



OHSU Bariatric Services

Your guide to patient referral

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Quick reference

OHSU Bariatric Services

3303 S.W. Bond Ave.
Portland, OR 97239
Mail code CH6D
503 494-4567
800 245-6478 toll-free
Fax: 503 346-6854

www.ohsu.edu/bariatricservices

w8reduce@ohsu.edu

Providers by specialty

Surgeons

Farah Husain, M.D.
Samer Mattar, M.D.
Donn Spight, M.D.
Bruce Wolfe, M.D.

Nurse practitioners

Maggie Conser, N.P.
Aura Petcu, A.G.-A.C.N.P., C.N.S.
Dawn Rondeau, D.N.P., A.C.N.P., F.N.P.

Nurse

Vanessa Shay, R.N.

Psychologists

James W. Carson, Ph.D.
Thomas Kern, Ph.D.



Registered dietitians

Natasha Dempsey, R.D., L.D.
Bianca Wyatt, R.D.

Physical therapists

Kim Burdge, P.T., M.S., N.C.S.
Sarah DeMott, D.P.T.
Ruth E. Semon, P.T.
Amy Woods, D.P.T., L.M.T., R.N.

Support team

Leigh Ann McDonough
Kim Medic
Tabina Nguyen
Elspeth Rogers
Cherie Scott

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An update on obesity and bariatric surgery

According to the Centers for Disease Control and Prevention (CDC), more than one-third of U.S. adults are obese; since 1980, childhood obesity has increased from about 5 to 20 percent. Obesity also ushers in comorbidities including diabetes, stroke, heart disease and sleep apnea. It has also been linked to cancer.

While diet and exercise are effective in achieving significant long-term weight loss in about 2–3 percent of obese patients, the majority regain the weight within a year. The use of pharmacologic therapy may bring about modest weight loss, but the weight is usually regained after discontinuing medication.

Bariatric surgery, in combination with dietary and activity counseling, is the most successful treatment for patients with obesity who cannot lose weight by traditional means. Early identification of these patients for referral can mean a reduced risk or severity of weight-related diseases.



**To refer a patient
for a consult, call:**

503 494-4567
or 800 245-6478 toll-free,
or fax 503 346-6854

About us

OHSU Bariatric Services provides comprehensive care to treat medical obesity. As national leaders in the field, we see hundreds of patients annually. Our multidisciplinary team provides expertise and support for our patients throughout evaluation, treatment and long-term follow-up. Patients are offered a variety of modalities to maximize and sustain weight loss permanently.

Team approach. Our team of surgeons, nurse practitioners, nurses, psychologists, dietitians, physical therapists and other medical professionals work with patients from initial evaluation through surgery and ongoing care throughout the patient's lifetime. To achieve maximum and lasting results, patients undergo an extensive presurgery program lasting at least 90 days. This includes thorough education, support, preparation, optimization and treatment of related conditions or comorbidities. Before any surgical procedure, the entire team, along with the patient, will come to a consensus of a patient's readiness for surgery.

Patient navigators. We appreciate that your patient's time is valuable. Because patient evaluation and optimization requires several encounters, our patient navigators personally and seamlessly coordinate care among our group. We minimize visits to the most essential and strive to have the majority scheduled together on the same day.

Surgical options. We work closely with each patient to determine their most appropriate surgical option. Most procedures can be performed laparoscopically, eliminating the need for a large incision, and reducing postoperative pain and recovery times. Generally, hospital stays average one to three days and patients are back to work in two to three weeks. Types of bariatric operations include:

- **Roux-en-Y gastric bypass:** A small gastric pouch is created from the upper stomach and intestinal anatomy is rearranged to reduce appetite and capacity for food intake.
- **Sleeve gastrectomy:** A relatively new procedure in which approximately 75–80 percent of the stomach is removed, leaving a much narrower "sleeve." Research shows sleeve gastrectomy may be as effective as Roux-en-Y gastric bypass.
- **Laparoscopic gastric band (lap-band):** An adjustable silicone band is placed around the upper stomach, creating a small gastric pouch. We perform lap-band removal for those patients who did not respond to their treatments.
- **Revisional surgery:** In which prior weight-loss operations are modified, when appropriate.

Certifications and quality. OHSU Bariatric Services is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), a joint program from the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). Accreditation follows a rigorous review process to prove certain physical and human resources, as well as standards of practice. All accredited centers report their outcomes to the MBSAQIP database.

Other certifications include:

- Membership in the Aetna Institutes of Quality (IOQ) Program: IOQ facilities show excellence in care, a commitment to continual improvement and exceptional value.
- Designation as a Blue Distinction® Center by Blue Cross Blue Shield for Gastric Banding and a Blue Distinction Center+ for Gastric Stapling: These designations identify facilities with a proven track record for delivering better results.
- Optum Bariatric Center of Excellence: Helps ensure bariatric surgery and care are delivered in a manner that meets strict standards, increases the likelihood of superior outcomes and ultimately reduces costs.

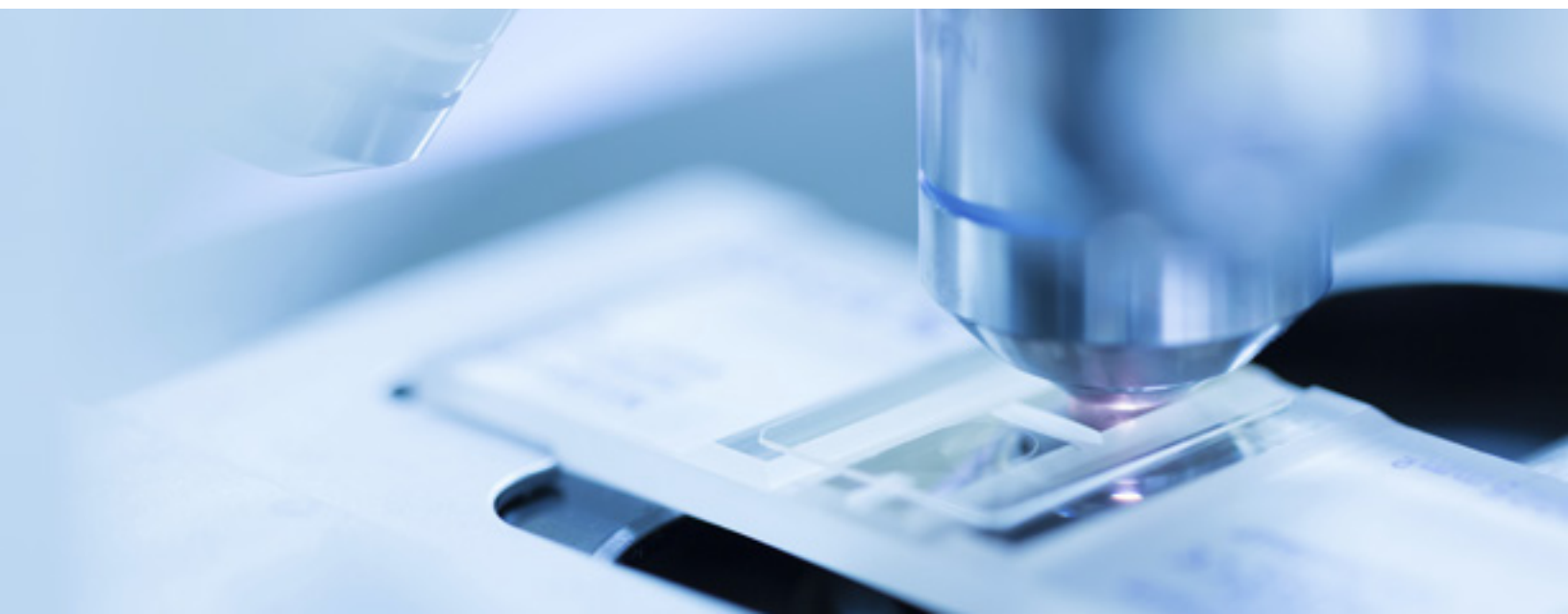
Research. The prevalence of obesity worldwide means research in the field of bariatric and metabolic surgery is a crucial topic of investigation. We are the leading center in an NIH-funded Longitudinal Assessment of Bariatric Surgery (LABS) outcomes and our team is actively involved in research of the underlying biological mechanisms that produce changes in metabolism after bariatric surgery.

Emerging technologies. We are also at the forefront in offering new techniques and devices to our patients, such as:

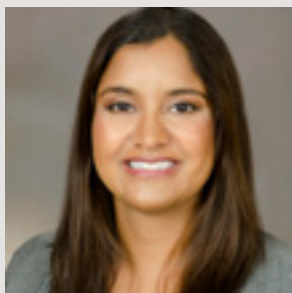
- vBloc®, a newly FDA-approved medical device that involves the implantation of electrodes on the stomach and a battery implanted under the skin of the abdomen to block the vagus nerve. Initial research on vBloc was also done at OHSU.
- Intra-gastric balloon, also a newly FDA-approved procedure. The balloon is a weight-loss system that uses a gastric balloon that occupies space in the stomach.

Indications for referral. Please consider referring your patients to OHSU Bariatric Services if they have a history of documented weight-loss attempts along with a BMI of 40 or greater, or a BMI of 35 or greater with at least one obesity-related health complication (e.g., diabetes, hypertension, hyperlipidemia, sleep apnea, steatohepatitis).

Consultations. Our team welcomes patients who have had previous bariatric surgery and are encountering complications or who need follow-up care for weight-loss maintenance, which is often provided through our medical (nonsurgical) arm of the program.



Our team



Surgeons

Farah Husain, M.D.

Academic appointment: Assistant professor

M.D.: George Washington University, Washington, D.C.

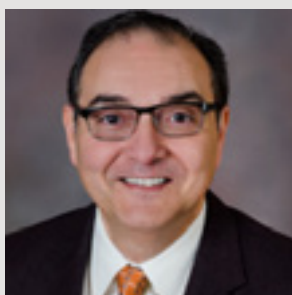
Residency: General surgery, Madigan Army Medical Center, Tacoma, Wash.

Fellowship: Endosurgery (minimally invasive surgery), Emory University, Atlanta, Ga.

Board certification: American Board of Surgery

Specialties: Bariatric surgery, general surgery education, identifying pitfalls to weight loss, minimally invasive surgery

Research interests: Bariatric surgery complications and techniques, laparoscopic surgery and resident education, and superior mesenteric artery (SMA) syndrome



Samer Mattar, M.D.

Academic and medical appointment: Professor; chief, OHSU Bariatric Services

M.D.: Cairo University, Cairo, Egypt

Residencies: General surgery, Vanderbilt University Medical Center, Nashville, Tenn., and Emory University, Atlanta, Ga.

Fellowship: Advanced laparoscopic surgery, Emory University, Atlanta, Ga.

Board certification: American Board of Surgery

Specialties: Digestive health, bariatric surgery

Research interests: Optimization of outcomes of weight-loss surgery, including the improvement or cure of the many diseases that are associated with being overweight, bariatric surgery in adolescents, the treatment of patients with relapsed weight gain and high-risk bariatric patients, laparoscopic treatment of gastroesophageal reflux disease and other diseases of the foregut, endoscopic diagnosis and treatment of foregut diseases, and laparoscopic treatment of ventral hernias



Donn Spight, M.D.

Academic appointment: Associate professor

M.D.: Northwestern University Medical School, Chicago, Ill.

Residency: General surgery, University of Cincinnati, Cincinnati, Ohio

Fellowship: Minimally invasive surgery, Oregon Health & Science University, Portland, Ore.

Board certifications: Oregon State Board of Medical Examiners; American Board of Surgery

Specialties: Digestive health, foregut surgery, bariatric surgery, minimally invasive surgery

Research interests: Surgical education and training, surgical simulation



Bruce Wolfe, M.D.

Academic appointment: Professor

M.D.: St. Louis University School of Medicine, St. Louis, Mo.

Residency: General surgery, St. Louis University School of Medicine, St. Louis, Mo.

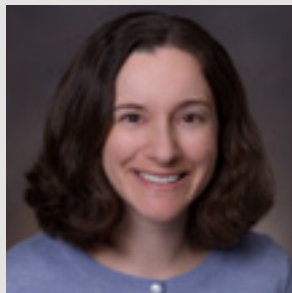
Fellowship: Surgery, Harvard Medical School, Peter Bent Brigham Hospital, Boston, Mass.

Board certification: American Board of Surgery

Specialties: Surgical nutrition, obesity, surgical care of obese patients

Research interests: Surgical outcomes of obesity and health policy; clinical, epidemiological, and behavioral outcomes of bariatric surgery

Nurse practitioners



Maggie Conser, N.P.

Academic appointment: Instructor

B.S.: Nursing, University of Southern Maine, Portland, Me.

M.S.: Nursing, University of Colorado, Boulder, Colo.

Specialties: Bariatric surgery, nutrition (digestive health), digestive surgery



Aura Petcu, A.G.-A.C.N.P., C.N.S.

Academic appointment: Instructor

B.S.: Nursing, University of San Francisco, San Francisco, Calif.

M.S.: Nursing, Adult-Gerontology Acute Care Nurse Practitioner and Clinical Nurse Specialist, University of California, Los Angeles, Los Angeles, Calif.

Certification: American Nurses Credentialing Center, Oregon State Board of Nursing

Specialties: Bariatric surgery, foregut surgery



Dawn Rondeau, D.N.P., A.C.N.P., F.N.P.

Academic appointment: Assistant clinical professor

A.C.N.P.: Oregon Health & Science University, Portland, Ore.

F.N.P.: Washington State University, Vancouver, Wash.

D.N.P. University of Washington, Seattle, Wash.

Specialties: Bariatric surgery

Nurse



Vanessa Shay, R.N., B.S.N.

B.A.: Psychology, Loyola Marymount University, Los Angeles, Calif.

B.S.: Nursing, Kennesaw State University, Kennesaw, Ga.

Specialties: Bariatric patients in all health care settings

Psychologists



James W. Carson, Ph.D.

Academic appointment: Associate professor, departments of Anesthesiology and Perioperative Medicine and Psychiatry

Ph.D.: University of North Carolina, Chapel Hill, N.C.

Internship: University of Florida Health Science Center, Jacksonville, Fla.

Fellowship: Duke University Medical Center, Durham, N.C.

Board certification: Certificate of Professional Qualification in Psychology issued by the Association of State and Provincial Psychology Boards

Specialties: Health psychology, pain management, mind-body medicine

Research interests: Meditation and yoga as complementary treatments for medical conditions



Thomas Kern, Ph.D.

Academic appointment: Assistant professor, Department of Anesthesiology and Perioperative Medicine

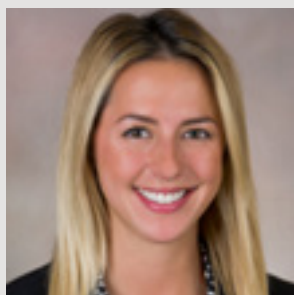
Residency: Portland VA Medical Center, Portland, Ore.

Fellowship: Portland VA Medical Center, Portland, Ore.

Specialties: Psychology, pain management

Research interests: Coping with chronic conditions

Registered dietitian

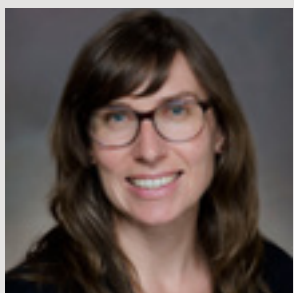


Natasha Dempsey, R.D., L.D.

B.S.: Oregon State University, Corvallis, Ore.

Certification: Oregon Board of Licensed Dietitians

Specialties: Bariatric nutrition, general adult inpatient/outpatient nutrition counseling



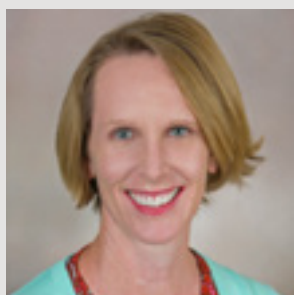
Bianca Wyatt, R.D.

B.S.: San Francisco State University, San Francisco, Calif.

Certification: National Board of Nutrition Support Certification

Specialties: Inpatient and outpatient nutrition care and consultation, helping patients develop a positive relationship with food

Physical therapists



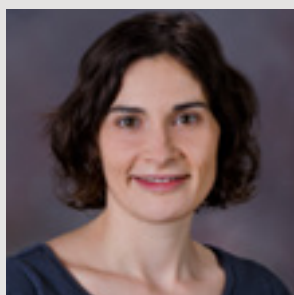
Kim Burdge, P.T., M.S., N.C.S.

B.A.: Saint Mary's College of California, Moraga, Calif.

M.S. in P.T.: University of California, San Francisco, San Francisco, Calif.

Certifications: Oregon Physical Therapist Licensing Board, California Board of Physical Therapy, American Board of Physical Therapy Specialties

Specialties: Neurology, stroke, traumatic brain injury



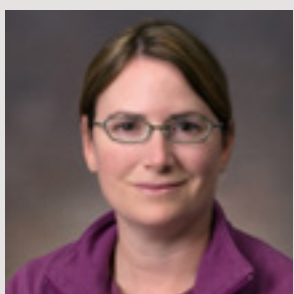
Sarah DeMott, D.P.T.

B.S.: University of Oregon, Eugene, Ore.

D.P.T.: Emory University, Atlanta, Ga.

Certification: Oregon Physical Therapist Licensing Board

Specialties: Vestibular therapy, aquatics therapy, oncology, bariatrics, falls and balance



Ruth E. Semon, P.T.

B.S.: McMaster University, Hamilton, Ontario, Canada

P.T.: Queen Margaret College, Edinburgh, Scotland

Certification: Oregon Physical Therapist Licensing Board

Specialties: Cancer rehabilitation, post-breast cancer surgery, orthopaedic conditions and bariatric rehabilitation



Amy Woods, D.P.T., L.M.T., R.N.

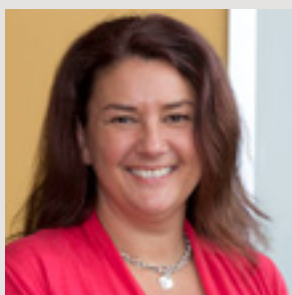
B.S.: Michigan State University, East Lansing, Mich.

D.P.T.: University of Washington, Seattle, Wash.

Specialties: Spine rehabilitation, concussion management, oncology rehabilitation, bariatric surgery

Support team

Our patient navigators, coordinators and surgery schedulers help patients manage care throughout the entire bariatric surgical process, from initial consultation through surgery and beyond.



Leigh Ann McDonough, program coordinator

Leigh Ann coordinates all the administrative aspects of the Bariatric Surgery program. She is the first point of contact for the program and responsible for new patient intake.



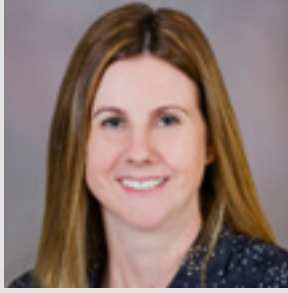
Kim Medic, patient navigator

Kim enjoys working with patients throughout their entire journey to transformation and is a resource for any questions and needs.



Tabina Nguyen, patient scheduler

Tabina is the point person for scheduling new and return visits for the bariatric clinic.



Elspeth Rogers, M.P.A.:H.A., business manager

Elspeth is responsible for the business functions of the program.



Cherie Scott, surgery scheduler

Cherie is the primary surgery scheduler and is responsible for navigating insurance requirements including surgery authorization and scheduling.

How to refer

We value the opportunity to collaborate with you in the care of your patients and keep you informed throughout the entire process. To refer a patient or consult with our team, please call 503 494-4567, toll-free 800 245-6478 or fax 503 346-6854. If you have patients interested in surgery, please direct them to our online seminar: <https://www.bariatricsurgeryseminar.com>.





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fax **503 346-6854**

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