

# Welcome to **KC Bariatric**

Leaders in Surgical & Medical Weight Loss



**Live Webinar**

**March 24, 2026**

**6:00PM – 7:00PM**

**[www.kcbariatric.com](http://www.kcbariatric.com)**

# Stan Hoehn, M.D.

Founder of KC Bariatric and Medical Director of  
The Bariatric Center of Kansas City

- Board Certified by the American Board of Surgery
- Fellow of the American College of Surgeons (FACS)
- Fellow of the American Society for Metabolic and Bariatric Surgery (FASMBS)

**25+ years of Bariatric Experience**

**13,000+ Successful Surgeries**





# Today's Agenda

## What we'll learn:

- Our full-service weight loss approach
- The science of weight loss & metabolism
- Surgery vs. GLP-1 medication options
- Nutrition, supplements & habit strategy
- Myths, FAQs, and your questions answered
- Insurance & financing basics
- How to take the next step toward your goals

# KC Bariatric's Mission

Long-term success,  
not quick fixes.

A full-service bariatric program designed to support patients at every stage of their journey.

01

**Top 1% of Bariatric Centers Nationwide for safety and Outcomes**

02

**3x Lower Complication Rate Than the National Average**

03

**Changed over 25,000 lives**

04

**Lose 7-10% more weight than other accredited centers**

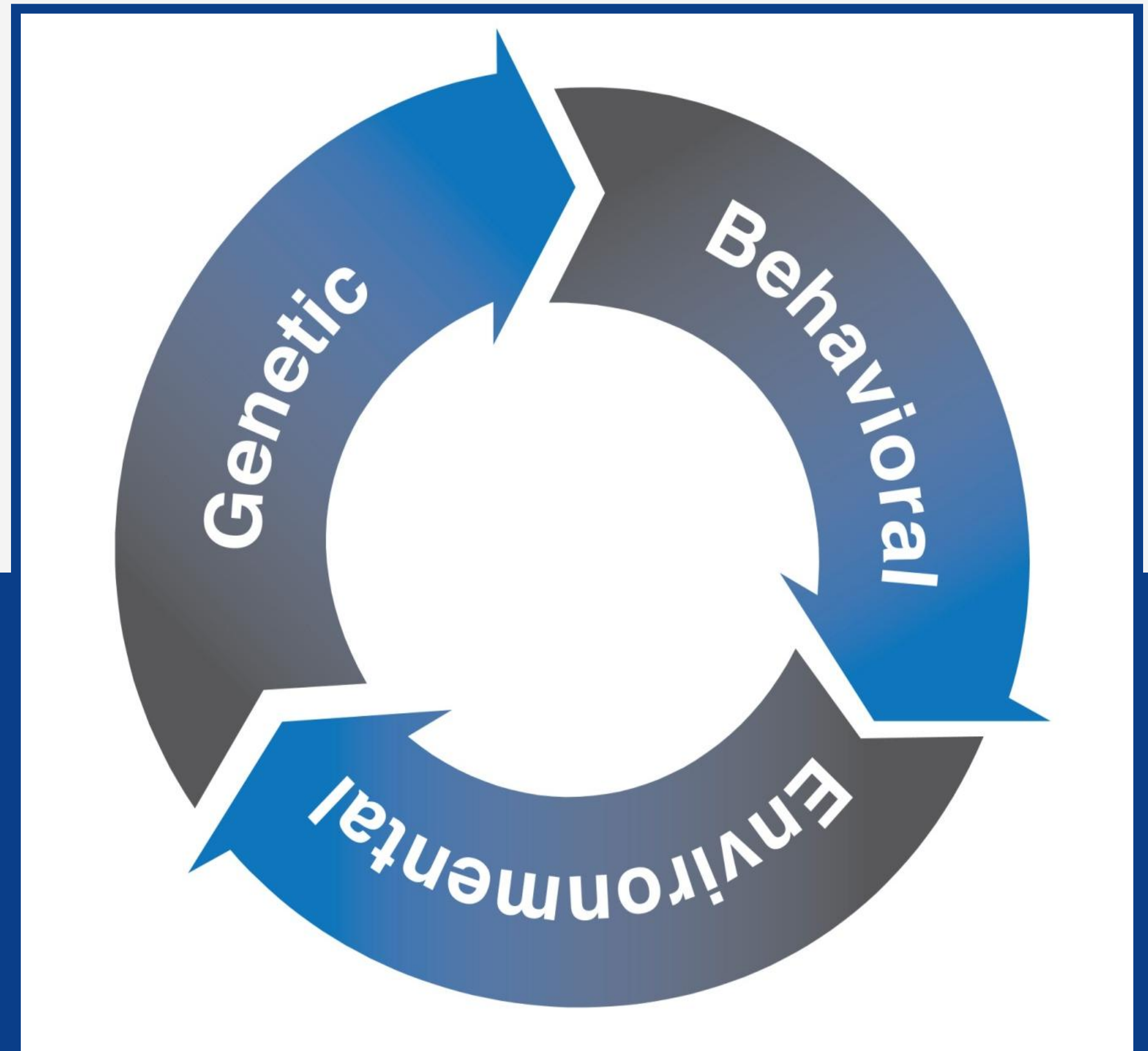


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# Understanding Obesity: A Disease. Not Just a Condition.



# What Causes Obesity?



# What Causes Obesity?

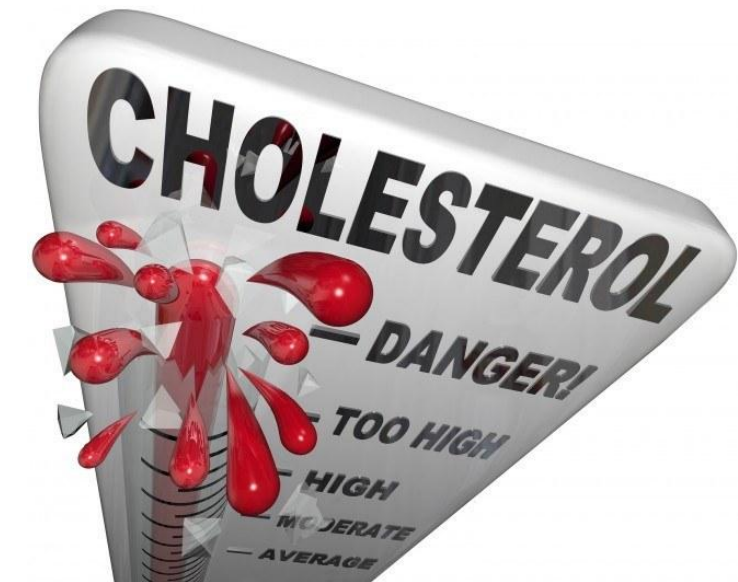
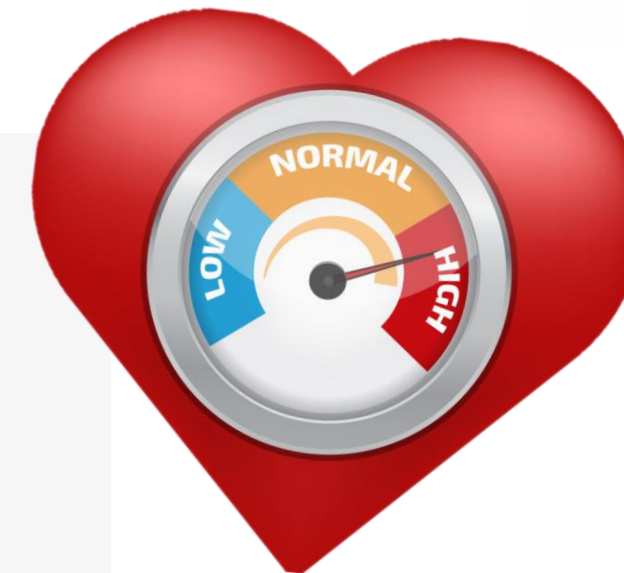




# Morbid Obesity Co-Morbidities



CANCER

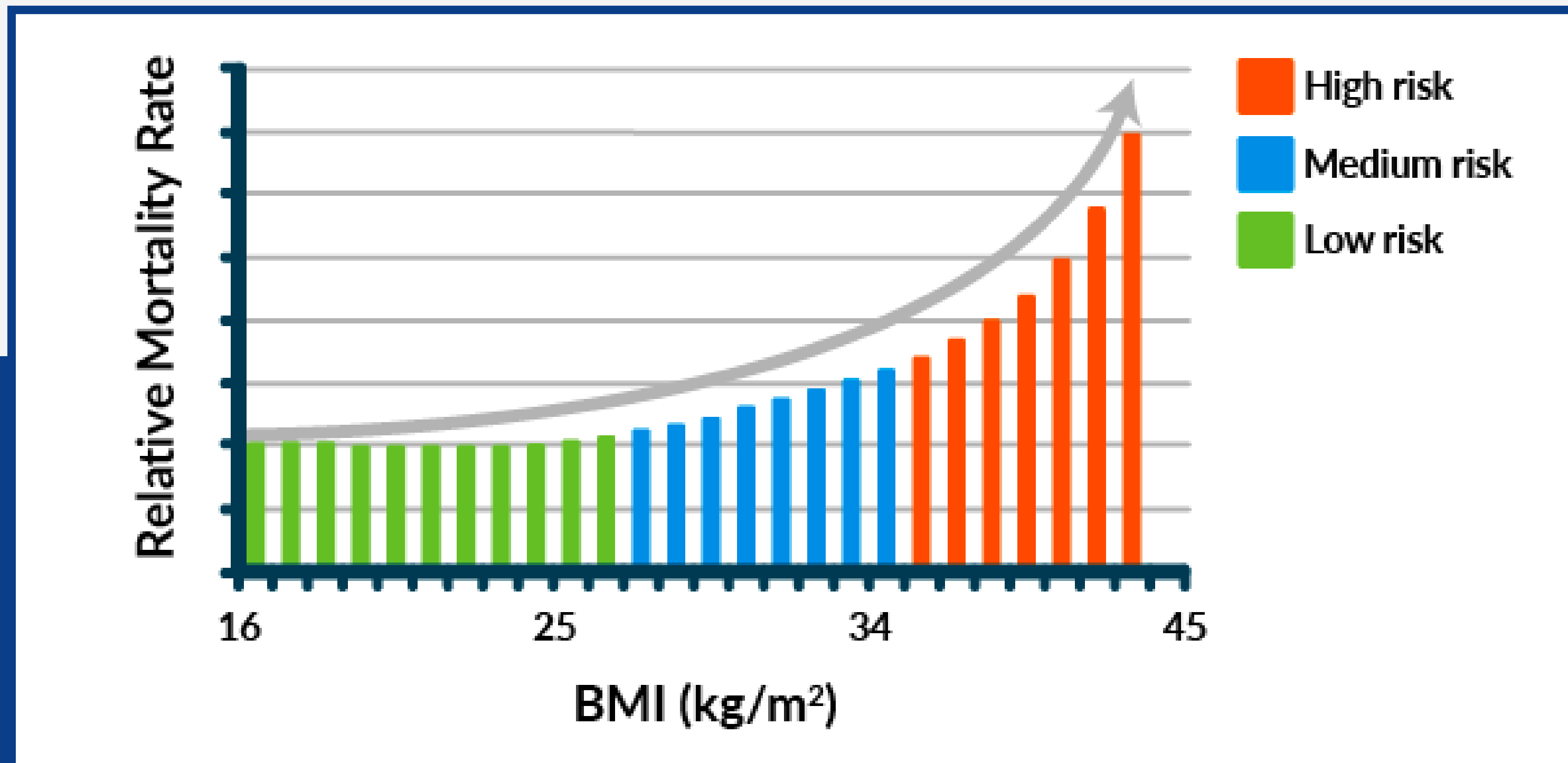




# Morbid Obesity Mental Health Co-Morbidities

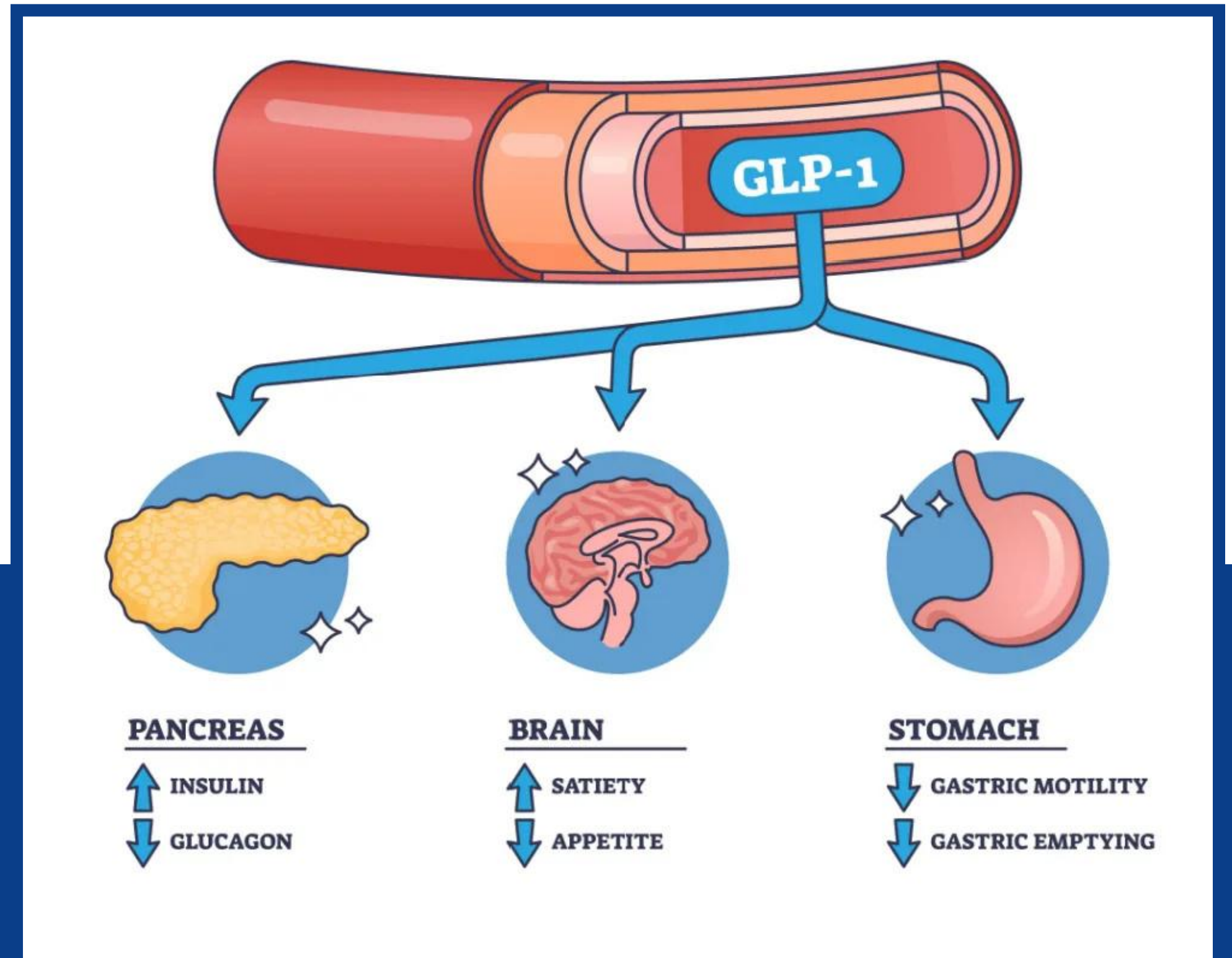


# BMI vs. Mortality Exponential Increase in Risk



# GLP-1s

(Glucagon-like peptide 1 receptor agonists)





# What Happens After GLP-1 Discontinuation?

- **Appetite often returns – and can be stronger than before.**
- **Patients may regain up to two-thirds of the weight lost within a year.**
- **Weight regain is common once the medication is discontinued; this is not a failure.**



# How Bariatric Surgery Works

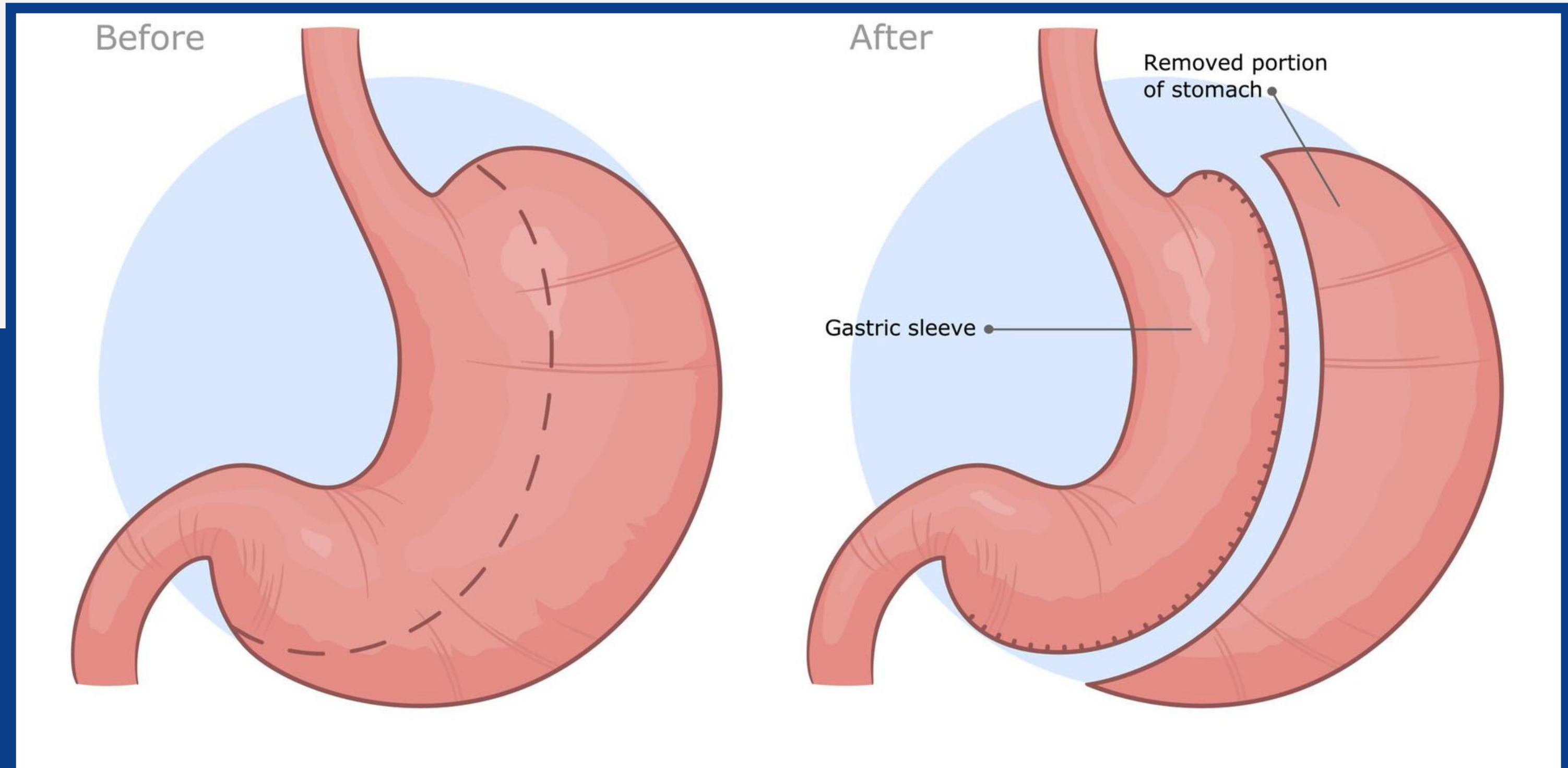
- **Reduces stomach size → smaller portions**
- **Changes hunger & fullness hormones**
- **Improves insulin sensitivity**
- **Reduces cravings for high-sugar foods**
- **Creates a metabolic reset**



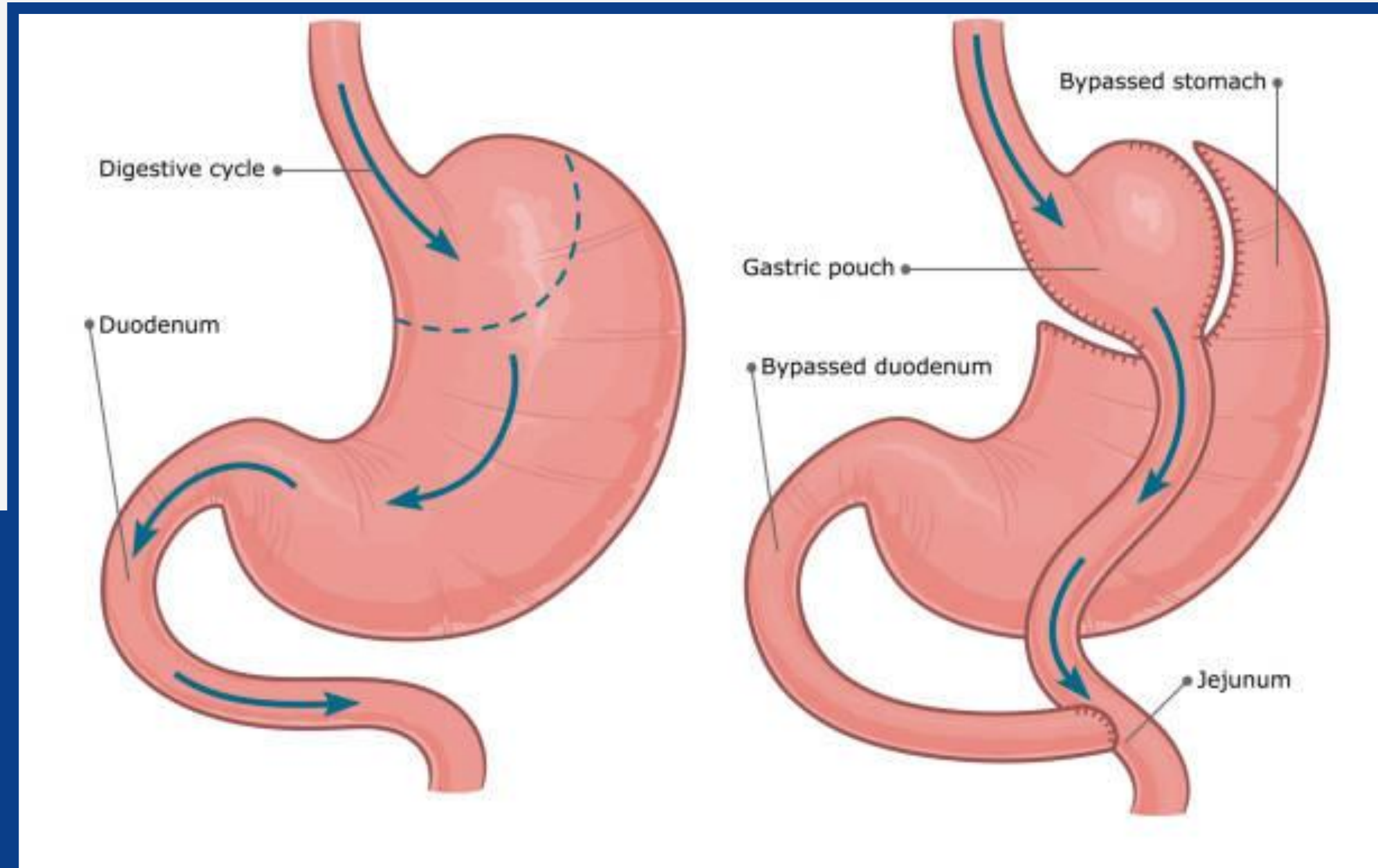
# Why Bariatric Surgery Works

- **Changes hunger & fullness signals**
- **Improves blood sugar control**
- **Helps the body lose weight more efficiently**

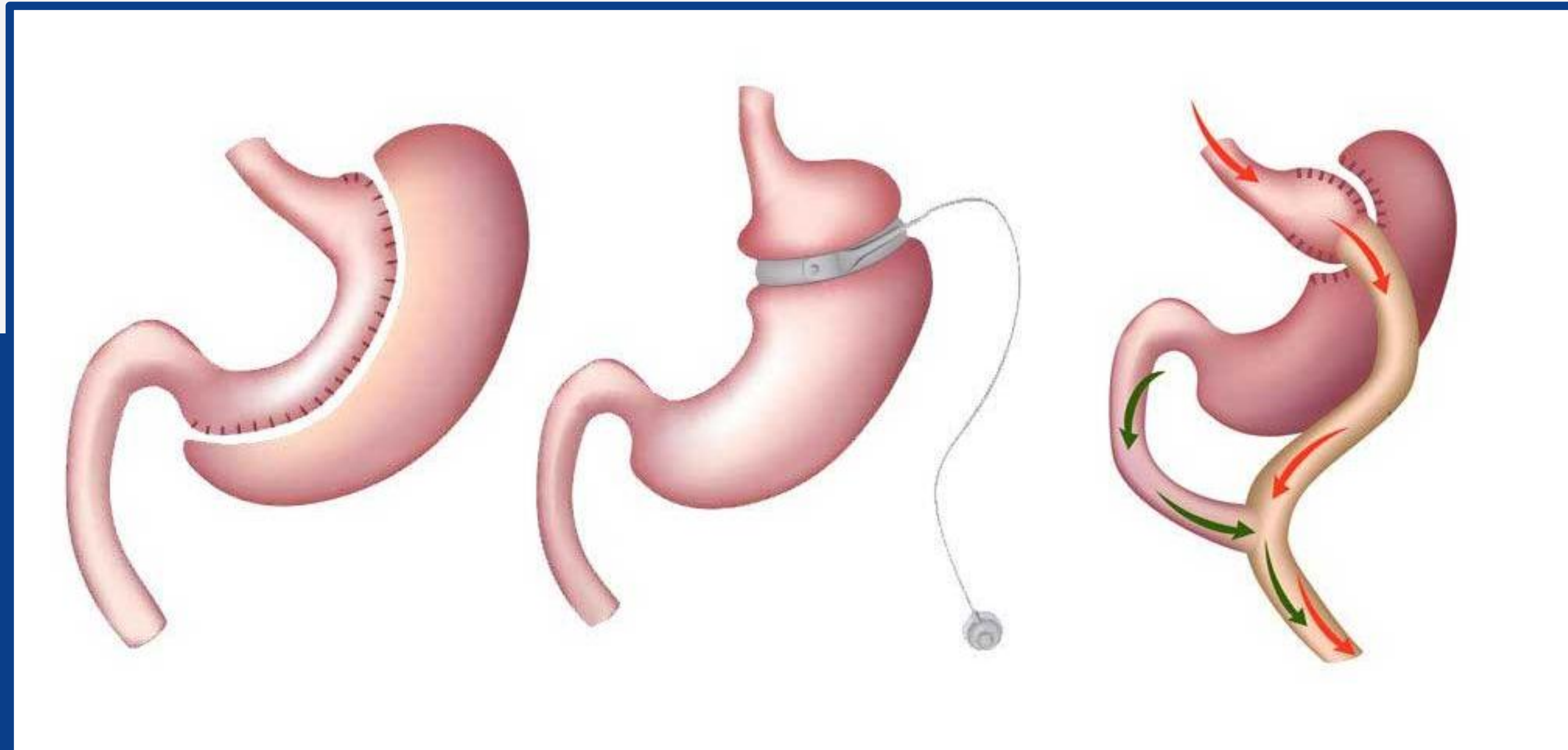
# Vertical Sleeve Gastrectomy (VSG)



# Gastric Bypass (Roux-en-Y)

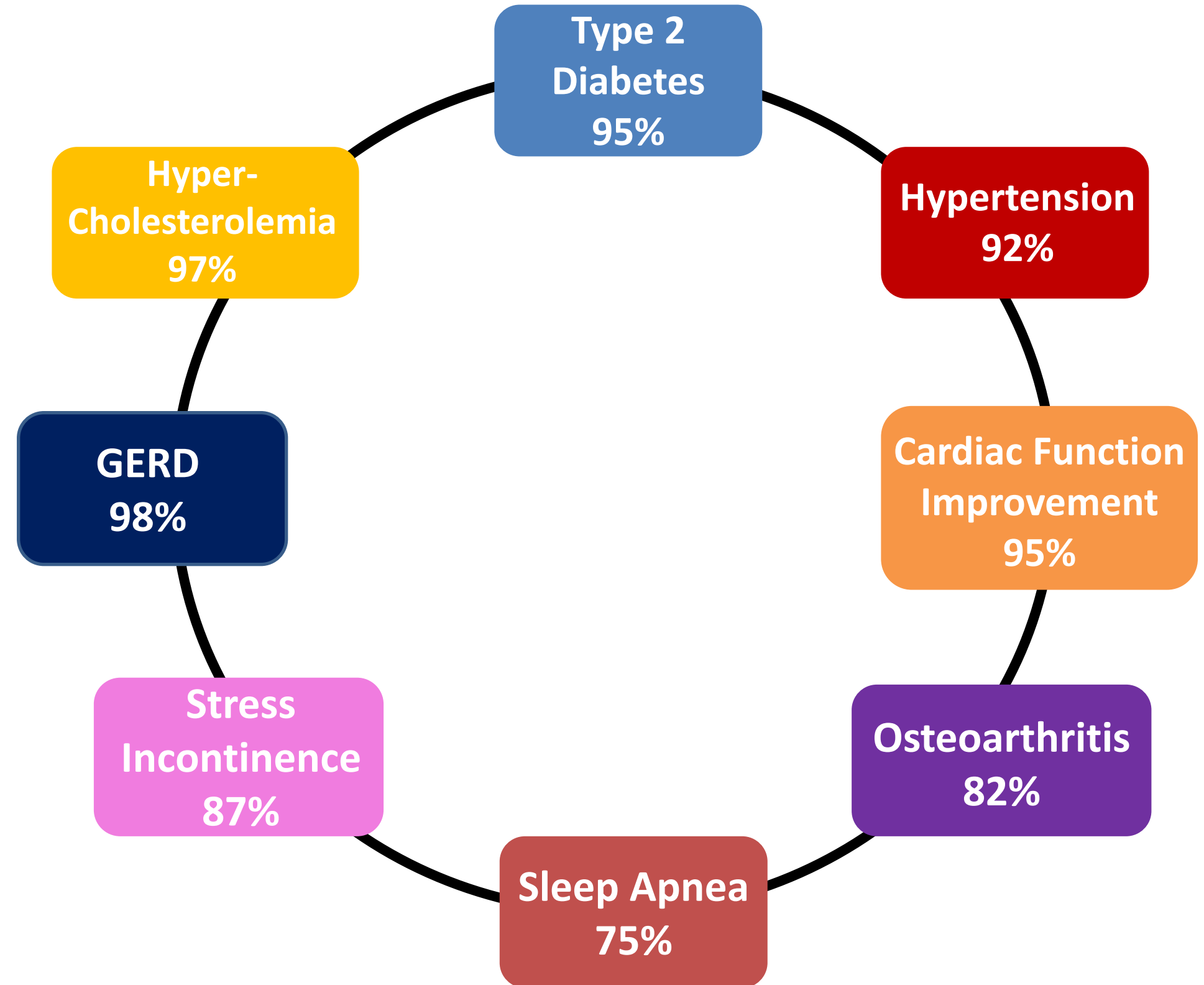


# Surgical Revisions & Conversions





# Co-Morbidity Resolution After Surgery



# Benefits Beyond Health

Improved quality of life



Increased Lifespan



Increased Energy





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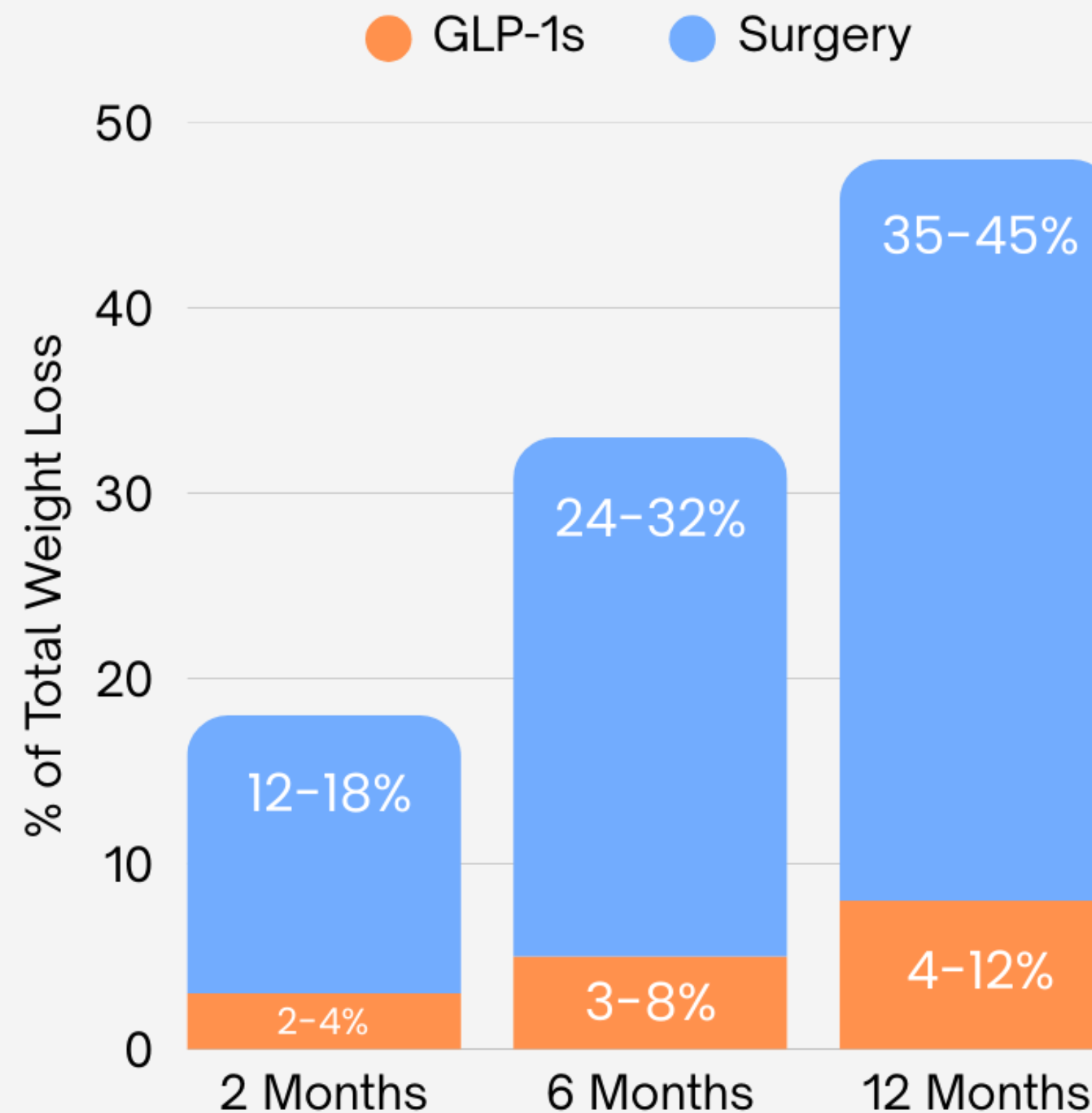
# Surgery vs. GLP-1 medication options



# Surgery vs. GLP-1s:

## Weight Loss Outcomes

- 01 Bariatric surgery results in roughly **35-45% total body weight loss**, while GLP-1 medications achieve around 5%.
- 02 Up to **70% of patients discontinue GLP-1 therapy within a year**, limiting their long-term success.





# Nutrition Basics after Surgery

- **Eat protein first, non-starchy vegetables second and carbs last**
- **Do not drink 30 min before, during or after meals**
- **Avoid snacking**
- **Limit carbonation and alcohol**
- **Meal prep and plan**



# Supplementation After Surgery

After surgery, your body needs specialized vitamins to prevent deficiencies and support health.

- **Bariatric-specific vitamin requirements**
- **Preventing nutrient deficiencies**
- **Supporting energy, bone health, and wellness**



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# Why choose KC Bariatric?











# Over 25,000 Surgeries





KC BARIATRIC

# Nationally Recognized Center of Excellence



**AMERICAN COLLEGE OF SURGEONS**

*Inspiring Quality:  
Highest Standards, Better Outcomes*

**100+years**

# We participate with All Major Insurance Plans

**aetna**<sup>SM</sup>



**Humana**<sup>®</sup>

**GEHA**<sup>®</sup>



**KanCare**



**UnitedHealthcare**



# NATIONALLY RECOGNIZED



# Join Our Community



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# Common Myths

1. Bariatric surgery is the easy way out.
  2. Surgery is only for people who are “extremely” overweight.
- 
1. If I just had more willpower, I wouldn’t need surgery.
  2. I’ll never be able to enjoy food normally again.



# Frequently Asked Questions

1. Is surgery safe?
2. Will this cure my diabetes or high blood pressure?
3. How long does the process take from consult to surgery?
4. How long is recovery?



# Insurance & financing basics

- What most insurance plans require
- How the approval process works
- Timeline expectations
- Self-pay & financing options
- We handle the paperwork with you

# Next Steps

We walk with you through the entire process – from your first consultation to lifelong follow-up care.

**You are never doing this alone.**



- 1 Visit Our Website– [www.kcbariatric.com](http://www.kcbariatric.com)**  
Explore procedures, insurance information, financing options, FAQs, and patient stories.
- 2 Download This Presentation**  
Find the full webinar PDF on our Webinar Resources page on our website.
- 3 Schedule Your Consultation**  
Take the next step with a one-on-one visit with our team.



# Questions?

We're here to help.  
No question is too small.



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# Thank you!

Your health matters. Your future matters.  
**We're here when you're ready.**