

What's Your Turning Point?




Turning Point
Surgical Weight Loss Solutions
ST. FRANCIS HEALTH CENTER • TALLGRASS SURGICAL SPECIALISTS

We have assembled a caring, compassionate and talented team of doctors to help you attain your goal.

www.turningpointweightloss.org



Does your weight keep you from doing what you used to do, what you love to do? We know how frustrating and heartbreaking that can be. That's exactly why we created Turning Point just for you.

Turning Point Surgical Weight Loss Solutions

is a joint project of St. Francis Health Center and Tallgrass General, Vascular and Bariatric Surgery, both of Topeka, Kan. Since 2002, we have performed more than 1,650 bariatric (weight loss) surgeries. We are the region's leader in weight loss surgery and are committed to providing the highest quality in bariatric surgical care. In comparison to other local, regional and even international programs, we are more comprehensive, affordable and experienced than our competitors.

In 2007, St. Francis Health Center and Tallgrass surgeons Drs. Berntsen and Dunshee received Center of Excellence status from the American Society of Metabolic and Bariatric Surgery.

I'm Ready. How Do I Get Started?

The first step is education. This isn't an "overnight fix" surgery. It will take you playing an active part in your treatment to achieve success.

Second, there are several requirements before you can proceed with the actual surgical procedure. Patients often require psychological evaluations, medical evaluations, sleep studies or other tests, which vary depending on specific situations. Insurance approval, if applicable, often requires some of these to be performed before consideration.

Before an office consultation may be scheduled, we require our patients to first attend a free seminar/lecture.

What Is Bariatric Surgery?

Bariatric surgery is performed for the treatment of obesity and overweight conditions, as well as for metabolic diseases such as diabetes.

We Are Here to Help

We are here to answer your questions and guide you along your journey. If you want to reclaim your life, we're here to help.



Carol Jacob

Hearing other people's surgery stories demonstrated that success was possible. "I stepped out on faith that it, too, would work for me," Jacob said. Two months after her December 2006 surgery she had lost 55 pounds. Two years later she is maintaining a 170-to 180-pound weight loss. Jacob has been big her whole life. "The bigger you get, the more you hurt physically," she said. "You lose a lot of dignity when you're morbidly obese." One of her first changes two months after the surgery was getting in and out of the bathtub without help. "It felt marvelous to be able to sit down in the bathtub and have extra room."





Richard Monnich

“The doctors really want to do it for the right reasons, and they make sure you’re doing it for the right reasons, too,” Monnich said. Monnich was up for the challenge. He was told he had to lose weight before having surgery, so he lost 100 pounds with the help of a nutritionist at St. Francis Health Center. Since the surgery in January 2008, he has lost another 200 pounds and is still losing. He is now off all medications and no longer has high blood pressure, sleep apnea and acid reflux. He eats high protein foods like pork roast, meat sticks, cheese and protein bars and stays away from anything with sugar.



All of our surgeons are board certified in general surgery and are Fellows of the American College of Surgeons.



The seminars provide information on the history of obesity, treatment options, surgical procedure review and surgery complications as well as time for questions and answers. A packet of informational tools and required documentation materials are provided at the end of the seminar. Potential patients must complete a patient questionnaire and submit it before a surgical consultation is scheduled.

The seminars are held on the second Saturday of each month in the St. Francis Health Center second floor auditorium from 10 a.m. to noon. The auditorium doors close promptly at 10 a.m. so please arrive early to sign in.

For More Information

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Bernita Berntsen, MD, FACS, FASMBS, is a graduate of Pittsburg State University and the University of Kansas School of Medicine, where she completed her surgical residency.



Carlyle Dunshee II, MD, MBA, FACS, FASMBS, has worked as a general surgeon for Tallgrass since July 2001. Dunshee graduated from the University of Kansas School of Medicine and did his surgical residency at East Carolina University.



James J. Hamilton Jr., MD, FACS, attended Kansas State University and transferred to the University of Kansas School of Medicine, where he received his medical degree. Dr. Hamilton completed his surgical residency at Harvard Medical School in Boston, Mass.



Sidney Hu, MD, FACS, received a bachelor of arts degree in psychology from the University of Kansas and a medical degree from the University of Kansas School of Medicine. Dr. Hu completed her surgical residency at University of Missouri Health Care in Columbia, Mo.



Merrilee R. Brandt, MD, FACS, is from southwest Iowa and is a graduate of the University of Kansas School of Medicine. Dr. Brandt completed her surgical residency at the University of Illinois – Chicago.



Terri Parry

During the two years Terri Parry was contemplating bariatric surgery, her dad died. "His weight had everything to do with his death," Parry said. "He developed diabetes due to his weight problem. My family has battled weight issues and I just didn't want to do that anymore." So she had bariatric surgery and lost 125 pounds in a year, going from a size 28 to an 8. One of the biggest moments since her weight loss came when she was able to wear her wedding rings again after 21 years. "I cried because it was such a nice feeling," Parry said. "I didn't think it was a huge thing not to wear my wedding rings, but it was. I always thought I was a happy fat person, but I wasn't."



Intriguing Facts



- In 2007, St. Francis Health Center and Tallgrass surgeons Drs. Berntsen and Dunshee received Center of Excellence status from the American Society of Metabolic and Bariatric Surgery.
- St. Francis Health Center and Tallgrass General, Vascular and Bariatric surgeons have been approved as a United Resource Networks Bariatric Center of Excellence.
- St. Francis Health Center is among the top 5 percent in the nation and a HealthGrades® Distinguished Hospital for Clinical Excellence for 2009.
- * Diabetes was completely resolved in 76.8 percent of patients and resolved or improved in 70 percent.
- * New research indicates that many patients with Type 2 diabetes experience complete remission within days of metabolic surgery, long before significant weight comes off.
- * Hypertension was resolved in 61.7 percent of patients and resolved or improved in 78.5 percent, obstructive sleep apnea was resolved in 85.7 percent of patients and was resolved or improved in 83.6 percent of patients.

* Source: Journal of American Medical Association



St. Francis Health Center

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