

January  
2022



# SAINT PETER'S HEALTHCARE SYSTEM

*Safely treating you better...for life.*

## NEW YEAR, NEW YOU!

### With Saint Peter's University Hospital's Weight Loss and Bariatric Center



Saint Peter's University Hospital's Weight Loss and Bariatric Center takes a multidisciplinary approach to weight loss, and prior to surgery patients must successfully complete a program that consists of nutritional counseling with a registered dietitian, behavioral coaching with a psychologist, and an exercise regimen with individually tailored lifestyle goals developed by a physical therapist. Saint Peter's is dedicated to not only preparing individuals for surgery but to helping them live their best lives afterward.

Bariatric surgery is often recommended for patients with a body mass index (BMI) of 35 or higher if they have been unable to lose weight on their own as obesity can gravely impact preexisting medical conditions and accelerate other underlying health issues. Patients with a BMI between 30 and 35 can also be considered.

The bariatric team at Saint Peter's has developed a comprehensive medical and surgical weight loss program. With the help of an experienced and enthusiastic team that includes a patient navigator, patients are guided through the entire process of weight loss surgery. Surgery is performed by our dedicated and specially trained bariatric surgeon who strives for the highest standard of care to help patients lose weight and improve their quality of life.



Carlos Aitor Macias, MD, MPH, surgical director of Saint Peter's Weight Loss and Bariatric Center, has performed more than 100 weight-loss procedures during the past year. He is board-certified in surgery by the American Board of Surgery and is a member of the American Society for Metabolic and Bariatric Surgery, the Society of American Gastrointestinal and Endoscopic Surgeons and the Society of Laparoscopic Surgeons.

Dr. Macias understands that most patients he sees have struggled with weight loss over a lifetime. "Bariatric surgery is not vanity surgery; it's surgery that is life-saving," he said. "With patient education as our priority, participants are fully invested in the long-term success of the procedure."

#### Gastric Sleeve and Gastric Bypass Surgery

Saint Peter's Weight Loss and Bariatric Center specializes in gastric sleeve and gastric bypass surgery.

Laparoscopic sleeve gastrectomy, the most common bariatric surgery, results in significant weight loss comparable to other bariatric procedures with less risk of complications. The surgeon narrows the stomach into a thin vertical sleeve, about the size and shape of a banana. The remainder of the stomach is removed, leaving a smaller stomach so the patient feels full on less food, resulting in less hunger.

Gastric bypass is performed using a minimally invasive technique requiring four to six small cuts in the belly for a tiny camera, a laparoscope and thin surgical instruments used by the surgeon to divide the stomach and perform the bypass. The surgeon then connects a part of the small intestine to the newly-created gastric pouch, bypassing a segment of the gastrointestinal tract.

After surgery, patients are unable to eat as much as they used to because the stomach is now smaller and absorbing fewer calories.

#### Changing Lives Inside and Out

Denise, pictured above, had been suffering with excruciating hip pain and was told by her doctor that she needed a double hip replacement. At 322 pounds, she was told to lose a required amount of weight in order to be cleared for surgery. While she lost nearly 80 pounds on her own, Denise struggled to lose the additional pounds needed. That's when she turned to Saint Peter's Weight Loss and Bariatric Center.

Denise researched a variety of facilities before deciding upon Saint Peter's. "Once I met Dr. Carlos Macias, that was it," she said. "His personality was so genuine and caring."

In the six months leading up to her bariatric surgery, Denise participated in Saint Peter's pre-surgical program that includes nutritional and psychological counseling and an exercise regimen. She describes the preparatory process "as relatively easy," due to the constant support of Dr. Macias and his staff.

"Since the surgery, my life has changed dramatically," Denise said. "I was able to have the hip surgery and I now have practically zero pain. I'm buying new clothes and meeting new people."

She credits the combination of a lifestyle change and a change in mindset with her continued success. Denise was so pleased with the experience at Saint Peter's Weight Loss and Bariatric Center that she had both hip replacement surgeries at Saint Peter's, too.

To hear more patient stories from Saint Peter's Weight Loss and Bariatric Center and to learn more about beginning a weight loss journey, visit [saintpetershcs.com/bariatrics](http://saintpetershcs.com/bariatrics) or call 732.745.8555.



# Focus on You in 2022: Annual Wellness

The start of the new year is the perfect time to schedule your annual wellness exams, especially if you're a senior. These exams can help detect health issues before they become serious. Talk to your primary care physician about the early detection screenings and wellness exams that will help you stay healthy. [To find a Saint Peter's physician near you, please visit \*\*sppanj.com\*\*.](http://www.saintpeters.com)



## Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/Events](http://www.saintpetershcs.com/Events). Most programs are **FREE** unless noted; please call for information.

### Cancer Support

- Bone Marrow Transplant**  
For patients who have had an allogeneic transplant  
Call for information: 732.235.8522
- Breast Cancer**  
Call for information: 732.235.7011
- Gynecologic Cancer**  
In partnership with the Cancer Support Community Central New Jersey  
Call for information: 732.235.6792
- Living with Cancer**  
Call for information: 732.235.7557

### Diabetes Education\*

- For information about classes, call the numbers listed below.
- Diabetes Self-Management Education**  
Call for information: 732.339.7630
  - Gestational Diabetes Self-Management Education**  
Call for information: 732.339.7630
  - Prevent T2 Program (Starting January 18)**  
Call for information and registration: 732.339.7772
  - Type 1 Diabetes Support Group for Children and Their Families**  
Call for information: 732.745.8574

### Support Groups

- Bariatric Nutrition Support Group**  
2<sup>nd</sup> Tuesday of each month  
Next meeting: January 11 • 6 to 7 pm  
Call 732.339.7450 for Zoom meeting information
- Bereavement**  
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**  
Call for information: 732.745.8600, x8113
- MyGoal Autism Family**  
2<sup>nd</sup> Sunday of each month  
Next meeting: January 9 • 3 pm  
Call 877.886.9462 or email [info@mygoalautism.org](mailto:info@mygoalautism.org) for virtual meeting details
- SHARE**  
3<sup>rd</sup> Thursday of each month  
Next meeting: January 20 • 7 to 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link
- Spouse/Partner Caregiver**  
Call for information: 732.745.8600, x8662
- Weight Loss Seminars**  
3<sup>rd</sup> Tuesday of each month  
Next meetings: January 18  
English 4 to 5 pm • Spanish 5 to 6 pm  
For information call 732.745.8571

### Parent Education

Parenting classes are currently being held online. Register at [saintpetershcs.com/Services/Parent-Education](http://www.saintpetershcs.com/Services/Parent-Education). Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579

- |  |                            |   |
|--|----------------------------|---|
| <b>Baby Care</b>   | <b>Grandparents Class</b>  | <b>New Mom Support Group</b>              |
| <b>Birth Center Class</b><br>(for moms under midwifery care) | <b>Hypnobirthing</b>       | <b>Prenatal Yoga &amp; Exercise Class</b> |
| <b>Breastfeeding Class</b>                                   | <b>Marvelous Multiples</b> | <b>Prepared Childbirth/Lamaze Classes</b> |
| <b>Breastfeeding Support Group</b>                           | <b>New Daddy Class</b>     | <b>Sibling Class</b>                      |

### Pints for Premies Blood Drive

January 14, 2022  
12 – 6 PM  
Saint Peter's University Hospital

THE CHILDREN'S HOSPITAL  
AT SAINT PETER'S UNIVERSITY HOSPITAL  
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Call to make an appointment: 732.235.8100, ext. 221

**Gala**  
MARCH 10, 2022 | 5:30 PM  
THE PALACE AT SOMERSET

For registration and sponsorship information, contact Saint Peter's Foundation at 732.745.8542 or [sFOUNDATION@saintpetersuh.com](mailto:sFOUNDATION@saintpetersuh.com).

SAINT PETER'S HEALTHCARE SYSTEM



Need a doctor? To find a Saint Peter's physician, visit [saintpetershcs.com/findaphysician](http://www.saintpetershcs.com/findaphysician).

Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at [BookMySPDoc.com](http://BookMySPDoc.com)

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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