



We're here for LIFE.

Baptist Hospital is the largest not-for-profit community hospital in Middle Tennessee, licensed for 683 acute and rehab care beds. Our main campus covers nearly two million square feet and spans more than six city blocks or 38 acres.

Baptist Hospital is a member of Saint Thomas Health Services, a faith-based ministry with 7,200 associates serving Middle Tennessee. Through our Christian healing ministry, we are committed to serving the greater Nashville area and surrounding communities by providing the highest quality healthcare in a caring, compassionate and faith-based environment.

Baptist Hospital's bariatric program has been designated a "Bariatric Surgery Center of Excellence" by the American Society for Bariatric Surgery. This public designation helps potential patients identify centers that are committed to long-term patient care and safety.



Center of Excellence
BARIATRIC SURGERY

What is Metabolic Surgery

Often referred to as bariatric surgery these operations are performed to produce weight loss, but metabolic surgery does far more than produce weight loss. Metabolic and bariatric surgery currently provide one of the most effective therapies for diabetes, high blood pressure, sleep apnea, arthritis, asthma, acid reflux, infertility and high cholesterol. Such operation performed by one of our highly trained surgeons at Baptist Hospital can often restore the health of the

morbidly obese individual by the correction of abnormal metabolism.

Program Philosophy

From the positive relationships Baptist Hospital has with its loyal physicians, it has developed a center of excellence in weight loss surgery that remains committed to providing long term medical care and resources to its patients. Its nationally recognized bariatric surgeons and program directors are dedicated to providing long term medical care and resources to its patients. Baptist Hospital's full-time treatment team is available to all patients, at all levels of care, including post surgery. This multidisciplinary team is composed of nurses, dietitians, exercise physiologist, psychologist, insurance specialist, research analysis and other supportive staff.

The Disease of Morbid Obesity

Although Morbid Obesity is defined as being approximately 100 pounds or more above ideal body weight, it remains a complex chronic disease that is poorly understood by most people. This level of obesity is referred to as "morbid" because of its life threatening affect on virtually every bodily organ, not to mention the often disabling social and psychological consequences. In addition to pounds over weight, the degree of obesity is also measured by [body mass index \(BMI\)](#).

Rationale for Weight Loss Surgery

Because this disease extremely limits the quality of ones life and bears a greater risk for premature death, the National Institutes of Health held a conference to discuss surgical approaches for obesity and reported, "the benefits outweigh the risk." During this consensus the National Institutes of Health report concluded that "diets, exercise programs, appetite suppressants and behavior modifications are not effective therapies for the morbidly obese person". In addition, this medical panel reported that this more aggressive approach is reasonable in individuals who strongly desire substantial weight loss and have life-threatening, co-morbid conditions.

Baptist Hospital

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