



**Now is the time.**

Let Flowers Hospital  
guide you through  
this journey to a  
healthier lifestyle.

**Bariatric Surgeon:  
Scott Robbins, M.D.**

Member of:

Society of American Gastrointestinal  
and Endoscopic Surgeons (SAGES)

American Society for Metabolic  
and Bariatric Surgery (ASMBS)

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For more information about  
our Bariatric and Weight Loss Program,  
call Flowers Hospital  
at 334-944-7095  
or visit [www.flowershospital.com](http://www.flowershospital.com).



**METABOLIC & WEIGHT  
LOSS PROGRAM**





## The Truth

Obesity is a chronic disease that has many contributing factors including your environment, genetics, physiology and psychology, metabolism and behavior. Obesity contributes to the risk of developing one or more of about 30 serious medical conditions including respiratory problems, depression and cancer, and is the second leading cause of preventable death in the United States. Don't be a statistic. Get informed and find out how you can change your future and well being.

## Criteria for Surgical Candidates

To be a candidate for weight-loss surgery, you must:

- Have a Body Mass Index (BMI) of 40 or greater or be 100 or more pounds overweight from your ideal body weight.
- If BMI is between 35 and 40, you must have at least one significant co-morbidity (associated illnesses) such as diabetes, hypertension, arthritis or sleep apnea.
- Be between the ages of 21 and 65.
- Not be drug or alcohol dependent or have at least one year of sobriety.
- Have a personal ongoing commitment to improve health and lifestyle.

## Metabolic & Weight Loss Program

The Center for Metabolic & Weight Loss Surgery at Flowers Hospital is designed to assist you in achieving your goal of medically-supervised weight loss.

## The Struggle

For years, you may have worked relentlessly to lose weight and achieve a healthy lifestyle. Now is the time to make a lasting change. The Center for Metabolic & Weight Loss Surgery at Flowers Hospital will help you transform your lifestyle and habits into a healthier new you. Our compassionate team of medical professionals and staff are there with you every step of the way.

## Information Seminars

For information on the surgical weight loss options available at Flowers Hospital, you are invited to attend one of our seminars.

Classes are held monthly at the Doctors Center adjacent to Flowers Hospital at 4300 West Main Street. Visit our website at [www.flowershospital.com](http://www.flowershospital.com) or call 334-944-7095 for the next available seminar. Classes last approximately two hours. You may bring a family member or friend with you for support. Classes are free; however, a reservation is required.

The sessions consist of:

- A 2-hour presentation by our bariatric surgeon.
- In-depth information and education on different types of bariatric surgeries, such as Lap-Band™ and gastric bypass.
- Guidance on the necessary qualifications for surgery and how to know if you qualify.
- Introductions to the Flowers Hospital Bariatric Team, who will be present to provide answers to questions you may have.
- Explanation of the results you can expect from the surgeries offered.



## Support Group

You are also invited to attend the Bariatric Support Group, held monthly. These sessions are held at the Doctors Center, which is located at 4300 West Main Street.

For more information, please call our Center for Metabolic & Weight Loss Surgery at 334-944-7095. In addition, you can find out more information by visiting our website at [www.flowershospital.com](http://www.flowershospital.com).