LOSE POUNDS.
GAIN HEALTH AND CONFIDENCE.

Customized Weight Loss Solutions
Located at Marina Del Rey Hospital, Marina Weight Loss Center is a program committed to successful weight-loss outcomes in a caring, warm, compassionate environment.

Medical weight loss can be very effective at helping patients to lose weight and improve health conditions associated with obesity. The term “medical weight loss” covers several types of solutions. Among these are medically supervised diet plans and bariatric surgery. Not all patients have the same needs. Health concerns, personal preferences, and many other factors vary from person to person. That’s why we provide several different weight loss options that can be tailored to your specific needs:

Non-Surgical Solutions
• Medically supervised diets: These treatments give patients direct access to a doctor and medical team who create custom plans for weight loss. Patients undergo medical testing, including blood work, and receive guidance and supervision exclusively provided by a medical team.

Surgical Solutions
• Lap band: A device placed around the stomach that restricts its capacity, helping you feel full more quickly and for a longer time.
• Gastric bypass: This treatment makes the stomach’s capacity smaller and reduces the body’s absorption of calories. These changes significantly reduce hunger, allowing rapid, sustainable weight loss.
• Gastric sleeve: Part of the stomach is permanently removed, leaving a narrow pouch, or “sleeve,” that fills up after modest portions of food. The part of the stomach that’s removed appears to be important to the production of “hunger hormones.” The smaller stomach and hormone changes help patients lose weight.
• Gastric plication: “Plication” means “folding.” In gastric plication, the surgeon folds the walls of the stomach and sutures the folds. Afterward, the stomach is about the same size.
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Surgical Solutions (cont.)

• Combination procedures: The lap band and plication can be combined. This encourages aggressive, rapid initial weight loss.

• Revisional procedures: If you have gained weight after weight loss surgery a second operation may be recommended to reverse it. Several minimally invasive procedures are available, including:
  - advanced, incision-free gastric-bypass revision
  - adding the lap band to gastric bypass
  - revising the gastric sleeve
  - converting the lap band to gastric sleeve or bypass

It is important to us to figure out which treatment is right for you. When you consult with our team, your concerns and needs will be carefully considered before we advise you on the treatment that we feel would best suit you.

The Latest Technology

When performing surgery, we use the latest in cutting-edge tools and minimally invasive techniques to reduce the negative effects on the body and ensure positive results. Laparoscopic surgery is the standard for bariatric procedures; this type of surgery involves a shorter recovery than traditional open surgery. Our surgeons are also trained in advanced techniques for single-incision surgery so patients recover faster with fewer incisions.

Expert Care

Center of Excellence. We are a leading provider of surgical weight-loss treatment in Los Angeles. The American Society for Metabolic and Bariatric Surgery (ASMBS) and the American College of Surgeons (ACS) have recognized our program as a Center for Excellence through their Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. This means our program has met strict requirements for experience, results, and excellent facilities and patient care. Many insurers, including Medicare and Blue Cross, will cover surgery only when performed by a Center of Excellence. We are proud of this distinction, which is bestowed upon the best facilities providing weight-loss surgery.
Experienced Surgeons.

Dr. Jeremy Korman is a board-certified surgeon specializing in minimally invasive surgery and bariatric surgery. Dr. Korman is the medical director and founder of the Marina Weight Loss Center where he leads a dedicated multidisciplinary team that includes a program coordinator, a physical therapist, a nutritionist and psychologist. Dr. Korman has successfully performed over a thousand weight loss procedures in his career and is one of the most sought after bariatric surgeons in Los Angeles.

Dr. Mona Misra is a board-certified bariatric and advanced laparoscopic surgeon and one of the most highly trained, experienced, female bariatric surgeons in the Los Angeles Area. An extremely skilled and experienced practitioner, she has performed thousands of laparoscopic procedures. Dr. Misra is also an active researcher and a passionate educator who has presented her findings to other surgeons at numerous national and international meetings.

Caring Staff.

Our surgeons’ success would not be possible without our dedicated team of healthcare professionals and support staff. We specialize in the treatment of weight-loss patients and are intimately familiar with their dietary, exercise, emotional, and financial needs.

Patients who call our office will be assisted by a Patient Consultant who is available to provide concierge level service throughout the entire pre-operative process. Our Patient Consultant, works closely with our Insurance Specialist and your primary care physician to help navigate the payment process and insure proper pre-operative medical clearances are completed.

We also employ a dietitian, a psychologist, and a physical therapist, who are well-educated in the needs of weight-loss-surgery patients providing a complete spectrum of care. Unlike other programs, we also staff a dedicated bariatric nurse that follows each patient through the surgical process and commits to their post-surgical care and support.
We support our patients with medical care and an array of services from their initial visit, through their treatment or surgical plan, and throughout a lifetime of pursuing and maintaining a healthy weight and lifestyle. We offer a complete wellness program with an array of services to assist in your success, including:

- Personalized consultations to monitor your progress and adjust whatever is needed
- Support groups, at which you can meet others with similar experiences and discuss strategies for success
- One-on-one sessions with our various experts on healthy eating and cooking, exercise, stress management, and other important topics
- A mentor program that pairs patients with their successful peers
- Access to staff whenever you have concerns

Our goal is to provide each patient with a lifetime of healthy weight management and provide all the support you need for success.

Our Successful Patient Outcomes

On average, weight loss surgery patients can lose over 50 percent of their excess body weight and demonstrate continual weight loss for ten years following surgery. Surgical weight loss options have also been shown to resolve the most common health conditions associated with obesity such as Type II diabetes, high blood pressure, and sleep apnea.

Meet Lena

I began my journey with Dr. Korman weighing 250 pounds. I had suffered disappointment for years as I tried and tried to lose weight through traditional methods. Dr. Korman and his staff treated me with compassion and talked me through all of my options. I have lost 130 pounds and have been able to keep it off for the past four years. It is still one of the best decisions I’ve ever made — both for myself and for my family.

Meet Maddy

When I turned 50, my weight peaked at 390 pounds. I knew I needed a more permanent solution than dieting. Dr. Misra was kind and supportive and helped me choose the procedure that was right for me. I’ve lost 200 pounds so far and I am completely off all medications. The surgery has not only changed my body, it’s changed my mindset and how I feel about myself.
The first step is to schedule a consultation with our office so we can determine your weight loss needs. If you are concerned about insurance coverage, our facility is an in-network provider for nearly all major insurance plans, including Medicare and Blue Cross. Our staff is very experienced in obtaining insurance approval, and will be happy to answer any questions you may have.

Obesity is not only a major public-health concern, it is a direct threat to each obese individual’s future health and quality of life. We want to help you pave the way for a long, active life.

If you are overweight, call us today at 310.577.5540 to discuss the treatment options that are right for you.
Recognized for

Medical Excellence

Marina Del Rey Hospital specializes in the following:

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
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<tr>
<td><strong>Marina Spine Center</strong></td>
<td>Marina Spine Center is the preferred choice of hundreds of professional athletes who entrust their careers to our experts.</td>
</tr>
<tr>
<td><strong>Marina Weight Loss Center</strong></td>
<td>Marina Weight Loss Center is recognized for high levels of experience and comprehensive lifestyle support.</td>
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<tr>
<td><strong>Minimally Invasive Robotic Surgery</strong></td>
<td>MIS Robotics assist our surgeons in minimally invasive procedures that are changing your surgery experience.</td>
</tr>
<tr>
<td><strong>24/7 Emergency Services</strong></td>
<td>Emergency Services provide our community with critical medical expertise 24/7.</td>
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4650 Lincoln Blvd.,
Marina Del Rey, CA 90292
310.577.5540

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Marina Del Rey Hospital

www.marinaweightloss.com