



SOUTH TEXAS WEIGHT AND METABOLIC DISORDERS (WAMD) TREATMENT CENTER

INFORMATION FOR PATIENTS

Thank you for giving thought to the WAMD Treatment Center. The center has staff from many fields of health care. We provide care for diet, exercise, diabetes, weight loss surgery, mental health, and social work assistance. WAMD offers each service listed below:

WEIGHT MANAGEMENT: The WAMD team provides care to VETERANS, with obesity, through medical and surgical methods.

- a. **Medical Service:** Veterans referred to our staff will learn about healthy eating and fitness. We will also work with each Veteran to improve their blood pressure, cholesterol, and blood sugar levels (in those patients with diabetes). The WAMD team will review the Veteran's chart to see if they are fit for weight loss surgery from a health stand point.
- b. **Mental Health:** A mental health expert will provide exams to decide, from a mental health stand point, if the Veteran is right for weight loss surgery.
- c. **Surgical Service:** The surgical team will meet with the Veteran who qualifies and discuss the weight loss surgery options (Gastric Banding, Sleeve Gastrectomy, or Roux-en-Y Gastric Bypass). We also offer a surgery support group. As of now, if the Veteran has at least a 30% service-connected rating, there is no cost for the weight loss surgery. If not, please check with the Eligibility Office, (210)617-5300 ext. 15659, for cost.
- d. **Diabetes Education:** A diabetes expert/health care provider will help Veterans with "pre-diabetes" and diabetes to work on lifestyle changes and may use pills or insulin to improve sugar control. Please contact Certified Diabetes Educator, Roxanne Stryker at (210)617-5300 ext. 14167, for info.
- e. **Nutrition:** The team's diet expert will work with the Veteran and suggest diet changes to help lose weight, improve blood pressure, and blood sugars.
- f. **Fitness:** A fitness expert will work with the Veteran and design the Veteran a training program to aid in weight loss.
- g. **Social work:** A licensed social worker will determine the Veteran's non-medical needs, which can include Veteran support, education, crisis aid, and mental health counsel. The social worker will also help the Veteran find the right resources in the community.

For any questions or concerns, please contact our WAMD Clinic at (210)617-5300 ext. 17512.

Last Revised: 01/18/2013