sometimes experience:

- Chest pressure
- Shortness of breath, for no apparent reason or related to activity
- Sweating for no apparent reason
- Serious indigestion

High Blood Pressure

I have had or sometimes experience:

- A serious, unrelenting headache
- A feeling of fatigue for no apparent reason
- Dizziness
- Nosebleeds
- Fluid retention in my legs

Type II Diabetes

I have had or sometimes experience:

- Increased thirst
- Frequent urination
- Fatigue/weakness
- Unintentional weight loss or gain
- Blurred vision
- Slow-healing sores or frequent infections
- Tingling/burning in my extremities (legs, feet, arms and hands)
- Red, swollen or tender gums

Sleep Apnea

I have had or sometimes experience:

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of breathing cessation during sleep
- Abrupt awakenings with shortness of breath
- Awakening with a dry mouth or sore throat
- Morning headaches

Respiratory Problems

I have had or sometimes experience:

- Shortness of breath with mild activity
- A need to sleep with two or more pillows

Heartburn/Acid Reflux/Gallbladder Disease

I have had or sometimes experience:

- A burning sensation in my chest that sometimes spreads to my throat, along with a sour taste in my mouth
- Chronic indigestion
- Sudden, steady and moderate to intense pain in my upper-middle or upper-right abdomen that can lead to nausea and vomiting (mostly likely occurs after eating foods high in fat)

Degenerative Joint Disease/Osteoarthritis

I have had or sometimes experience:

- Back pain
- Pain, stiffness or swelling of weight-bearing joints (hips, knees, ankles and feet)

Psychological Issues

I have had or sometimes experience:

- Anxiety
- Depression
- Shame
- Humiliation
- Low self-esteem

**Call us today at 800-433-3130 or visit:
www.AlexianWeightSolutions.com**

It's not just about the pounds. It's about the person.

BREAK THROUGH HEALTH BARRIERS

The good news is that if you undergo a surgical solution for your excess weight, you will also address these and other weight-related illnesses. In many patients, Type 2 diabetes may dramatically improve following gastric bypass surgery. In time, many of your health issues should improve.

IS WEIGHT-LOSS SURGERY FOR ME?

Generally, bariatric surgery is for people who are unable to achieve or maintain a healthy weight through diet and exercise, are severely overweight and who have health problems as a result. Weight-loss surgery could be an option if:

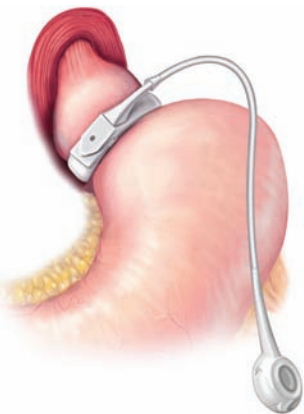
- Your body mass index (BMI) is 40 or higher.
- Your BMI is 35 to 39.9 and you have a serious weight-related health condition, such as diabetes or high blood pressure.

You can access your own body mass index with our BMI calculator on our website at: www.AlexianWeightSolutions.com

CHOOSING THE RIGHT PROCEDURE

A surgical solution may offer you the potential for greatest long-term weight-loss success. If you are a candidate for weight-loss surgery, the surgical team will discuss your goals and lifestyle and the risks and benefits of each procedure so that you feel completely informed and confident of your ultimate choice. Our surgical team offers the three most common weight-loss procedures:

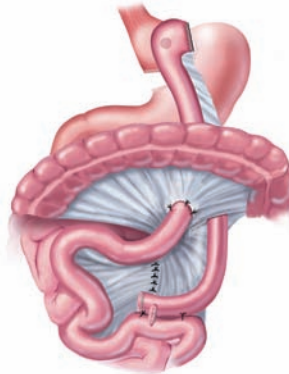
ADJUSTABLE GASTRIC BANDING



Gastric banding is considered the least invasive weight-loss operation because the stomach and the intestines remain intact. The surgeon places an adjustable band around the upper part of the stomach. This forms a small pouch that holds a limited amount of food, so that you feel full sooner and stay full longer.

The band can be tightened or loosened as needed by injecting saline solution into a small port reservoir. This reduces or increases the amount of food that you can consume. Band restriction results in a slightly slower, more natural weight loss – approximately 40 percent to 60 percent of excess weight within two years. It's usually performed using laparoscopic techniques, which means a faster recovery. The procedure can be reversed, if needed.

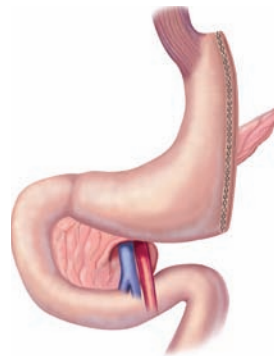
GASTRIC BYPASS



Gastric bypass is the most common weight-loss surgery performed in the United States. The surgeon makes the stomach smaller by creating a small pouch using surgical staples. This limits how much food you can eat. The surgeon then attaches a section of the small intestine to the pouch to allow food to bypass the duodenum.

Bypassing part of the intestine reduces the amount of calories that your body can absorb. This procedure is usually performed using minimally invasive, laparoscopic techniques. With a bypass operation, you can expect to lose 60 percent to 80 percent of your excess weight within 12 to 18 months. The procedure is not reversible.

SLEEVE GASTRECTOMY



Sleeve gastrectomy is a newer procedure that combines elements of both gastric bypass and banding.

The surgeon removes 75 percent to 85 percent of your stomach, creating a long vertical tube, or banana-shaped stomach. The tube restricts the amount of food that can be consumed leading to weight loss. With sleeve gastrectomy, you can expect to lose approximately 50 percent of excess weight within two years. The procedure is usually performed laparoscopically and is not reversible.

HOW SAFE IS BARIATRIC SURGERY?

The risk of death and other adverse outcomes shortly after bariatric surgery is low, according to a 2009 study reported in the New England Journal of Medicine. In fact, risks are no greater than gallbladder or hip replacement surgery.

How can you tell which healthcare facility will provide you with safe and effective care? Alexian Brothers Medical Center and St. Alexius Medical Center have one of the highest patient success rates and lowest mortality rates in the United States for bariatric surgery. In fact, Alexian Brothers Advanced Weight Solutions, in partnership with Suburban Surgical Care Specialists, exceeded national benchmarks in 2009, as shown in the chart below.

The three most important outcome rates that patients should look at to evaluate a bariatric program's safety and quality are:

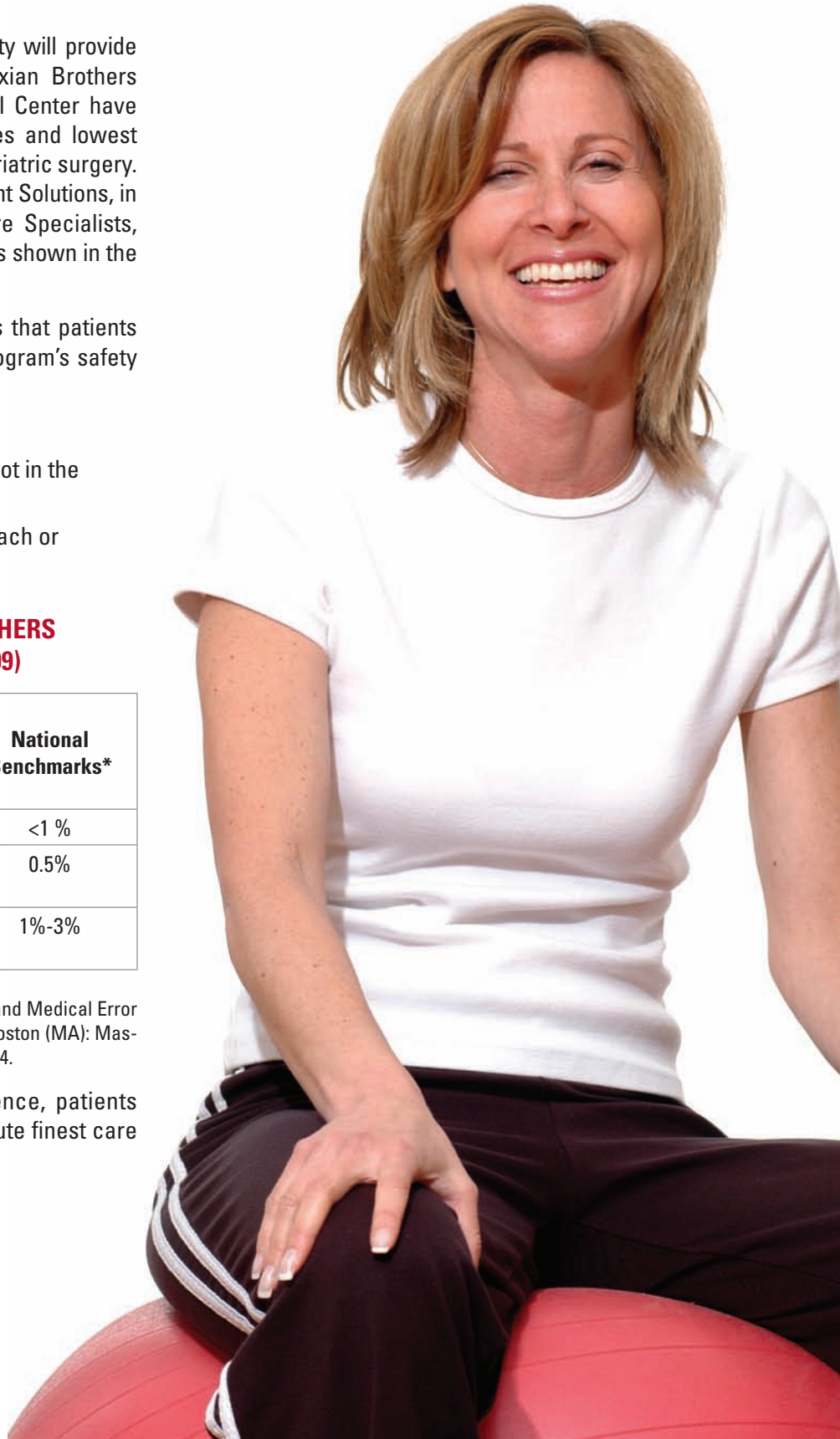
- 1 Mortality (death)
- 2 Pulmonary embolisms (when a blood clot in the leg breaks off and travels to the lungs)
- 3 Gastrointestinal leaks (leak in the stomach or intestines)

SUCCESS RATES FOR ALEXIAN BROTHERS ADVANCED WEIGHT SOLUTIONS (2009)

Outcomes within 30 days after surgery	Alexian Brothers Hospital Network (744 bariatric cases in 2009)	National Benchmarks*
Mortality	0	<1 %
Pulmonary embolism	0	0.5%
Gastrointestinal leaks	<1%	1%-3%

*Source: Betsy Lehman center for Patient Safety and Medical Error Reduction. Expert panel on weight loss surgery. Boston (MA): Massachusetts Department of Public Health; 2004 Aug 4.

Having committed ourselves to excellence, patients can trust that Alexian provides the absolute finest care possible.



ALEXIAN BROTHERS BARIATRIC SURGERY CENTER OF EXCELLENCE



Center of Excellence BARIATRIC SURGERY

Many health-care facilities offer weight-loss surgery, but not all of them provide

the highest-quality care. You receive safer and more effective surgical treatment at sites that are nationally accredited after undergoing rigorous scrutiny.

The bariatric surgery programs at Alexian Brothers Medical Center and St. Alexius Medical Center have earned the prestigious national Bariatric Surgery Center of Excellence® (BSCOE) designation from the American Society for Metabolic and Bariatric Surgery (ASMBS).

BSCOE-designated bariatric centers consistently deliver optimal levels of performance and demonstrate exceptional patient outcomes.

To earn the designation, the hospitals and surgical offices underwent a series of site inspections, during which examiners analyzed our programs' surgical processes and collected extensive data regarding our health outcomes. Re-evaluations and site inspections occur every three years to ensure we continue to meet top standards for quality and safety.



**St. Alexius Medical Center
has been designated as a Blue
Distinction Center for Bariatric
SurgerySM**

The Blue Cross and Blue Shield Association has designated facilities that meet stringent quality criteria, as established by medical experts and organizations, as Blue Distinction Centers for Bariatric Surgery.

Blue Distinction Centers for Bariatric Surgery provide a full range of bariatric surgical care services, including inpatient care, post-operative care, follow-up, and patient education. Institutions that are part of the program are subject to periodic re-evaluation, evaluating measures of structure, process and outcomes of care.

STRONG AND CARING TEAM

Surgery is just one component of the Alexian Brothers weight management program. We also provide a comprehensive team approach to bariatric care that includes skilled surgeons, nurses, nutritionists, psychologists and other medical specialists who are trained in bariatric care and help patients maintain healthy lifestyles. We have the support and resources needed to address the entire spectrum of care and physical, emotional and spiritual needs of our patients.

Our weight-loss professionals create a customized plan just for you, including a combination of behavioral, dietary and lifestyle changes designed to help you meet your goals in a way that is sustainable, supportive and healthy. Many insurance providers also require medically supervised weight management with which our program can also assist you.

This is what separates Alexian from other programs and helps ensure your long-term success. Your team will provide compassionate, comprehensive care while being fully committed to helping you regain your health. The team will also carefully address the complex medical issues associated with weight treatment and management so that you will have everything you need to help you on the path to weight-loss success.

HISTORY OF BARIATRIC SURGERY AT ALEXIAN

Alexian Brothers became one of the first hospital systems in the nation to actively support and promote the research, study and innovative procedures associated with bariatric surgery more than 40 years ago at the encouragement of Dr. James Kane Sr., a bright and pioneering surgeon.

Kane approached Brother Phillip Kennedy, explaining the need for morbidly obese people to have surgical, life-saving treatment. Moved with compassion for the plight of those who suffer from obesity, Brother Phillip agreed that Alexian Brothers would help. Alexian Brothers continues that commitment today, in keeping with our mission to promote the physical, mental, spiritual and social well-being of all individuals.

OVERCOME WEIGHT AND GAIN QUALITY OF LIFE

When you come to Alexian, our compassionate and gifted team will work one-on-one with you to help you determine which approaches – medical, behavioral and surgical – that will work best for your particular needs and goals. Step by step, you'll see your new life emerge. Get a fresh start today – the weight is over!

ALEXIAN BROTHERS HOSPITAL NETWORK

Located in the northwest suburbs of Chicago, Alexian Brothers Hospital Network includes four hospitals, immediate care centers, diagnostic imaging facilities, occupational health clinics and a medical practice group that serve the 2 million area residents.

Alexian Brothers Medical Center

Elk Grove Village, IL

- 387 beds (all private rooms)
- Emergency room/Level II trauma center
- More than 1,000 on-staff physicians, representing more than 80 medical specialties
- Treats more than 18,000 inpatients annually

St. Alexius Medical Center

Hoffman Estates, IL

- 339 beds
- Emergency room/Level II trauma center/Level III perinatal services
- More than 1,200 on-staff physicians
- Treats more than 17,000 inpatients annually

MEDICAL WEIGHT MANAGEMENT LOCATION

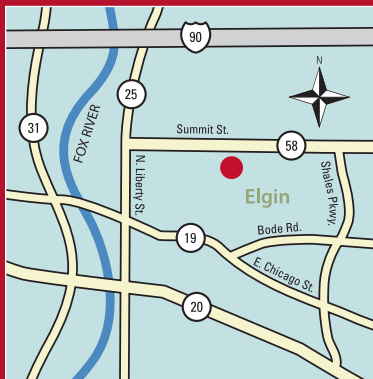


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Advanced Weight Solutions

www.AlexianWeightSolutions.com

800-433-3130



ALEXIAN BROTHERS MEDICAL GROUP

1015 Summit Street
Elgin, IL 60120
General Phone: 847-695-5362

SURGICAL WEIGHT LOSS LOCATIONS



SUBURBAN SURGICAL
CARE SPECIALISTS, S.C.

www.SuburbanSurgicalCare.com

866-716-KANE (5263)

PRAIRIE POINT MEDICAL

4885 Hoffman Boulevard, Suite 400
(formerly Columbine Blvd.)
Hoffman Estates, IL 60192
General Phone: 847-255-9697

ARLINGTON LAKES PROFESSIONAL CENTER

1614 W. Central Street, Suite 211
Arlington Heights, IL 60005
General Phone: 847-255-9697

ALEXIAN BROTHERS MEDICAL CENTER WIMMER MEDICAL BUILDING

800 Biesterfield Road, Suite 101
Elk Grove Village, IL 60007
General Phone: 847-290-9200

Call us today at 800-433-3130 or visit us online: www.AlexianWeightSolutions.com

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