



FOR IMMEDIATE RELEASE

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## **USMD Hospital at Arlington Bariatrics Program Receives Recognition as Center of Excellence**

**IRVING, Texas – (April 16, 2015)** - [USMD Holdings, Inc. \(NASDAQ: USMD\)](#), a physician-led integrated healthcare system, announced today that the bariatrics program at USMD Hospital at Arlington has received official recognition as a Center of Excellence by the American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. This means that USMD has successfully demonstrated that its bariatrics program meets the needs of its patients by providing multidisciplinary, high-quality and patient-centered care. USMD Hospital at Arlington is the only Bariatrics Center of Excellence in Arlington and one of just four Centers in Tarrant County.

The USMD Hospital at Arlington Bariatrics Center of Excellence has three highly experienced surgeons, David Dyslin, M.D., Augustus Lyons, M.D., and Jeremy Parcells, M.D., and offers three minimally invasive surgeries for patients. The first is gastric bypass, which is considered the gold standard of bariatric procedures. Gastric bypass restricts food consumption and permanently alters the digestive process. During a gastric bypass, the surgeon creates a smaller stomach to limit eating and identifies a portion of the small intestine to be bypassed during digestion. Once that section of the small intestine is removed, the intestine is reconnected to the stomach.

USMD Hospital at Arlington also offers sleeve gastrectomy, a procedure in which up to 85 percent of the stomach is removed and the remaining stomach is reconfigured into a small sleeve shape. In addition, for patients that are good candidates, USMD Hospital at Arlington performs bariatrics conversions from a gastric band to a gastric bypass or a sleeve gastrectomy.

In addition to offering three surgical options, the USMD Hospital at Arlington Bariatrics Center of Excellence partners with patients through every step of their weight-loss journey. Prior to surgery, patients meet with the bariatrics program director, who helps them understand their treatment options and the resources available to them at USMD Hospital at Arlington. Patients also receive personal support before and after their surgery from their physician, a team of nurses and a nutritionist. To help patients even further, USMD Hospital at Arlington hosts monthly bariatric program support groups to connect patients with other patients who are going through similar weight-loss journeys.

“It is a significant achievement for the Bariatrics Program at USMD Hospital at Arlington to receive official recognition as a Center of Excellence. This is the result of a tremendous amount of work and effort put forth by the team at USMD Hospital at Arlington,” said John House, M.D., chairman of the board and chief executive officer of USMD Holdings. “At USMD, we realize that surgery is just a

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small part of our patients' road to weight loss. The support that patients receive at USMD before and after their procedure is just as vital as the surgery itself. At USMD, we make sure patients get support every step of the way."

"The entire bariatrics team at USMD Hospital at Arlington works with each patient at their pace to help them reach and maintain a healthy weight — from the patient's first appointment through their entire weight-loss journey," said Karen Fiducia, president, USMD Hospital Management Services. "Thank you to everyone working at USMD Hospital at Arlington for helping elevate our bariatrics program to an official Center of Excellence."

To learn more about the USMD Hospital at Arlington Bariatrics Center of Excellence, please visit [www.USMDBariatrics.com](http://www.USMDBariatrics.com).

### **About USMD Holdings, Inc.**

USMD is a publicly held (NASDAQ: USMD), physician-led, integrated health system committed to exemplary patient care. Headquartered in Irving, Texas, USMD serves the Dallas-Fort Worth metropolitan area with more than 250 physicians and associate practitioners, and provides healthcare services to patients in just under 20 different specialties at its two hospitals, six cancer treatment centers and nearly 70 physician clinics, many of which are multi-specialty. All 29 of USMD's primary care clinics have been accredited by the Patient-Centered Medical Home Program, a recognition program that is part of the National Committee for Quality Assurance. This recognition means that USMD's primary care clinics successfully display and utilize evidence-based, patient-centered processes that focus on highly coordinated patient care and long-term patient relationships. For more information about USMD, visit [www.usmd.com](http://www.usmd.com).

### **About USMD Hospital at Arlington**

USMD Hospital at Arlington is a physician-owned hospital where clinical and surgical excellence are the everyday standards. With nine oversized state-of-the-art operating rooms and two procedural rooms, USMD Hospital at Arlington is equipped for a wide variety of cases. The extensive surgical experience and expertise with four da Vinci Systems has made USMD Hospital at Arlington a leader in the DFW Metroplex, and one of the top ten robotic surgery programs in the world. If an overnight stay is required, the hospital offers 34 private inpatient suites complete with WiFi, a small refrigerator, TV and an additional bed for an attending family visitor. What further differentiates this hospital from its competitors is its 1:5 nurse to patient ratio versus the national average of 1:8.

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