



REALIZE™ Personalized Banding Solution

A unique commitment to successful
long-term weight loss



ETHICON ENDO-SURGERY, INC.
a Johnson & Johnson company



We believe that our commitment to improving your health through successful long-term weight loss should be as strong as yours.

Only the REALIZE Personalized Banding Solution gives you the REALIZE mySUCCESS™ program, which provides support to help you successfully achieve long-term weight loss with the REALIZE Adjustable Gastric Band. Through REALIZE mySUCCESS, you and your doctor can set goals and continuously watch your progress together. REALIZE mySUCCESS is available online day and night, before and well after your band surgery. The REALIZE Band is indicated for weight reduction in people suffering from morbid obesity. It is implanted in a minimally invasive manner and no part of the stomach is stapled or removed. Let's see how the REALIZE Personalized Banding Solution has been designed to help you reach your weight loss goals safely and effectively.

How the REALIZE Adjustable Gastric Band helps you lose weight

The amount of restriction from the REALIZE Band limits the amount of food you can eat at one time. It also slows the flow of food from the upper stomach to the lower stomach. This means you'll feel full sooner and stay full longer.

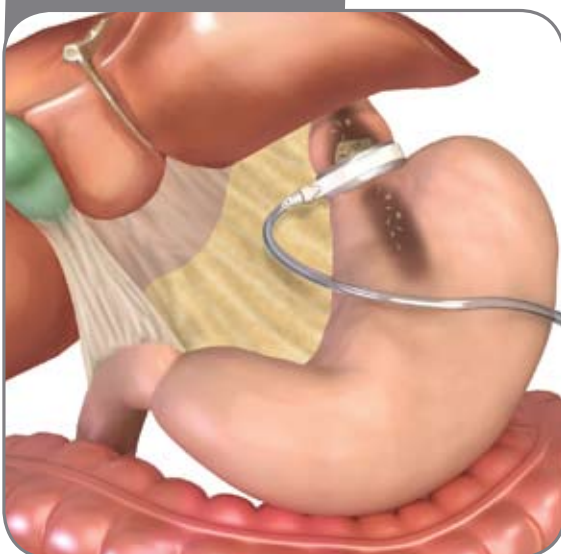
THE GOAL IS TO
LOSE A HEALTHY 1 TO 2
POUNDS PER WEEK.

As the REALIZE Band helps you eat less food, your body will stop storing excess calories and start using its fat energy supply.

Normal stomach



Stomach with REALIZE Band



No Gastric Band is safer or more effective for weight loss than the REALIZE Band.

The REALIZE Band is designed to provide maximum comfort.

The soft balloon inside the band can be easily adjusted to fit your changing needs over time. The balloon completely encircles your stomach for maximum comfort. It's the widest band, too, allowing for secure placement around the stomach to minimize the chance for band slippage and no other band has a lower leakage rate.

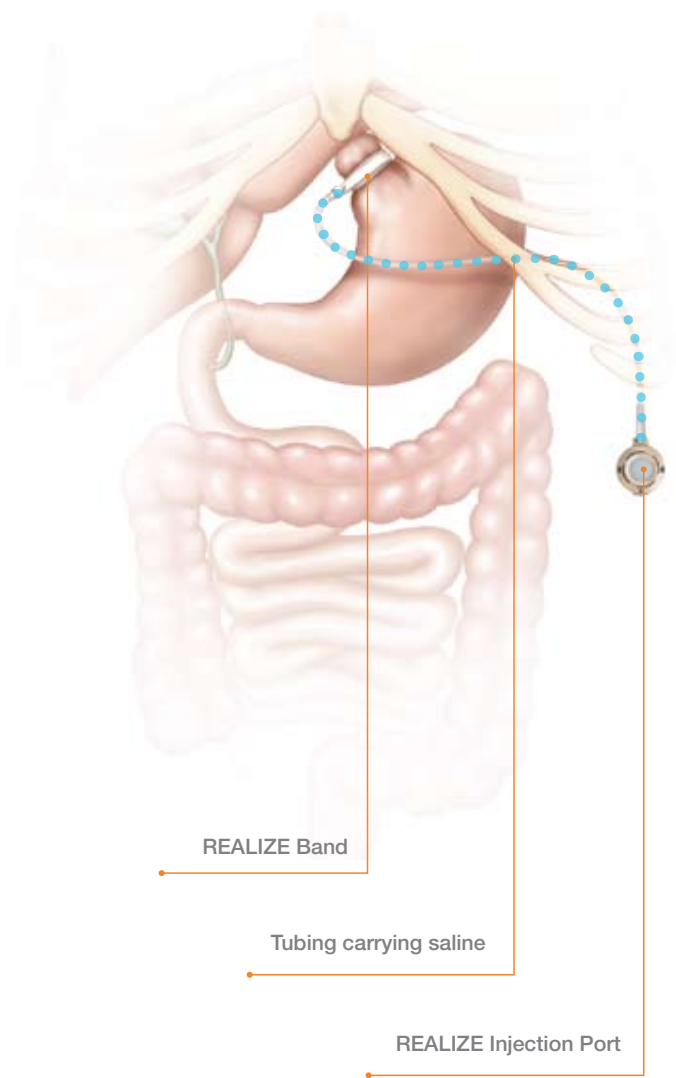


THE PROPRIETARY LOW-PROFILE INJECTION PORT IS DESIGNED TO MAKE ADJUSTMENTS EASY.

Once in place, the REALIZE Injection Port is completely enclosed inside the body—usually just below the rib cage. The band and the port are connected by soft, thin tubing. It has the lowest profile of any injection port to minimize its appearance under the skin even as you lose weight. But it's easy for your surgeon to locate. This helps to make band adjustments fast and easy for you, too.

You may be able to feel the port by gently pressing on your abdomen, but otherwise you probably won't notice it at all.





Sterile saline, injected into the port through the septum, flows through the tubing into the balloon on the inside of your REALIZE Band.

Placement of your REALIZE Band

The REALIZE Band molds your stomach into a small upper stomach and lower stomach to create a narrow passage between the stomach chambers.

A small amount of restriction (tightness) around the stomach is achieved when the empty REALIZE Band is implanted. However, the soft balloon inside the band can hold up to 9 cc (1.8 teaspoons) of saline.* The amount of saline placed in the balloon during a band adjustment controls the restriction around your stomach.

REALIZE mySUCCESS: Support designed to help you successfully achieve long-term weight loss

Medical experts agree that bariatric surgery patients need personalized support to help them succeed. Through REALIZE mySUCCESS, you and your doctor can set goals and watch your progress—especially for the first 3 years post operative when weight regain typically occurs.

The REALIZE mySUCCESS program provides support to help you successfully achieve long-term weight loss with the REALIZE Band.

Developed with health and fitness professionals

You'll establish a tailored plan to develop new healthy habits in the areas of physical activity, nutrition, and emotional well-being.

Connecting you with your bariatric team between office visits

With REALIZE mySUCCESS , your doctor will be alerted precisely when you need help to stay on track—so that he or she can step in to provide you with timely guidance. It's a unique offering that will help you make steady progress toward your goals.

Unique, personalized support as recommended by medical experts.



1. myPersonalPlan

A powerful application to help you create your unique weight loss plan, including: what to eat, how to cope with new emotions and other challenges, how to stay active, whom to recruit for support, and more.

2. myProgress

Unique tools help you see how far you've come and where you're going. You'll be able to track your improvement through charts, goals, photos, and more.

3. myNutrition

Discover proven methods to develop a customized eating plan—and stay true to it.

4. myFitness

A variety of tools designed to offer the motivation and guidance you need to get active and stay active.



The REALIZE Band lifestyle

The REALIZE Band is an effective weight loss tool. But you'll have to do your part, too. Making a commitment to adopt a lifestyle that supports weight loss—and keeping up with your REALIZE Band adjustments—is important for success.

Adjusting to your new, healthy lifestyle will include:

- > **Eating and drinking in a new way.** That includes smaller portions and appropriate food choices.
- > **Exercising to reach your goals.** Be ready to do 20 to 30 minutes of aerobic exercise 3 to 4 times each week.
- > **Listening to your REALIZE Band.** Certain physical signals will help you recognize the need for a band adjustment or the need to change your eating habits. Taking the right action can help you stay on course for weight loss.
- > **Seeing your healthcare team** on a regular basis for band adjustments and follow-up care.

Personalizing your band fit with REALIZE Band adjustments

REALIZE Band adjustments allow your surgeon to customize your REALIZE Band over time. After an adjustment, you'll be satisfied with less food so you can keep losing weight.

REMEMBER, REALIZE mySUCCESS
WILL HELP YOU EACH STEP
OF THE WAY.

Results with the REALIZE Band*

A 3-year clinical study took place in the U.S. to evaluate the efficacy of the REALIZE Band in patients with morbid obesity.

Patients who took part in the study **experienced improvements** in these areas:

- > Long-term weight loss
- > Significant decrease in HbA1c ‡ levels
- > Cholesterol and triglycerides
- > General health
- > Physical aspects of their general health
- > Vitality, mental health, and social functioning

These results show that gastric banding surgery can be effective for people who choose to transform their health with the REALIZE Band.

At the end of 3 years, over one-third of the clinical study patients had kept off between 50% and 100% of their excess weight.

*Based on the REALIZE Band U.S. clinical study.

‡The American Diabetes Association considers diabetes to be under control when this particular form of hemoglobin is 7% or less.



“I’ve never been skinny a day in my life, so I’m not looking to be a size two. My weight goal is to be 150 or 160 pounds and I’m close to 60 pounds from that.”

Jerrita, REALIZE Band since 2007

Qualifying for gastric banding surgery

To know whether the REALIZE Band is an appropriate weight loss tool for you, let's look at the medical guidelines established by the National Institutes of Health (NIH) for gastric banding surgery.

You may be a candidate for surgery, if you meet at least **one** of the following two criteria:

- Have a Body Mass Index (BMI) of at least 40**
or
- Have a BMI of at least 35 with one or more serious obesity-related condition**

And meet **both** of the following criteria:

- Have failed more conservative weight loss alternatives, such as supervised diet, exercise, and behavior modification programs**
and
- Are at least 18 years of age**

There are other things to consider too. You need to think about your determination and ability to make some serious changes in the way you live your life. The REALIZE Band is a tool to help restore and improve your health. As with any new tool, you must actively learn how to use it to get the best benefits.

LEARN MORE ABOUT THE REALIZE PERSONALIZED BANDING SOLUTION AT A FREE SEMINAR NEAR YOU.

Visit www.RealizeBand.com or call
1-866-REALIZE.

Important safety information about the REALIZE Band

The REALIZE Band is for adult patients who have morbid obesity and have failed more conservative weight loss alternatives. The REALIZE Band is not for patients with medical conditions that may put them at increased risk during or after surgery, or for patients who are unwilling to make significant changes in eating and behavior patterns. If you have a hiatal hernia, it may need to be repaired before or during gastric banding surgery.

Risks are associated with any general abdominal surgery. Serious complications related to the gastric band, the injection port, and the tubing include band erosion, band slippage, port displacement, port disconnection, and tubing kinking. After gastric banding surgery, if you have abdominal pain that lasts more than 3 hours, you need to contact your surgeon right away. In some instances, reoperations may be necessary.

Other serious and nonserious complications can occur. Death can occur during or soon after any surgery, even when every precaution has been taken. Please speak to your healthcare professional to better understand the risks and benefits associated with the REALIZE Band.

Insurance and financing support every step of the way

It's important that you feel comfortable with your decision to have bariatric surgery—and that you continue to feel supported on your journey to good health. We make it easy to get the answers you need at www.RealizeBand.com or 1-866-REALIZE:

- > Get answers to your health insurance questions
- > Inquire about the REALIZE Financing Program
- > Ask questions of an experienced nurse
- > Order a free REALIZE Patient Guide

The detailed REALIZE Patient Guide has additional clinical information that may help you with your decision to take the next step with the REALIZE Band.





Learn more about the
REALIZE Personalized
Banding Solution at a
FREE Seminar near you.
Visit www.RealizeBand.com or call
1-866-REALIZE(1-866-732-5493)
for more information.



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