

What is ReShape?

The *ReShape* Procedure is a new, FDA approved, non-surgical approach to weight loss that is proven to help people achieve and maintain significant weight loss. The *ReShape* Procedure was specifically designed for patients with a lower BMI (between 30–40). In a recent study, patients lost more than twice as much weight with *ReShape* than with diet and exercise alone.¹ Most *ReShape* patients keep the weight off or continue to lose, even after the balloons are removed.

With *ReShape*, two connected balloons filled with saline (salt water) are placed temporarily inside your stomach in an outpatient medical setting. The procedure lasts about 20 minutes while you are comfortably sedated under light anesthesia. The balloons remain in the stomach for six months, helping you lose weight and encourage healthy eating habits by taking up room in your stomach. You can still eat the healthy foods you enjoy, but the balloons act as built-in portion control, helping you feel full and less hungry.

The balloons are a weight loss jump-start, and are only part of the procedure. You also receive a full year of personalized coaching to support your success and help you make the changes that will encourage a lifetime of healthy living. *ReShape* combines the portion-controlling benefits of the balloons with comprehensive coaching to change your eating habits, enhance your physical fitness, and help you adopt a healthy lifestyle that supports long-term success.

Is *ReShape* Right for you?

If your BMI is between 30-40, *ReShape* may be right for you.

ReShape is a proven path to weight loss. It was designed for people who meet the following requirements:

- BMI between 30 – 40
- No previous weight loss surgery
- Willingness to make changes to support a healthy lifestyle

Are you ready to make a change?

If you meet the above criteria and are ready to take charge of your weight and health, call Gastroenterology Consultants at (541) 779-8367 for a free phone consultation.



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