Which weight loss approach is right for you?

Experts at UChicago Medicine Center for Weight Management can help you at each step of your weight loss journey, addressing all the causes of weight gain and providing solutions to best fit your life.

**Medical Management**
- Nutrition & Physical Activity Counseling
- Behavioral Therapy
- Medication

A team of obesity experts will design your personalized weight loss plan. Weight loss results are based on individual responses.

**Endobariatric Procedures**
- Endoscopic Sleeve Gastroplasty
  - Weight loss of up to 30-60 lbs*
  - No incisions, scarring or permanent anatomy change
  - Leaves you feeling full sooner so you’ll eat less
- Endoscopic Intragastic Balloon
  - Weight loss of up to 10-15 percent*
  - No incisions, scarring or permanent anatomy change
  - Leaves you feeling full sooner so you’ll eat less
- Aspiration Therapy
  - Weight loss of up to 15-20 percent
  - Able to eat and socialize normally
  - Control your own weight loss trajectory

*Note: All endobariatric procedures are outpatient.

**Bariatric Procedures**
- Vertical Sleeve Gastrectomy
  - Weight loss of 50-100 lbs*
  - Does not require rerouting of food
  - Effective treatment of Type 2 diabetes
- Biliopancreatic Diversion with Duodenal Switch
  - Weight loss of 150 lbs* or more
  - Can result in the most weight loss and least weight regain
  - Effective treatment of Type 2 diabetes
- Roux-en-Y Gastric Bypass
  - Weight loss of 80-150 lbs*
  - Effective treatment for heartburn
  - Effective treatment of Type 2 diabetes

*Weight loss results may vary

To schedule a consultation, call 1-888-824-0200 or visit uchicagomedicine.org/weight-management.