

Your Life. Your Story.  
**Your Move.**

# The Best Surgical Weight Loss Program in the South

At Ochsner Lafayette General, we understand that obesity is a disease — and we treat it as such. From bariatric care and health education to lifelong guidance and support, our team has identified the essentials in establishing and maintaining a healthy lifestyle.

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## What Makes Us Different

### OUR HOLISTIC APPROACH

Our unique process provides you with an individualized plan that focuses on the physical, mental and social factors affecting weight loss.

### OUR DYNAMIC TEAM

Skilled surgeons work closely with a talented staff of bariatric specialists, counselors, nurses and nutritionists to help you reach and maintain health goals.

### OUR COMMUNITY OF SUPPORT

Your care doesn't stop after surgery. With our community of coaches, patients and educators, you'll have the support you need throughout your journey.



## Meet Our Doctors

At Ochsner Lafayette General, the bariatric team works diligently with our weight loss surgeons to address the needs of each patient.



**PHILIP GACHASSIN, MD**  
Medical Director

Dr. Gachassin feels most at home when he's helping members of his community lead healthier lives. After earning his medical degree from the LSU School of Medicine, he completed surgical training at the University of South Alabama in Mobile. Today, Dr. Gachassin serves as the Medical Director of the Metabolic and Bariatric Surgery Department at Ochsner Lafayette General and has been performing these types of surgeries for over 20 years.



**DENNIS ESCHETE, MD**

Dr. Eschete is an avid Louisiana sports fan and loves spending time in the great outdoors. After earning his medical degree, he received surgical training at the LSU Health Science Center and completed a fellowship in minimally invasive surgery at North Shore Long Island Jewish Medical Center in Manhasset, NY. He currently serves as the Trauma Medical Director for Ochsner Lafayette General.



**ROBERT AUTIN, MD**

As a Lafayette native, Dr. Autin enjoys giving back to the place he's always called home. After earning his medical degree from the LSU School of Medicine in Shreveport, he completed surgical training at New York Methodist Hospital in Brooklyn, NY and completed a fellowship in minimally invasive surgery in Albany, NY.



**BENJAMIN DOGA, MD**

Dr. Doga's passion is helping his patients succeed. He oversees the non-surgical weight loss program for Ochsner Lafayette General's bariatrics department. He is certified as a diplomate of the American Board of Obesity Medicine and is also board certified in Family Practice.

## Our Program

When you choose Ochsner Lafayette General, you not only get weight loss surgery performed by a leading specialist — you gain the emotional, psychological and educational support of our entire bariatric team.

### CHOOSING SURGICAL WEIGHT LOSS

With our suite of minimally invasive procedures, you can experience all the benefits of surgical weight loss with fewer risks and faster healing. This means seeing rapid weight loss that could not be achieved through diet and exercise alone. After such a transformation, patients often improve or completely resolve medical conditions stemming from obesity.

### TO QUALIFY, PATIENTS TYPICALLY MEET THE FOLLOWING CRITERIA, ESTABLISHED BY INSURANCE REQUIREMENTS:

- Are 100 pounds overweight or have a Body Mass Index (BMI\*) of 35-40 with other medical diagnoses, such as high blood pressure, type 2 diabetes, sleep apnea, etc. OR have a BMI of 40 without comorbidities
- Have attempted medically managed weight loss programs without success
- Be a nonsmoker or willing to stop smoking
- Willing to make lifestyle changes necessary for maintaining weight loss
- Willing to participate in the lifelong bariatric program, including follow-up appointments and monthly support groups

\*BMI is a ratio of one's height and weight.



## OUR PROCESS

Before undergoing any procedure, you will complete four phases of the pre-operative process:

- 1 Attend Consultation with Surgeon and Bariatric Team**  
Each candidate is required to have a personalized, one-on-one consultation with our multidisciplinary bariatric team and surgeon. This meeting provides you with an overview of post-op nutritional concerns, sets both pre-op and post-op goals, educates you on the surgical procedure, and establishes any required pre-op clearances that may be needed.
- 2 Establish Financial Obligation**  
Our financial counselor will work with you to identify financial obligations and payment options for your weight loss surgery, which may include insurance, cash pay or third-party financing. Together, you will determine your method of payment.
- 3 Schedule Surgery**  
Once payment has been determined, clearances from primary care physicians and specialists may be obtained. Our office will then schedule a date for surgery.
- 4 Attend Pre-Op Education**  
Three weeks prior to your surgery date, you will be required to attend class with the bariatric team. During this class you will review all pre-op and post-op requirements, diets and expectations.



### For More Information

If you have questions about surgery requirements, the pre-op process or getting started, contact our office at **337-289-8484** or visit **[ochsnerlg.org/bariatrics](https://ochsnerlg.org/bariatrics)**.

## Weight Loss Options

### SURGICAL OPTIONS

#### Gastric Sleeve

Gastric sleeve is the most common weight loss surgery performed by our surgeons. In this laparoscopic procedure, stomach capacity is reduced by removing the outer section of stomach, leaving you with a narrow tubular section that fills quickly with food. This allows you to eat less and still feel full.

#### Gastric Bypass

A laparoscopic procedure that combines restrictive and malabsorptive components. It decreases the size of the stomach to about one-ounce capacity and bypasses part of the small intestine to decrease absorption.

#### Duodenal Switch

A surgical procedure that offers excellent weight loss and long-term resolution of medical conditions, such as diabetes. The goal is to restrict the amount of food consumed and bypass the majority of the normal digestive process.

#### Revision Surgeries

These surgeries are performed on a case-by-case basis and must be deemed medically necessary.

### OUTPATIENT PROCEDURES

Performed in an outpatient setting, these procedures can jump-start your weight loss journey and help you regain an active lifestyle



## NON-SURGICAL OPTIONS

For those who may qualify but do not wish to undergo bariatric surgery and are looking for an alternative, we offer several technologically advanced, non-surgical weight loss options. This type of treatment gives patients the opportunity to design and implement more lifestyle changes while losing a moderate amount of weight over time.

## MEDICALLY SUPERVISED WEIGHT LOSS PROGRAM

Designed for those who may exceed the weight limit for surgery, do not have insurance to cover the cost of surgery, or are interested in losing weight without surgery. Under the guidance of a physician, dietitian and support staff, this program helps you make realistic lifestyle changes to safely lose weight and keep it off.



### These Programs Can Help You:

- Avoid weight gain
- Treat other related health conditions
- Achieve weight loss not able to be achieved through diet and exercise alone
- Be as healthy as possible in order to reduce the mental and physical burdens of chronic diseases