



ADIRONDACK MEDICAL CENTER
Weight Management Program
A Comprehensive Program for Obesity Control and Prevention

Next Steps After the Initial Evaluation

- 1) The office staff is going to schedule you for a number of consultations and diagnostic testing.
 - a. A **Nutritional Evaluation** will be done here in the office with Liz Cassini, RD.
 - i. This evaluation is required of all patients who will be having surgery. Your insurance company may pay for this evaluation. You are encouraged to call to see if this is a covered service.
 - b. A **Physical Activity Evaluation** will be done here with the AMC Rehabilitation staff.
 - i. This evaluation is required of all patients who will be having surgery. Prior to the evaluation you need to follow these guidelines before your appointment:
 1. NO alcohol 48 hours prior to your appointment.
 2. NO Food or Drink 12 hours prior to your appointment
 - a. You may have a small amount of water if you need to take medications.
 - c. **Diagnostic Testing** that will be scheduled for you will be different for each patient. Many patients will require blood work, medical imaging, cardio-pulmonary, and other types of testing. Our staff will set these up at a convenient time for you.
 - i. It is strongly encouraged that you have all of your testing done at AMC as the results will be readily available to our office in real-time. Also, these tests will be scheduled for a time when you will be returning to AMC for follow-up visits prior to surgery.

The office staff will give you a schedule that will include a map of the hospital that will identify when and where your appointments are for your 'bundled appointments.' You will find that this will be a very productive day and will be a big step for you on your path to surgery.

- 2) A **Mental Health Evaluation** is also a requirement for everyone who will be having surgery in our program. There are a number of mental health professionals who provide the mental health screening for our patients. There is a listing of providers on the back of this form. Your insurance company may cover this screening. You are encouraged to contact your insurance company to find out whether it is a covered service and what type of provider you need to see.

As always, we encourage you to call us in the office at (518) 897-2531 if you have any questions about your appointments. We look forward to seeing you at your next appointment.

Sincerely,

Edward G. Hixson, MD

Providers of Mental Health Screening

Name	Street Address	Town	State/ Province	Zip	Phone
Mark Keating, MA	Adirondack Medical Center	Saranac Lake	NY	12983	(518) 897-2531
Nadine Case, PhD	43 Broadway	Saranac Lake	NY	12983	(518) 891-3053
David Butler, PhD	30 Main St.	Potsdam	NY	13676	(315) 265-4303
Brenda Greene, PhD	234 River Drive	Massena	NY	13662	(315) 764-9053
Christina Trutia, MD	22 US Oval Suite 207	Plattsburgh	NY	12903	(518) 324-4802
Kevin Gitlin, MD	3 Cumberland Avenue	Plattsburgh	NY	12901	(518) 566-6000
Bob Bowser, LCSW	501 Lisbon Street	Ogdensburg	NY	13669	(315) 393-3428
Maryanna Lange, LCSW-R	22 US Oval, Suite 201 8 Morningside Drive	Plattsburgh Lake Placid	NY NY	12901 12946	(518) 574-1360 (518) 523-4240
Rosemary Lake-Liotta, LCSW Richard F. Liotta, Ph. D		Saranac Lake	NY	12983	(518) 891-0924

Please talk to your provider if you would like to see another mental health professional who is not on this list.

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