

Slimlife Solutions...Afshin Eslami, M.D.

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Dear New Patient,

Welcome to our program at Slimlife Solutions. You have traveled a long road to reach this point and you have made it. Now the real work starts. Surgery will help you lose weight and improve your quality of life. Surgery, however, does not work alone this is why a multi-disciplinary approach will assist you on this journey.

At this visit you will be meeting with the following Bariatric Team Members:

- 1) **Afshin Eslami, MD** – Program Surgeon and Co-Medical Director – During this visit he will obtain a detailed History & Physical including a review of your medications in order to learn more about your medical condition(s). This information will help him guide you in determining which surgery is most suited to achieve your long-term weight loss goal. **(Duration of visit is 30 minutes)**
- 2) **Randee Reidy - RD**, Program Dietitian - During this visit she will review your weight history including weight loss attempts, as well as normal dietary and supplement intake. She will assist you in formulating a diet plan to assist with preoperative weight loss, and review the supplements necessary for your particular surgery. **(Duration of visit is 1 hour)**
- 3) **Rondi Crowley - RN**, Program Manager - During this visit she will review your health information and will ask you questions regarding the BOLD - Center Of Excellence study. She will have you review the BOLD consent and sign it if you agree to have your information be part of the national study. She will also take your picture for our file and will determine which abdominal binder will be needed on the day of surgery. **(Duration of visit is 30 minutes)**
- 4) **Lynette Saldana - MA**, Patient Coordinator – During this visit she will review the status of all pre-operative requirements including tests, medical records, and the authorization process. **(Duration of visit is 30 minutes)**

Please expect to be here a few hours. There is a lot of information that is going to be reviewed with you during the first consultation. Your support person is encouraged to attend all office appointments with you. It is important they understand the changes you will be making before and after surgery so he/she can support you with these necessary changes in the best way possible.

****Continue to bring all of your bariatric paperwork and handouts to each visit, as they may/will be utilized frequently to ensure you have the necessary information to be successful with lifestyle changes.**

We expect you to be an active participant in this process. It cannot be said enough that long-term success depends on your level of commitment.

A famous quote to remember: "If you always do what you've always done, you will always get what you've always got".

It is our pleasure to help you through the upcoming months and onto a healthier life.

Thank you,

Slimlife Solutions Bariatric Team