

SURGICAL OPTIONS

If you are obese, have diabetes or life-threatening cardiopulmonary problems, bariatric surgery is an option to consider. Bariatric surgery has shown to improve and eliminate many of the co-morbidities associated with obesity. But just like other treatments for obesity, the success of bariatric surgery depends mainly on commitment and behavior. It offers the best option for long-term weight control when other medically supervised treatments have been unsuccessful.

The 360° Weight Management Program is a fully accredited, comprehensive program offering metabolic and bariatric surgery options focused on a lifestyle transformation to better health and wellness. In addition to surgery, you will receive 24/7 access to a team of experts, as well as nutritional guidance, support groups and more.



The two main types of bariatric surgery we offer are Roux-en-Y Gastric Bypass and Sleeve Gastrectomy. Our team is ready to walk you through the differences to help determine which may be most appropriate for you.

You may qualify for surgery if you have a:

BMI greater than 40 or 100 pounds over ideal body weight.	BMI between 35-40 and a significant obesity-related co-morbidity.	BMI between 30 and 34.9 with type II diabetes.
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CONTACT US

Please contact our office to learn how we can help you become the best version of yourself.

- For questions, or to schedule an appointment: 808-485-4173
- Fax: 808-485-3164
- PaliMomi.org/360

SUPPORT GROUPS

Support groups for bariatric surgery patients are held virtually on the second and fourth Wednesday of the month.



360° WEIGHT MANAGEMENT CENTER

HAWAII PACIFIC HEALTH | KAPI'OLANI
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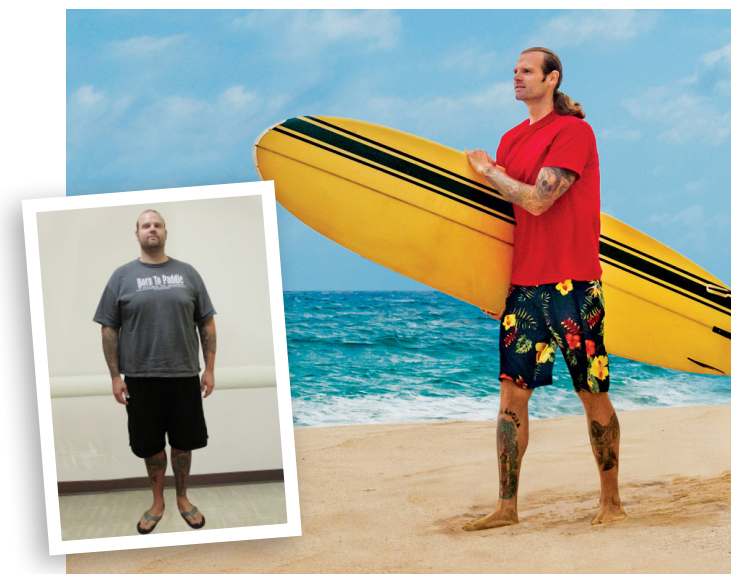
CREATING A HEALTHIER HAWAII'

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HAWAII PACIFIC HEALTH 360° WEIGHT MANAGEMENT CENTER

Helping You Lead a Healthier Life



"I look forward to my time spent exploring new hikes, and I have more energy now than when I was in my 20s! Joining the program was the best decision of my life." – Joseph Blunt

Introducing a comprehensive approach to weight management that can help you vastly improve or reverse conditions, including diabetes, high blood pressure and high cholesterol, and lead to an overall healthier life.

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CREATING A HEALTHIER HAWAII'



Obesity is a chronic condition that is complex to manage and can cause a number of serious medical problems. People who are overweight or obese have higher rates of diabetes, heart disease, high blood pressure, respiratory conditions, premature death and other medical problems. These medical problems can develop with moderate obesity or even in a person who is just overweight, but how quickly they develop and how severe they are increases dramatically as weight increases.

Helping you navigate a successful weight loss and maintain a healthy weight can reverse or prevent these problems from getting worse. The Hawai'i Pacific Health 360° Weight Management Center is available to help you lose weight and lead a healthier life.



"I am able to do more activities with others and not get so tired and sore. I eat cleaner, more often, and my relationship with food has changed."
– Stacey Norris

OUR COMPREHENSIVE AND INDIVIDUALIZED APPROACH

The 360° Weight Management Center was developed to help people struggling with weight issues and seeking a resolution to the numerous issues it can cause. Our approach includes support from an interdisciplinary team working closely together with you to develop a plan for success.

The 360° team strives to focus on the prevention and management of overweight, obese and chronic disease patients, offering **both surgical and nonsurgical options** to help you reach your goals. All 360° patients receive a comprehensive, individualized evaluation as well as nutritional, medical and lifestyle therapies that align with personal preferences and health goals.

WHO CAN BENEFIT

Anyone suffering from obesity, no matter how severe, has much to gain from comprehensive weight management and lifestyle education. Those suffering from one or more of the following co-morbidities will benefit the most from the program:

- Diabetes or prediabetes
- Sleep apnea
- High cholesterol
- Heart disease
- Kidney disease
- Hypertension
- Osteoarthritis
- Asthma
- Stress incontinence



"This program is not a quick fix – this program is a lifestyle-changing program... now walking, hiking and gym time are my favorite activities."
– Felix Cavalo

NON-SURGICAL OPTIONS

The 360° Weight Management Center is founded upon the power of health education, medication management, behavioral modification strategies and support to overcome barriers to lifestyle change.

The program offers patients a comprehensive, lifestyle modification approach to weight management.

Everyone is unique, and therefore your experience with the program would be tailored to your individual needs, focused on your health goals. The 360° team understands that the necessary lifestyle modifications for success are tough and are a gradual building process requiring both commitment and support.

We offer diet and lifestyle management focusing on whole foods. The program will work closely with you, sharing your goals and offering direction, counseling and providing support, and working together as a team to help you achieve your best self.