

# Duke Adolescent Bariatric Surgery



## Center of Excellence

Duke Regional Hospital is accredited by the American Society for Metabolic and Bariatric Surgery (ASMBS)



## Approved for Teens

Only hospital in NC certified to perform bariatric surgery for teens 14 and older

## Overview

Our team can help you determine if bariatric surgery is a good option for your patients. If your patient has been unable to maintain their weight loss through diet, exercise and/or medication, our adolescent weight loss program may be a great next step in their journey.

Our surgeons use minimally invasive procedures, such as robotic surgery to reduce your patient's scarring, shorten their hospital stay, and help them recover quickly.

Duke offers sleeve gastrectomy or gastric bypass surgery for qualifying teenagers.

To qualify your patients must:

- be at least 14 years of age and
  - have a BMI  $>35$  or BMI  $>120$  percent above the 95th percentile with at least one comorbidity
- OR
- have a BMI  $>40$  or BMI  $>140$  percent above the 95th percentile without comorbidity

## Why Refer to Duke

- **ASMBS Certified:** Duke is the only surgical center in North Carolina certified to perform bariatric surgery for patients under 18.
- **Team of Experts:** Our pediatricians, behavioral specialists, pediatric exercise specialists, and dietitians prepare your patients and their families for surgery and life after.

Submit a referral  
to Duke Healthy  
Lifestyles through  
MedLink or call  
919-620-5394.



# Your Patients Will Have Access To:

## Two Surgical Options

### Gastric Bypass

This common bariatric surgery involves attaching a smaller section of the stomach to the small intestine and altering the gastrointestinal tract, which changes appetite and results in a quicker sensation of fullness.



### Gastric Sleeve Surgery

This procedure removes up to 80% of the stomach and shapes the remaining portion into a sleeve. On average, individuals lose about 60% of their excess weight within 12 to 18 months after this surgery. It may be recommended if your patient has specific high-risk medical conditions, including high BMI and severe pulmonary or cardiac issues.



## Dedicated Specialists

We will partner with you to coordinate your patients' care before and after surgery. Our specialists will assist you and your patients in managing significant lifestyle changes and adhering to an appropriate exercise regimen.



**Blog:**  
**Gastric Sleeve**  
**Helps Teen**  
**Overcome**  
**Obesity**



## Our Locations

Your patients will begin their care at the Duke Children's Healthy Lifestyles Clinic. Subsequent appointments may take place through virtual telehealth visits or at one of our designated locations. All surgeries are performed at Duke Regional Hospital.

### Duke Center for Metabolic and Weight Loss Surgery

407 Crutchfield St  
Durham, NC 27704

### Duke Children's Healthy Lifestyles North Durham

3116 N Duke St  
Durham, NC 27704

### Duke Regional Hospital

3643 N. Roxboro St  
Durham, NC 27704

### Duke Weight Loss Surgery Burlington

1234 Huffman Mills Rd  
Burlington, NC 27215

### Duke Weight Loss Surgery Raleigh

3480 Wake Forest Rd  
Suite 520  
Raleigh, NC 27609

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