

# WEIGHT MANAGEMENT CENTER – THMG

## Weight Management Center – Tower Health Medical Group

2603 Keiser Boulevard, Suite 104  
Wyomissing, PA 19610

Phone: 484-628-5673

Fax: 484-628-3139

[Reading.TowerHealth.org/WMC](http://Reading.TowerHealth.org/WMC)

### Office Hours

Monday to Friday, 7:30 a.m. to 6 p.m.



David Tichansky, MD,  
FACS, Chair,  
Department of  
Surgery



Stephan Myers,  
MD, FACS,  
Medical Director



Leon Katz, MD,  
FACS



John Fam, MD

### Practice Focus

Weight Management Center - Tower Health Medical Group offers more than 40 years of experience in weight loss surgery. The Center is made up of fellowship-trained physicians, advanced practitioners and support staff who are specially-trained and certified in obesity medicine. The Weight Management Center provides comprehensive care before, during and after a surgical procedure to help patients reach their weight loss goal.

The Weight Management Center, a Blue Distinction Center for Bariatric Surgery and certified practice by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, offers the gastric sleeve, gastric bypass and duodenal switch minimally invasive surgical procedures. Patients should be referred to the Weight Management Center when:

- BMI of 40 or greater
- BMI of 35 or greater with one or more life-threatening medical conditions, such as diabetes, high blood pressure or sleep apnea
- Either of the above and tried to lose weight through diet and exercise without success
- 80 pounds or more to lose

### Minimally Invasive Bariatric Services

#### Gastric Sleeve

A thin banana-shaped portion of the stomach is created – the rest of the stomach is removed. The procedure limits the amount of food a patient can eat, reduces hunger and may help them feel fuller sooner.

#### Gastric Bypass

A small pouch limits portion sizes and decreases hunger. This procedure is widely accepted as the “gold standard” of bariatric operations and is proven to place Type 2 diabetes into complete remission for many patients.

#### Duodenal Switch

This operation combines a gastric sleeve with shortening the length of the small intestine. This is a more aggressive approach, resulting in more weight loss and less recurrence of obesity. This operation requires increased supplementation to prevent nutritional deficiencies.

### Patient Outcomes\*

Improvement or resolution of:

- Diabetes - 86% of patients
- Obstructive Sleep Apnea - 84% of patients
- Hypertension - 79% of patients
- GERD - 70% to 100% of patients

### Referrals

Routine referrals can be sent through EPIC by searching “bariatric” or “weight.” Non-EPIC providers can refer a patient by calling our office at 484-628-5673 or faxing our office at 484-628-3139.



**Tower Health Partners®**

Advancing Health. Transforming Lives.

# CHESTNUT HILL SURGICAL ASSOCIATES

## Chestnut Hill Surgical Associates

8815 Germantown Avenue, Suite 22B  
Philadelphia, PA 19118

Phone: 215-248-8520 | Fax: 267-385-3797

[ChestnutHill.TowerHealth.org](http://ChestnutHill.TowerHealth.org)



John Meilahn, MD,  
Chair, Department  
of Surgery

## Office Hours

Monday to Friday, 8:30 a.m. to 4 p.m.

## Practice Focus

Led by fellowship-trained weight loss surgeon, John Meilahn, MD, the Chestnut Hill Surgical Associates team features dietitians, psychologists and nurses committed to patients' total well-being. From comprehensive pre-operative education, through compassionate follow-up care, we're here to support patients through every phase of their journey.

Chestnut Hill Surgical Associates, a Blue Distinction Center for Bariatric Surgery and MBSAQIP Accredited Center for Quality Program, offers minimally invasive procedures including gastric bypass, vertical sleeve gastrectomy, duodenal switch and revisional procedures. Patients should be referred to Chestnut Hill Surgical Specialists when:

- BMI of 40 or greater
- BMI of 35 or greater with one or more life-threatening medical conditions, such as diabetes, high blood pressure or sleep apnea
- Either of the above and tried to lose weight through diet and exercise without success
- 80 pounds or more to lose

## What are the benefits of weight loss surgery?

According to the American Society for Metabolic and Bariatric Surgery (ASMBS), multiple large studies have shown weight loss surgery to be an effective and durable treatment of morbid obesity. Surgeries work by changing the signals that regulate set points for body fat, a tool no traditional diet can provide. Also, studies show that more than 90% of bariatric patients are able to maintain a long-term weight loss of 50% excess body weight or more when combined with dietary and lifestyle changes.

Weight loss surgery significantly improves or resolves obesity related conditions, including Type 2 diabetes, sleep apnea, hypertension, arthritis, asthma, acid reflux and more.

Large scientific studies have shown that severely obese people who chose weight loss surgery live longer than those who do not. Very good safety results are achieved by carefully preparing patients for surgery.

A happier and healthier patient is more than just physical transformation. Studies have shown that self-confidence and well-being are improved. Many people have improvement in physical mobility, allowing them to enjoy their lives in a way that they had lost. Weight loss truly gives people a new lease on life.

## Referrals

Routine referrals can be sent through EPIC by searching "bariatric" or "weight." Non-EPIC providers can refer a patient by calling our office at 215-248-8520 or faxing our office at 267-385-3797.



**Tower Health Partners®**

Advancing Health. Transforming Lives.