

# Structure of a Comprehensive Bariatric Team

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# Disclosures

- Apollo- Honoraria, Teaching
- WL Gore- Honoraria, Teaching

# Basics

- Obesity Understanding
  - Pathphysiology
  - Genetics
  - Hormones
- Obesity Treatment
  - Sensitivity training
  - Appropriate sized furniture
  - Weight appropriate imaging

# Basics

- ASMBS Essentials Course
- ABOM review course and test
- “POWER: Practice Guide on Obesity and Weight Management, Education and Resources” - A Multi-Disciplinary Program from AGA – SAGES-TOS- NASPGHAN
- A pathway to endoscopic bariatric therapies: ASGE/ASMBS Task Force on Endoscopic Bariatric Therapy
- Industry Sponsored Courses

# Team

- Physician Led
  - Doctors, Providers, Dietitians, Psychologists, LCSW, Psychiatrists, Exercise Physiologists
- Medical
  - Medications
  - Meal Replacements
- Procedural (Gastroenterologist, Bariatric Endoscopists)
- Surgical (Bariatric Surgeon)

# Framework of Care

- Evaluation
- Treatment Algorithm
- Medication Alone
- Structured Diet
- Intervention?
  - Endoscopic
  - Surgical
  - Other (Interventional, Neurosurgical)

# Obesity is an Unremitting Disease

- One intervention is rarely enough
- Surgical interventions have a high rate of recidivism
- Medical and Lifestyle Interventions have higher rates of recidivism
- Temporary Procedures
- Revisional Procedures

# Obesity is an Unremitting Disease

- Surgery has always had better weight loss than medical management
- Medicines are approved by the FDA for 5% TBWL
- Bariatric surgical procedures usually achieve >25%TBWL sustained for 2-7 years depending on the procedure
- Endoscopic Therapies are not in the 5-20%+ TBWL range



# Obesity is an Unremitting Disease

- Better off than ever before!!
- New Medications on the market
- New Procedures to give a “jumpstart” to weight loss
- Helpful ways to improve compliance

# Medications

- Phentermine (15mg, 30mg, 37.5mg)
- Alli (Orlistat)
- Qsymia (Phentermine/Topiramate)
- Belviq (Lorcaserin)
- Contrave (Naltrexone/Wellbutrin)
- Saxenda (Liraglutide)
- Lomaira (Phentermine 8mg)
- Others: Diethylpropion, Bontril (Phendimetrazine), Zonisamide

# Comprehensive Programs

- Medical Evaluation and testing
- Medication regimen and dietary guidance
- Meal Replacement or supplement program
  - 4,6, 12 week programs
  - VLCD 4-6 weeks
  - LCD 12 weeks
  - Maintenance phase
  - Weekly visits in beginning to monthly

# Comprehensive Programs

- Revenue from program fees and meal supplements
- Offset costs of additional providers
- Virtual Health platforms can offset some of the scheduling conflicts in an office
- Bluetooth scales can also take some of the face to face time down while providing a service

# Comprehensive Programs

- Nestle
- Robard
  
- Bariatric Fusion
- Bariatric Advantage
- MK Lifestyle

# Comprehensive Programs

- Current Protocol
  - Evaluate
  - Balloon
  - Shakes/ meal replacements
  - Medications
  - Balloon Removal
  - Continue medication

# Conclusions

- You need a team
- Depending on what you want to do, it can be you and another doc or NP/PA
- Need expertise on procedure
- More importantly, support the needs of the patient w dietary guidance, plans and medications at different timepoints for weight maintenance and warding off recidivism