



## Getting Started

We encourage you to attend one of our free informational seminars where you can meet our expert team and learn more about our weight loss solutions. A referral is not necessary for you to attend a seminar.

*For more information or to register for a free informational weight loss seminar, or webinar, visit [inovaweightloss.org](http://inovaweightloss.org) or call 703-348-4716.*

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**Inova Weight  
Loss Services**

Patient Guide

## Welcome

Inova Weight Loss Services understands your needs are unique, and our comprehensive approach to weight loss is not only award-winning but tailored to each individual patient and their desired results. Our board certified weight loss physician, board certified bariatric surgeons and expert weight loss team are here to help you choose the best way to deal with those unwanted and unhealthy extra pounds.

This guide provides an overview of both our Inova Medical Weight Loss Program and Inova Weight Loss Surgery Program, and can help you determine the best course of treatment for you.



## Contact Us

Program Information &  
Seminar Registration  
**703-348-4716**

Email:  
[weightloss@inova.org](mailto:weightloss@inova.org)

Web:  
[inovaweightloss.org](http://inovaweightloss.org)

 [facebook.com/inovaweightloss](https://facebook.com/inovaweightloss)

 [twitter.com/inovaweightloss](https://twitter.com/inovaweightloss)

## Our Award Winning Care – we are a Center of Excellence

### Why Choose Us?

The Inova Medical Weight Loss Program and Inova Weight Loss Surgery Program combine to provide a comprehensive approach to weight loss. Our program went through an extensive approval process, including an onsite inspection of the facility. The focus of the review process is safety, proficiency and volume.

Our specially trained staff includes a board certified physician (bariatrician), board certified bariatric surgeons, more than 12 certified bariatric nurses, Master's prepared dietitians certified in adult and adolescent weight management and exercise specialists. Our bariatric surgeons have performed more than 7,000 surgeries.



### Our Location

*We are conveniently located at Inova Fair Oaks Hospital in Northern Virginia just off Route 66 approximately 14 miles west of Washington, D.C. We offer free parking and complimentary valet parking for all of our patients and visitors. For more detailed information, please visit [inova.org/ifoh](http://inova.org/ifoh).*

*Inova Fair Oaks Hospital  
3600 Joseph Siewick Drive  
Fairfax, VA 22033*

*We are recognized as preferred providers with several insurance companies including Blue Cross Blue Shield, Aetna, Cigna and Optimum Healthcare.*



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The American Society of Metabolic and Bariatric Surgery (ASMBS) designates surgeons, hospitals, and freestanding outpatient facilities, or surgery centers, as Centers of Excellence. The designation is administered by ASMBS. Approximately 750 surgeons and 400 facilities in the United States carry this distinction. The designation is awarded to both the surgeon and facility.





## Our Team



### Amir Moazzez, MD

*Medical Director, Inova Weight Loss Surgery Program*

Dr. Amir Moazzez completed his undergraduate studies at the University of Maryland and a master's degree in human physiology at the University of Health Sciences/The Chicago Medical School, Illinois, where he also completed his medical school training. His surgical training was at Georgetown University Hospital in Washington, DC.

In order to specialize in bariatric surgery, Dr. Moazzez trained with nationally recognized bariatric surgeons including Dr. Michael Schweitzer, Dr. Paul Wizman, Dr. Eric Demaria, Dr. Joseph Chebli, Dr. Elliot Goodman and Dr. William Roll. Dr. Moazzez is the Department Chair and Chief of Bariatric Surgery at Inova Fair Oaks Hospital. He currently performs laparoscopic gastric banding, Roux-en-Y gastric bypass, and laparoscopic sleeve gastrectomy. Dr. Moazzez is fluent in Farsi.



### Osvaldo Anez, MD

*Past Medical Director, Bariatric Program, Inova Fair Oaks Hospital*

Dr. Anez received his medical degree from National University of La Plata, Argentina. He completed his general surgery residency at Washington Hospital Center in Washington, DC and served as chief resident in general surgery. An innovator and leader in the field of bariatric surgery, Dr. Anez developed and specializes in the mini-incision approach to Open Roux-en-Y Gastric Bypass. He also offers laparoscopic gastric banding and revisional surgery. Dr. Anez is a fellow of the American College of Surgeons and is a member of the American Society for Metabolic and Bariatric Surgery and the Northern Virginia Medical Society. Dr. Anez is fluent in Spanish.



### Hazem Elariny, MD

*Director of Laparoscopic Surgery Fellowship at Inova Fairfax Hospital*

Dr. Hazem Elariny completed his medical school training at Louisiana State University (LSU). He also completed his doctoral degree at LSU and his surgical training at the Oxford Clinic. Dr. Elariny performs laparoscopic gastric bypass, laparoscopic gastric banding, laparoscopic sleeve gastrectomy, revisional surgery, duodenal switch and robotic surgery.



### Denis Halmi, MD

Dr. Denis J. Halmi is a board certified general surgeon who completed his residency at the Brooklyn Hospital Center in New York. He has expertise in minimally invasive general and weight loss surgery. Dr. Halmi has a special interest in long term weight management and minimally invasive revisional weight loss surgery.



### Matthew Fitzer, MD

Matthew obtained a B.S. in applied physics at Christopher Newport University and from there proceeded to Eastern Virginia Medical School for his medical degree. He completed his general surgery residency at Memorial Health University Medical Center in Savannah, Georgia. He completed a year-long fellowship in minimally invasive bariatric surgery at the University of Missouri.



### Kajal Zalavadia, MD

*Bariatrician, Inova Fair Oaks Hospital*

Dr. Kajal Zalavadia is a board certified internist who completed her undergraduate studies at Emory University and her medical degree at St. George's University School of Medicine. She completed her internal medicine training at Lenox Hill Hospital and North Shore Long Island Jewish Medical Center in Manhattan, New York, and a fellowship in obesity medicine and nutrition support under Dr. Christopher Still at Geisinger Medical Center. Dr. Zalavadia manages conservative weight loss patients and bariatric surgery patients. She nutritionally assesses patients and develops activity profiles and behavioral modifications suited to each individual. She has specialized training in preparing patients for bariatric surgery, peri-operative management of medical co-morbidities, and providing postoperative follow up. Dr. Zalavadia is a member of the American Society of Bariatric Physicians and The Obesity Society.



## Inova Medical Weight Loss Program

If you are a patient who is not ready for surgery but would benefit from weight loss, the Inova Medical Weight Loss Program is a comprehensive, multidisciplinary 12-week program that will help you lose weight and learn how to keep it off. Our board certified weight loss physician (bariatrician), certified registered dietitians, exercise specialists, specialized counselors and nurses in the field of weight loss will design a weight loss program specifically for you. We have board certified physicians (bariatrician) to assess and monitor your progress.

The 12-week program includes:

- Care from a board certified weight loss physician
- A full physical
- Laboratory tests to evaluate health and nutritional status and a baseline EKG
- Three private consultations with a dietitian who specializes in weight loss
- Body composition analysis done by a Registered Dietitian
- Two consultations with exercise specialists
- Weekly "Tools for Success" lecture
- Weekly 45-minute workout with our exercise specialist
- Weekly weigh-in and goal review with exercise and nutrition log monitoring
- A special binder to collect tips and educational materials
- A high-quality pedometer and exercise bands
- Meal replacements

Our education and support make the difference. Our educational component, provided by highly experienced and trained weight loss professionals provides you with expert advice on essential weight-loss strategies.

- The importance of sleep
- Portion control
- Benefits of strength training
- The power of a positive self-image
- The optional use of medication
- Eating out
- Reading and understanding food labels

### Continue Your Success Program

After the 12-week program, we highly encourage you to enroll in our Continue Your Success program as your maintenance program. This additional 12-weeks of support helps ensure you reach your optimal results and goals.

*Register for a free informational seminar, or webinar, at [inovaweightloss.org](http://inovaweightloss.org) or call 703-348-4716.*



## Inova Weight Loss Surgery Program

Inova Weight Loss Surgery Program is a nationally recognized weight loss (bariatric) surgery program designed to meet your every need. Located at Inova Fair Oaks Hospital, our designation as a Center of Excellence for Bariatric Surgery demonstrates our commitment to high quality weight loss surgery. Our expert weight loss surgeons perform more surgeries – over 7,000 to date – more than any other physician group in the Northern Virginia and Washington, DC, metro area.

### The right solution for you

Our comprehensive program at Inova Fair Oaks Hospital includes several minimally invasive surgical procedures: mini-incision gastric bypass, laparoscopic gastric bypass, laparoscopic sleeve gastrectomy and laparoscopic gastric banding. Minimally invasive procedures decrease pain and scarring, help speed recovery and reduce complications.

Our dedicated team is prepared to answer any question you might have before, during and after surgery. Our free informational seminars and webinars introduce you to our excellent surgeons. You are encouraged to ask questions. We also offer a wide range of educational opportunities, from nutritional counseling with our registered dietitians to pre- and post-surgical consultations and specially designed exercise classes for our weight loss patients.

We also hold special support group meetings where you will be well supported by the bariatric team facilitators and appreciate the camaraderie of fellow patients who are also experiencing the weight loss journey.





## BMI Chart

### W E I G H T

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41

### Body Mass Index Ranges

Underweight	<18.5
Normal	18.5-24.9
Overweight	25-29.9
Obese I	30-34.9
Obese II	35-39.9
Morbid Obesity	>40
Super Obese	>50

### Patient Criteria for Bariatric Surgery

- BMI  $\geq$  40
  - BMI 35-39.9 with one or more medical conditions such as:
    - > diabetes, high blood pressure, sleep apnea or cardiac problems
  - Indications include Age  $\geq$  18.
- Female patients of childbearing age should avoid pregnancy for next 12-18 months.

*Due to Metabolic benefits, FDA has approved Gastric banding procedure for patients with BMI 30-34.9 with one or more medical conditions like diabetes, high blood pressure or sleep apnea.*



## Patient Education and Support

Many insurance companies require medically supervised weight loss for three, six or 12 months prior to surgery. We can provide the required nutrition and exercise classes along with the required documentation to supply your insurance company.

### Pre-Operative Educational Seminar

The seminars are facilitated by a Registered Nurse or dietitian and a bariatric surgeon. This seminar provides an overview of the hospital, our personal care approach and important information including insurance, pre-surgical requirements, resources, and steps necessary to prepare for surgery.

A bariatric surgeon then discusses obesity in the United States, and explains each bariatric surgery offered with diagrams, choosing the right surgery, complications, followed by time for questions and answers.

While not mandatory, we encourage patients to call our Bariatric Nurse Navigator to set up all the necessary tests and pre-surgical testing appointments. This also helps to ensure that all necessary documentation is available the day of surgery.

### Pre-op Classes

Our certified bariatric nurse provides general bariatric and hospital information as well as psychological support during pre-op review class. During this class the registered dietitian further prepares the patients for surgery by reinforcing skills and nutritional knowledge gained from various resources.

### Online resources at [inovaweightloss.org](http://inovaweightloss.org)

Our website offers helpful information for patients including a BMI calculator, Pre-op class video, online support group, seminar information, registration and testimonials.

### Monthly Support Groups

We encourage patients to attend pre and post operatively. One support group is for both pre- and post-op patients as well as their support persons, while the second group is for patients two or more years post-op. Each group is facilitated by bariatric educators, dietitians, nurses, a licensed professional counselor, specialty doctors, as well as motivational activities and invited guest speakers.

### Exercise/Fitness\*

Our program offers weekly fitness classes called "On-Track". The exercise sessions are facilitated by an exercise specialist, who offers group and personalized exercise routines for pre- and post-op bariatric patients.

### Nutritional Services

Pre and post-op nutrition education is offered by Master's prepared registered dietitians. Personalized education includes tips for healthy living that will support short and long term success in reaching and maintaining a patient's health goals.

### Intense Small Group Counseling\*

Six week sessions are offered 2-3 times a year by our licensed professional counselor. These are for post-op patients who wish to explore their relationship with food, self- image and general long term success strategies.

\*there is a small fee associated with activity

### Online Resources

Our website, [inovaweightloss.org](http://inovaweightloss.org) offers patient education including

- Procedure videos
- Weight Loss options (surgical and non-surgical)
- Registration for free educational seminars with one of our surgeons and/or bariatric nurse navigator
- Body Mass Index Calculator



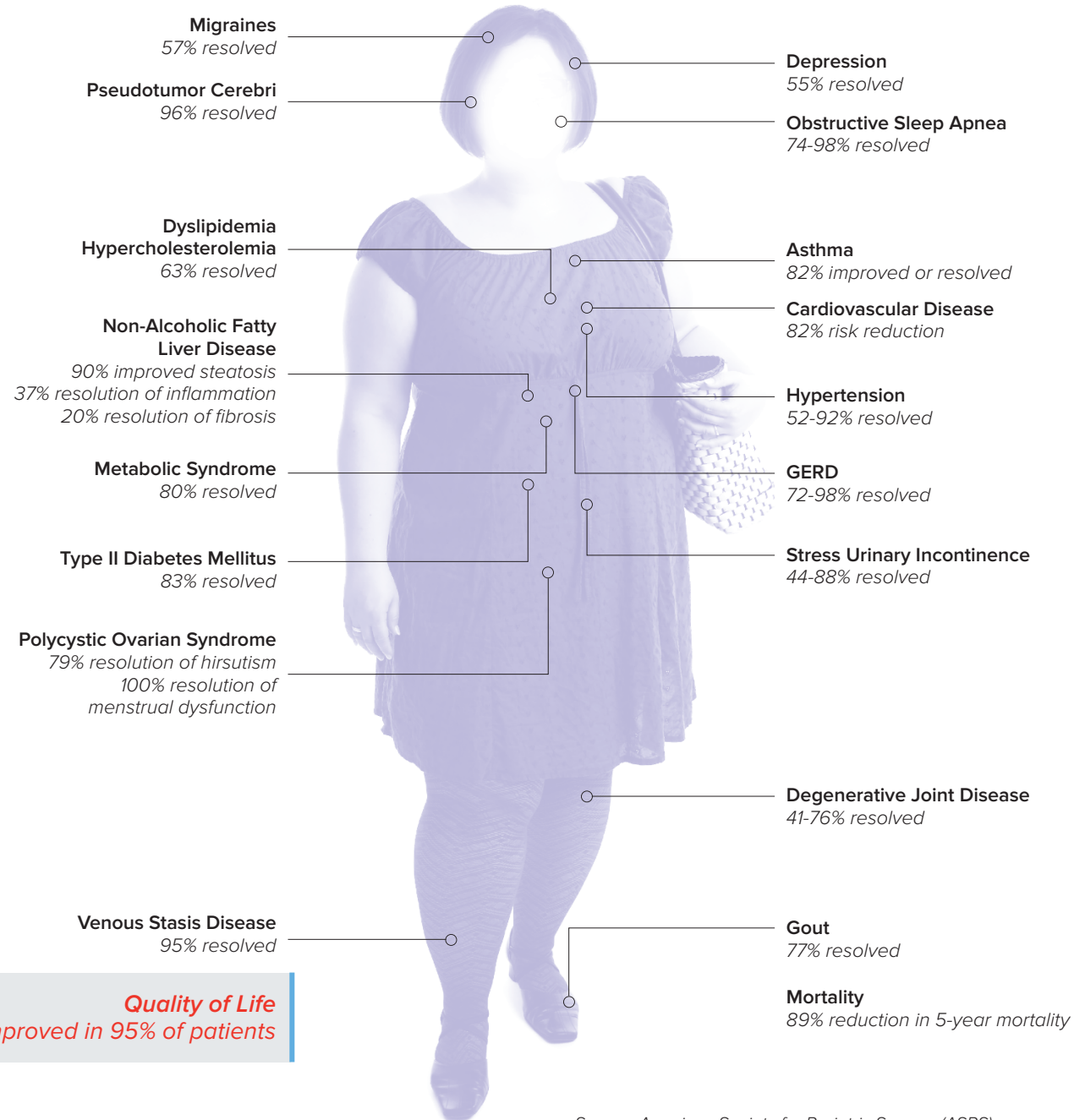
Our Facebook and Twitter feeds offer additional resources and support, including industry news and research, calendar of events and support group information.

 [facebook.com/inovaweightloss](https://www.facebook.com/inovaweightloss)

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## Metabolic Diseases

Metabolism is the process by which the body converts food to energy at the cellular level. The most common metabolic disease is type 2 diabetes, which occurs when the body does not adequately metabolize or regulate blood sugars due to lack of insulin or the body's inability to respond to the insulin that is produced. According to the American Diabetes Association (ADA), nearly 21 million people in the U.S. have type 2 diabetes and another 54 million have pre-diabetes.



Source: American Society for Bariatric Surgery (ASBS)



### Fitness and Understanding Nutrition (FUN) and Simple Nutrition and Physical Activity Program (SNAP) – A healthy and fun weight loss program for kids

The FUN and SNAP program features:

- An exercise physiologist who teaches about proper physical fitness, stretching and making good lifestyle choices
- Registered dietitians who teach balanced nutrition and how to make good food choices
- A licensed professional counselor will discuss the "Hunger & Satisfaction Scale"
- Reading and understanding food labels
- Grocery store tour and scavenger hunt

The program is offered in six-week sessions throughout the year. The six-week session (six Saturdays) is \$75.

Location: Inova Kellar Center, 11204 Waples Mill Road, Fairfax, VA 22030

Contact: 703-348-4716

### Inova Healthsource – Personal Weight Coach Program

Offered through Inova HealthSource, your patient will receive online education complimented by individualized, one-to-one support from a personal Coach through convenient email and phone check-ins.

The Personal Weight Coach is a skilled health professional, specially trained to provide individualized behavior change support. He/she works with your patients to develop real and achievable goals and provide quick, thorough answers to their questions. The program also provides 24/7 access to online information and education through a confidential and secure website.

This gradual lifestyle change program assists with incorporating healthy choices into daily life; this is not a diet program. It is a long-term comprehensive program that is tailored to meet individual needs with the guidance and support of skilled professionals.

- Personal Assessment
- Satiety & Hunger
- Dealing with Food
- Set Personalized Goals via Telephone Consult with a Coach
- Starting an Exercise Program

For more information regarding the cost of this program and other information, please visit [InovaHealthSource.org](http://InovaHealthSource.org) and click on "Personal Coaching Programs."