

Steward

## THE STEWARD CENTER FOR WEIGHT CONTROL AT MORTON HOSPITAL

JOHN ADAMS MEDICAL CENTER  
100 INDUSTRIAL PARK ROAD, TAUNTON

Conveniently located in the Myles Standish Industrial Park, off of Bay Street and Route 495.



### Compassionate Care, Supportive Environment

Studies show that people who are most successful at weight loss - and weight maintenance - rely on a team of medical professionals to offer support and advice. At Morton Hospital, a multi-disciplinary team of doctors, nurses and dietitians all work together to coordinate your care.

Our experienced weight loss team will work with you to design a program to help you achieve the best possible results, treating you as an individual and providing personalized coaching and support throughout your journey.



Believe there is a way to win in the struggle with your weight.

## The Steward Center for Weight Control at Morton Hospital

World class health care where you live  
[mortonhospital.org/weightlossurgery](http://mortonhospital.org/weightlossurgery)

Steward

## Our Team



**Dr. Nicole Pecquex**  
*Bariatric Surgeon*

Medical School: Tufts University  
Residency: St. Elizabeth's Medical Center  
Fellowship: University of Massachusetts Medical Center



**Dr. S. Paul Kajencki**  
*Program Medical Director*

Medical School:  
Jefferson Medical College  
Residency:  
The Medical Center of Delaware



**Peggy Pochay, RD, CDE**  
*Registered Dietitian & Certified Diabetes Educator*

As our registered dietitian, Peggy works closely with every weight loss surgery patient in personalizing nutrition plans prior to and following surgery.

## Successful Weight Loss with Bariatric Surgery

Being overweight can pose serious health risks like heart disease and diabetes - and also impact your ability to live an active and healthy lifestyle. For people who've struggled with their weight and have been unable to maintain long-term weight loss, bariatric surgery may be the most effective means to lose weight and keep it off.

### Morton Hospital offers Sleeve Gastrectomy surgery:

**Laparoscopic Sleeve Gastrectomy**, also known as sleeve gastrectomy, is one of the more recent forms of weight loss surgery. Gastric sleeve surgery is a non-reversible procedure when approximately 75-85 percent of the stomach is removed. The stomach then takes on a tube shape or as the name suggests a sleeve. Surgery is performed laparoscopically and only requires a few small incisions, which leads to a safer and quicker recovery.

# The Steward Center for Weight Control at Morton Hospital

Steward

To learn if you are a candidate for weight loss surgery, visit [mortonhospital.org/weightlosssurgery](http://mortonhospital.org/weightlosssurgery) to access our free BMI calculator.

Key benefits of gastric sleeve surgery include:

- Typically more rapid weight loss within the first year
- Does not "bypass" the small intestine, so all nutrients are absorbed
- Does not require adjustments or an implanted device

## Getting Started

### Body Mass Index (BMI)

Most insurers require a BMI of 40 or above, or between 35 and 40 with a weight-related health condition such as high blood pressure, diabetes or sleep apnea.

### Insurance

Most major insurance plans are accepted, including: Blue Cross, Harvard Pilgrim, Tufts, BMC HealthNet, Network Health and Neighborhood Health, among others. Check with your insurer to confirm that your plan covers weight loss surgery, and if so, whether there are any particular requirements.

### Referrals

Discuss weight loss surgery options with your primary care physician and obtain a referral if your insurance plan requires one.

## Ongoing Support

All patients are encouraged to attend a support group with information specific to life before and after surgery.

**Pre-Surgical Info Sessions:** 1<sup>st</sup> Wednesday of Every Month, 6 PM - 7 PM at our Center for Weight Control

**Post-Surgical Support Groups:** 1<sup>st</sup> Wednesday of Every Month, 5:45 PM - 7 PM at Morton Hospital

**For more information, call our Bariatric Program Coordinator at 774-409-7803.**