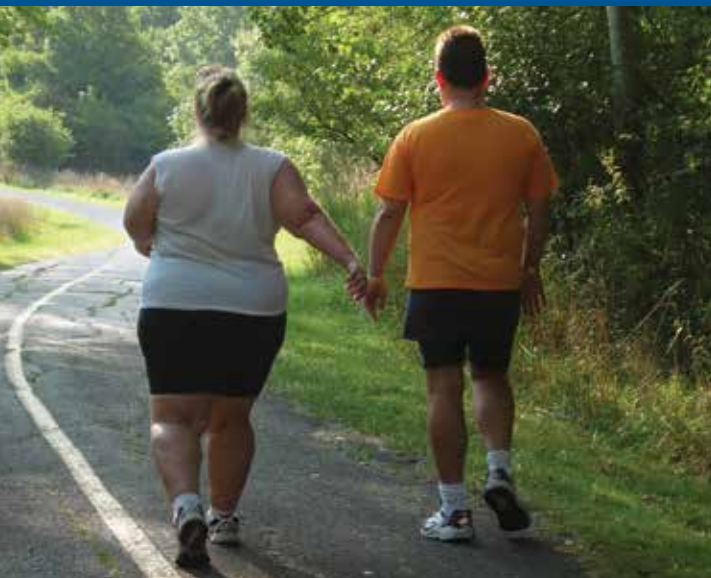


**Directions to Nashoba Valley Medical Center  
200 Groton Road, Ayer, MA 01432**



**Every journey begins with a first step.** The first step of your weight loss journey begins with knowledge—knowledge that can help you decide which surgical or medical weight loss option is the right choice for you. At the Center for Weight Control, our surgeons, dietitians, and behavioral therapists work closely with our patients, providing education on weight loss methods and helping each individual decide which options are best. Compassionate, personalized care includes regular monitoring to ensure that weight is lost in a healthy and sustainable way.

**Nashoba Valley Medical Center**

A STEWARD FAMILY HOSPITAL



Steward

200 Groton Road, Ayer, MA 01432  
Tel: 978-862-LOSE (5673) or 978-784-9313  
[www.nashobamed.org/LOSE](http://www.nashobamed.org/LOSE)

**From the NORTH:** SOUTH on Rt.495 to Littleton Common/Groton Exit 31, Rt. 119. Head WEST toward Groton on Rt. 119. Left on Old Ayer Rd., just before Groton Center. Old Ayer Rd. Becomes Groton Rd. Travel 2.0 mi. Hospital is on the right.

**From the SOUTH:** NORTH on Rt.495 to Rt.2 WEST. Follow Rt. 2W to Ayer/Harvard Rt.110 Exit 38B. Follow to 110 to Ayer rotary, turn right off rotary onto Main St., immediately beyond McDonald's. Follow Main St. .3 mi. Take first Right, onto Groton-Harvard Rd. Go straight at blinking red light. At Stop sign bear right onto Groton Rd. Hospital is on the left at the top of the hill.

**From the WEST:** Follow Rt.2 E to Ayer/Harvard/ Rt.110 Exit 38 B and follow directions "from the South".

**From the EAST:** Follow Rt.2 W to Ayer/Harvard/Rt.110 exit 38 B and follow directions "from the South".

**INTERPRETER SERVICES AVAILABLE**

*Portuguese - Português* Fala português? Vamos facultar-lhe um intérprete, sem custos para si.

*Spanish - Español* ¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

Steward Health Care complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, disability or age.

**Surgical and Medical  
Weight Loss Options  
for a Healthier You**

**Nashoba Valley  
Medical Center**

Steward

**CENTER FOR  
WEIGHT CONTROL**

# Weight Loss Services Developed Specifically for You



## Surgical Weight Loss Services

We understand that being overweight is a medical condition that poses serious health risks, such as heart disease and diabetes, and also impacts your ability to live an active and healthy lifestyle. For people who have struggled to maintain long-term weight loss, and have a body mass index (BMI) of greater than 40, or a BMI of 35 or greater with related medical conditions such as diabetes, high blood pressure, and sleep apnea, bariatric surgery may be the most effective means to lose weight and keep it off.

There are many benefits to sustained weight loss through the use of weight loss surgery, including:

- Improvement with diabetes
- Better cardiovascular health
- Joint pain relief
- Decreased feelings of depression and anxiety
- Increased energy levels leading to a more active lifestyle

Health insurance coverage and requirements for weight loss surgery differ by plan. Please contact your health insurance provider to discuss what your plan offers.

## Surgical Options

Candidates for weight loss surgery work directly with the center's medical team to determine which surgical weight loss option best meets their individual needs.

- **Gastric Bypass.** During this procedure, the upper portion of the stomach is surgically stapled to separate it from the rest of the stomach, changing the path food takes so it bypasses much of the stomach and part of the small intestine.
- **Sleeve Gastrectomy (also called gastric sleeve).** This is a procedure in which part of the stomach is removed and the stomach then takes on a tube shape.

Both surgical procedures are performed laparoscopically, using minimally invasive techniques and several small incisions. The benefits of laparoscopic surgery include less pain and a quicker recovery.

## Take the Next Step and Attend a Free Weight Loss Information Seminar

**Attend a free Weight Loss Information Seminar at Nashoba Valley Medical Center to learn more about our surgical weight loss services.** Seminars are offered on the first Monday of the month at 6 p.m., and third Monday of the month at 12 p.m. Call 978-862-LOSE (5673) to register.

## Support Services for Before and After Weight Loss Surgery

Through a comprehensive and personalized approach, our team is here to guide you during every step of your weight loss journey.

- Our bariatric surgeon will evaluate your health and determine if there are any medical conditions or concerns that require attention prior to surgery.
- Our dietitian will develop and implement a healthy diet plan for before and following surgery. You'll receive support throughout the entire process and your progress will be monitored.
- An individually tailored exercise program is created before and after surgery.
- Counseling sessions with a behavioral therapist help you reach your greatest success after surgery.

## Non-Surgical Weight Loss Options

If your body mass index (BMI) is less than 40 you may benefit from medical weight loss and the center offers many non-surgical options to meet your individual needs.

Non-surgical weight loss options include:

- A Medical Bariatric Program
- The OPTIFAST® Program
- Nutrition Counseling