Sutter Health

Care provided by
Sutter Medical Group and
Sutter Roseville Medical Center.

Weight Loss Programs Designed With You in Mind

When it comes to choosing a weight management program, there's no single solution to fit everyone. That's why we offer several programs designed to help with weight loss. We're confident you'll find a program that'll work for you.

Call to schedule your consultation or class today!

Weight Management Patient Education
916-774-8885
877-899-8766 toll-free

Available Programs

- **Sutter Weigh for Life Program**
  Throughout this course, you'll learn how behavior changes, healthy eating and being active can help you control your weight. You'll attend weekly sessions for eight weeks, with the option to extend.
- **Meal-Replacement Program**
  With lifestyle-change classes and medical management, you'll adjust your diet to consist of shakes, bars or soups. It lasts about 12 months and can be extended.
- **Pharmacological Weight Loss Program**
  This program combines medications, behavior-change classes and medical management. It lasts about 12 months and can be extended.
- **Weight Loss Surgery Program**
  This four- to six-month program guides you on your weight loss journey before surgery (depending on individual needs and insurance coverage). After surgery, you'll be enrolled in our one-year postoperative program for ongoing support.

Congratulations on deciding to explore how you can achieve better health through a structured weight loss program offered at Sutter. Here's a summary of the various weight management programs we offer. If you're not sure which program might fit your lifestyle, budget and health needs, schedule an appointment to speak with one of the providers on our weight management team. They'll review your medical history, discuss risks and benefits, and guide you to the tools and programs most likely to help you reach your health goals.

Next Steps

We look forward to speaking with you and having you join one of our programs.
To get started, call us at **877-899-8766 or 916-774-8885**.

Program Location and Schedule

	Weigh for Life and Pharmacological Weight Loss Programs	Meal-Replacement Program
Location	Weekly classes held virtually. Appointments with providers are at one of our two physical locations (Roseville or Sacramento).	Weekly classes held virtually. Appointments with providers are at one of our two physical locations (Roseville or Sacramento).
Schedule	Classes offered Monday–Friday, morning, mid-day and evening options available. Please call for current class offerings.	Call for current class availability.

	Sutter Weigh for Life Program	Medically Managed Weight Loss Programs		Weight Loss Surgery Program
		MEAL-REPLACEMENT PROGRAM	**PHARMACOLOGICAL WEIGHT LOSS PROGRAM**	
Cost (in money and time)	Insurance may cover. If not covered, initial eight-week session: $153 Additional eight-week sessions: $153 per session	Insurance may cover. If not covered, initial eight-week session: $203 Two to five additional eight-week sessions: $153 each Meal replacements: $112-224/week Copays may be required for provider visits	Two eight-week sessions: $153 each Initial dietitian visit: $125 Copays for provider visits Ongoing medication cost varies by insurance and condition: $5-1,000/month	Surgery cost and copays for doctor visits depend on insurance coverage Nutrition visits before surgery: $379 – additional visits may be required by your provider Meal replacements for one week before surgery and vitamins for first month after surgery: $200-374 Monthly vitamins about $50-80/month (lifetime) Education and support program after surgery: $364
Risks	None	Mild headaches, low blood pressure, dizziness, dry skin, bowel changes and low energy for up to the first week	Depends on medication	Low risk for surgery complications Most risk due to not following diet after surgery Potential need for follow-up surgery Vitamin deficiency following surgery
Potential weight loss	About 5-7% in one year	About 2 pounds/week, 50 pounds at 26 weeks, 10% in one year	About 8-21% in one year with behavior changes, 5% without behavior changes	Expected total weight loss 25-40% depending on procedure
		About 18% with combined meal replacements and medication		
Risk for regaining weight	2.4% loss still maintained at 24 months	5% loss still maintained at five years, larger loss if full-year program completed	Majority will regain lost weight when medication is stopped and behavior changes aren't adapted	75% maintain weight loss at 10 years
Program length	Can extend after initial eight weeks for additional cost 48+ weeks recommended for best outcomes	48+ weeks recommended for best outcomes	16+ weeks of classes required, additional sessions available 48+ weeks recommended for best outcomes	4-6+ months before surgery One year after surgery Lifetime surgical follow-up
Requirements	BMI >25 BMI <25 with comorbidities or recent weight gain Weekly group appointment with dietitian Food and activity log	BMI >25 for partial meal replacement BMI >27 for full meal replacement Weekly class with dietitian Weekly appointments with provider for first month Lab work EKG before program starts and at every 50 pounds lost	BMI 30+, or 27+ with comorbidities Initial visit with dietitian Weekly behavioral class with dietitian Meet with provider every month Lab work Learn lower-calorie eating style Food and activity log	BMI >35 if comorbidities, >40 if no comorbidities Weight loss before surgery Monthly meeting with dietitian Upper endoscopy Medical clearance Psychological clearance One-week liquid diet before surgery Lifetime vitamin supplementation

Meet Our Providers

Medical Weight Management Team

Sutter's medical weight management team supports both the surgical and nonsurgical weight loss programs. They have additional training in weight management and will work with you and your care team to support safe and effective weight loss.

Anthony Huynh, D.O.
Program Director

Summer Azmat, M.D.

Emma Cleary, MSN, FNP-C

Rupinder Deol, GNP, BC-ADM, Ph.D.

Amber Helms, NP

Anglea Young, PA-C

Surgical Team

Our highly trained surgeons are supported by a team of medical providers and registered dieticians. Sutter Roseville Medical Center is accredited as an American College of Surgeons Comprehensive Center for Metabolic and Bariatric Surgery Program — the gold standard for bariatric surgery programs in the U.S. The surgical staff routinely perform initial bariatric surgery and complex revision procedures using both laparoscopic and robotic techniques. Procedures include:

. Conversion to other bariatric surgery and gastric bypass revisions.
. Gastric bypass.
. Lap band removal.
. SIPS (loop duodenal switch/SADI).
. Sleeve gastrectomy.
. Traditional duodenal switch.
. Vertical banded gastroplasty revision.

Benjamin Shadle, M.D., FACS

Subhash Reddy Patil M.D., MBBS, FACS, FASMBS

Rama Ganga M.D., FACS, FASMBS

Lindsey Ewick, PA-C

Silvia Gonzalez, PA-C

Logan Ledbetter, PA-C