

# *Weight Loss for Life*



New York-Presbyterian  
Center for **Obesity Surgery**

at Columbia University Medical Center  
and Lawrence Hospital Center

*Life enhancing,  
Life transforming,  
Life long.*



## *A Message from the Director*



Welcome to the NewYork-Presbyterian Center for Obesity Surgery. We understand what it means to constantly struggle with your weight, and we are pleased to offer the opportunity for a long-term solution. Here at our center, we have helped many people achieve *Weight Loss for Life* through surgery, the only proven long-term treatment for severe obesity.

In choosing to have surgery with us, you will benefit from a comprehensive program staffed by an expert team of Board-certified surgeons, advanced nurse practitioners, physician's assistants, and registered dietitians at both the Columbia University and Lawrence Hospital Center sites. You will also benefit from our steadfast commitment to long-term personalized care.

*Weight Loss for Life* is our program's guiding principle—because surgery generally provides lifelong weight loss. In addition, people who are able to maintain an appropriate weight may enjoy longer life expectancy than those who are severely overweight. Most of our patients realize substantial weight loss soon after surgery, and experience a significant improvement in health and quality of life.

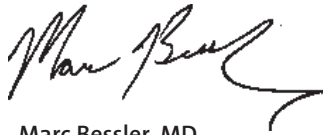
Surgery is only one component of our program. Equally important is what comes before and after: our careful and thorough pre-operative evaluation and education, and the lifelong follow-up and support our team provides. Before our patients enter the operating room, they know exactly what to expect from surgery and what steps they will have to take afterward to maximize their weight loss success. As you take those first steps and settle into new routines and habits, you will have our full support. Whatever your questions or concerns—about particular foods or activities, or getting through a food-centered holiday or event, we are committed to being there with you every step of the way.

One measure of our success is the community of patients that has grown out of our program. We have established

formal and informal ways to stay connected, from our newsletter and on-line support groups, to clothing exchange and monthly support meetings. A number of patients are happy to speak with you about weight loss surgery and their personal experiences.

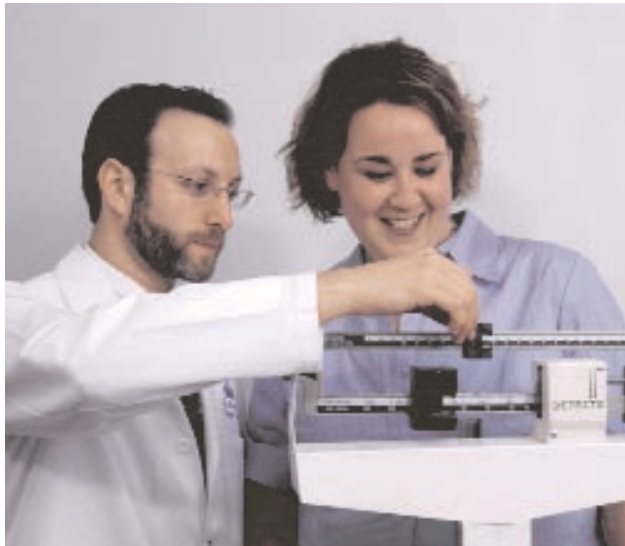
Choosing to undergo weight loss surgery is one of the most significant decisions you will ever make. For many, it is life transforming. For me, there is no greater satisfaction than to watch a patient emerge healthier, with an improved self-image, and a newfound vitality for life. On behalf of our staff, I invite you to learn more about our program to help you decide if *Weight Loss for Life* is right for you.

Sincerely,

A handwritten signature in black ink, appearing to read "Marc Bessler". The signature is fluid and cursive, with a long horizontal stroke at the end.

**Marc Bessler, MD**

*Director, NewYork-Presbyterian Center for Obesity Surgery*



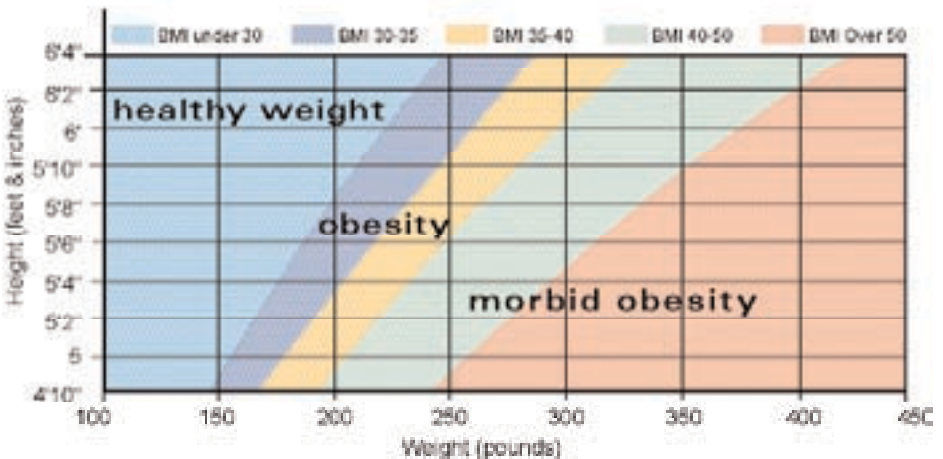
# Criteria for Surgery

*Who is a candidate for obesity surgery?*

**Candidates for obesity surgery must meet the following criteria:**

- 100 pounds or more overweight (body mass index—BMI—of 40 or above), or
- 80 pounds or more over ideal body weight (BMI of 35 or above), with related health problems such as diabetes, high blood pressure, or sleep apnea
- Long-standing history of obesity (Many insurance companies require 5 years or more)
- Multiple weight loss attempts with no long-term success
- Ability to make the required lifelong dietary and behavioral changes as recommended by our weight loss team

## Body Mass Index (BMI) Chart

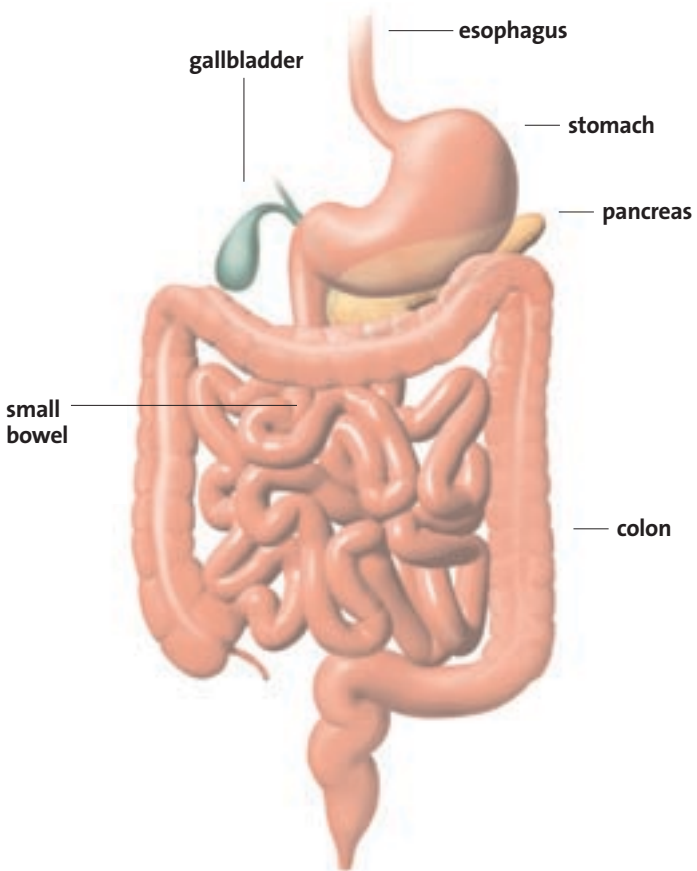


## Types of Surgery

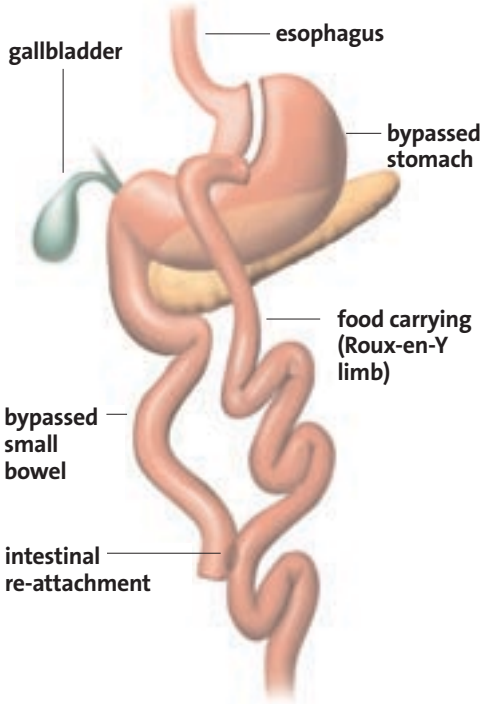
Our center offers a variety of laparoscopic and open weight loss procedures including gastric bypass (known as Roux-en-Y gastric bypass), adjustable gastric banding (LAP-BAND®), and biliopancreatic diversion with duodenal switch. Since these procedures assist in weight loss through different mechanisms, we will work with you in a comprehensive fashion to determine which procedure best fits your lifestyle and weight loss goals. Due to our expertise, we are also occasionally called upon to perform revisional surgeries for patients.

Please note graphics are simplified representations of the procedures.

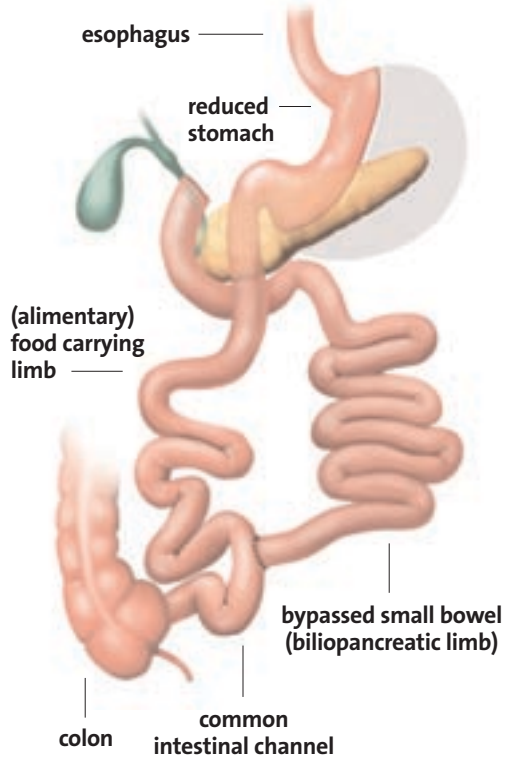
### Normal Digestive System



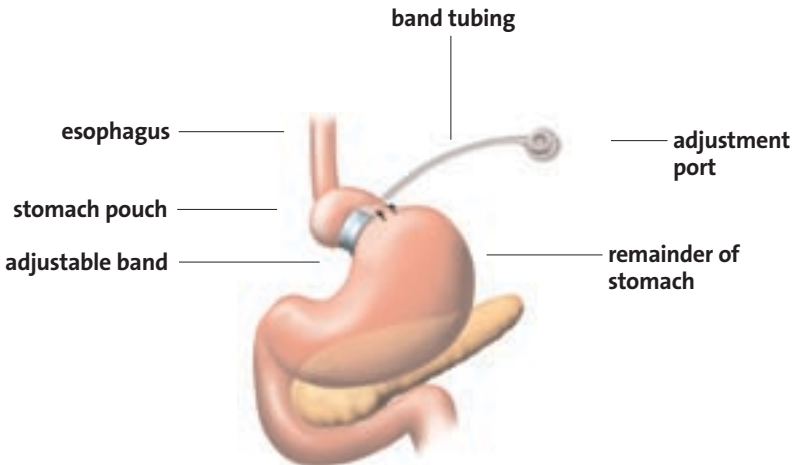
## Gastric Bypass



## Biliopancreatic Diversion with Duodenal Switch



## Adjustable Gastric Banding





## *Gastric Bypass*

Roux-en-Y gastric bypass is the most common form of weight loss surgery in the United States because it results in reliable weight loss with acceptable risks and side effects. In a standard gastric bypass, the surgeon divides the top of the stomach to create a small pouch, which functions as the new stomach. The surgeon then makes a small opening (stoma) in the pouch and attaches that opening to a limb of the small intestine, thus bypassing the majority of the stomach and a small portion of the intestine.

Most people who meet criteria for surgery are candidates for laparoscopic gastric bypass, a minimal access approach that uses five to six small incisions in the abdomen, instead of the six-to-eight-inch incision used in traditional “open” gastric bypass surgery. We are proud to have been among the pioneers in the use of laparoscopic gastric bypass in New York.

Since the size of the new stomach pouch is limited, the patient quickly feels full. The altered digestive tract often reduces tolerance for fats and sweets, aiding patients in avoiding these foods.

The amount of weight lost with gastric bypass depends on many factors. Most lose 50 to 70 percent of their excess body weight within 12 to 18 months of surgery. Research has documented that 50 percent of excess weight loss lasts beyond 10 years, a testament to the long-lasting effects of this procedure.

You must maintain lifelong vitamin and mineral supplementation (with iron, calcium, Vitamin D, and Vitamin B12). You must also ensure that you maintain adequate protein intake. Finally, you should avoid excess fat and sugar. Our dietitian will provide detailed dietary requirements and strategies to help you adjust to new ways of eating. They will also keep you up-to-date on new nutrition findings, as part of our program of ongoing follow-up.

*How Much Weight Can I Expect to Lose?*

*What are the Dietary Restrictions and Requirements?*



## *Adjustable Gastric Banding*

Adjustable gastric banding, also known as LAP-BAND,<sup>®</sup> has been an established procedure since the early 1990s. It is one of the least invasive obesity surgery procedures, because neither the stomach nor the intestine is cut.

In this procedure, the surgeon places an adjustable silastic band around the upper part of the stomach to create a new small pouch above the band. By adding fluid to the band after recovery from surgery, the surgeon adjusts the size of the opening between the smaller upper pouch and the remaining lower portion of the stomach. We work closely with each patient to make sure the band is properly adjusted and meets your specific needs.

The tightness of the banded opening controls passage of food between the two sections of the stomach and helps you feel full after eating. This full feeling lasts significantly longer than it would without the band.

*How Much Weight Can I Expect to Lose?*

Weight loss after adjustable gastric banding surgery tends to be more gradual than with gastric bypass. Most patients lose 40 to 60 percent of their excess weight within two years of having the operation. The amount you lose depends greatly on your commitment to new eating habits, exercise, and follow-up with our staff.

*What are the Dietary Restrictions and Requirements?*

You will need to plan your eating so that you have three meals a day, plus one or two planned snacks. As a nutritional supplement, you will also have to take a multivitamin. Food must be chewed thoroughly and swallowed slowly, and we advise you wait at least one hour between eating and drinking.

Some patients find that they are unable to tolerate red meat, white rice, fresh bread, and fibrous foods following adjustable gastric banding. You must avoid sweets, snacking (except for the one or two planned snacks every day), and caloric beverages. It is also recommended that soft foods (some cheeses, yogurts, and soups) be avoided because they will not stay in the pouch, and you will not feel full after eating them.



## *Biliopancreatic Diversion with Duodenal Switch*

Biliopancreatic diversion with duodenal switch is a complex procedure that induces weight loss by combining mild restriction with significant malabsorption. With this procedure, the surgeon removes approximately 70 percent of the stomach so that the stomach takes the shape of a tube. The distal small intestine is then divided much further downstream than with gastric bypass so that more intestine is bypassed and two intestinal pathways are created: one for food, and one for the digestive enzymes, both of which meet to form a common channel.

Biliopancreatic diversion with duodenal switch preserves the pylorus (the outlet muscle that controls emptying of the stomach). It also offers the ability to eat near normal portion sizes, and has reliable weight loss especially in the super obese. Since this operation induces a state of malabsorption, patients typically experience more frequent bowel movements and need to be monitored closely for vitamin and protein deficiencies.

We are pleased to have Dr. William Inabnet on our staff, one of the physicians who helped pioneer the laparoscopic technique for biliopancreatic diversion with duodenal switch.

Most patients can expect to lose 60 to 80 percent of their excess body weight over a 2-year period. Clinical trials have demonstrated durable weight loss beyond 10 years.

Patients may be able to eat a larger volume of food than with other procedures but should avoid large amounts of fat, sugar, and frequent snacking. Patients will need to take daily nutritional supplements for life including calcium, iron, multivitamin, and protein. In addition, since fat absorption is impaired, patients also need to supplement the fat soluble vitamins (vitamins A, D, E, and K).

*How Much Weight Can I Expect to Lose?*

*What are the Dietary Restrictions and Requirements?*

## *An Integrated Approach to Weight Loss*

Before and after surgery, our surgeons, nurse practitioners, physician's assistants, and registered dietitians, will be happy to talk to you about the many lifestyle changes and challenges you will face. We offer support resources at every step of the process to assure your success, and we expect patients to stay in touch with us through regularly scheduled follow-up visits.

We cannot overemphasize that surgery is only one part of our comprehensive weight loss program. Maintaining weight loss requires a lifelong commitment to good nutrition. You must adhere to dietary specifications, while taking vitamin and mineral supplements to ensure a proper balance of nutrients. Our registered dietitians will guide you and provide information so that you understand all dietary requirements.

A healthy lifestyle is important for ensuring long-term success following surgery. In addition to developing healthy eating habits, this will involve routine exercise and participating in activities that take the place of old eating habits. Our regularly scheduled group sessions and on-line bulletin boards provide support, updated information, and healthful suggestions that will assist you in this process.



## Before and After



*“In one year I have lost about 140 pounds and have gained so much more than a scale could ever measure. I have a new body, a new outlook on life and a new confidence in myself. Medically, physically, emotionally and mentally, I am like a new woman! I cannot imagine having these kinds of results without the undying support and unsurpassed care I received, and continue to receive, at the New York-Presbyterian Center for Obesity Surgery. If you want the best for yourself, you have to go to the best to get it.”*

IRINA



*“My Lap-Band™ experience has been one of the best decisions of my life.”*

ERIC

*“Lap-Band™ surgery has given me back my life, and hope.”*

PATRICIA

*“My dreams for a better life started with the staff of the NewYork-Presbyterian Center for Obesity Surgery. I cannot say enough good things about them. They have helped me every step of the way. I’ve lost 125 pounds so far, and I am ready to start a new chapter in my life. My thanks and love to them all.”*

WILLIAM

*“Before my surgery I weighed 480 pounds. In two years I’m down to 285 pounds and I work out at the gym 5 times a week. Instead of lying in bed with a bag of chips and dreaming of the life I always wanted, I am actually living it. My family and friends are so thrilled to see me actively participate in life again.”*

DAWNNE



*“I weighed nearly 400 pounds before the surgery and have lost over 160 pounds, and counting. When I have a bad day, I’ll call Dr. Bessler’s nutritionist, who will help me ride it out. Airplane seats aren’t uncomfortable any more, and I am excited about my new muscles and taking kickboxing and karate classes.”*

LYNDA

## *Directions*

### **The NewYork-Presbyterian Center for Obesity Surgery at Columbia University Medical Center**

161 Fort Washington Avenue, New York, NY 10032  
212.305.4000

**By Car:** The most direct route to CUMC from most locations is to follow directions leading to the George Washington Bridge, then exit onto the Henry Hudson Parkway (also called the West Side Highway), and then onto Riverside Drive (south). From there, continue south and turn left onto 165th Street (the first left south of the bridge). Proceed one block and turn right onto Ft. Washington Avenue, then turn right into the Medical Center parking garage.

**Public Transportation within New York City:** Take the A, C, #1, or #9 subway to 168th Street, or take the M2, M3, M4, M5, or M100 bus to CUMC. For additional bus and subway information, call the Metropolitan Transit Authority at 718.330.1234.

### **NewYork-Presbyterian Center for Obesity Surgery at Lawrence Hospital Center. A member of the NewYork- Presbyterian Healthcare System and an affiliate of Columbia University**

55 Palmer Avenue, Bronxville, NY 10708  
914.787.4000

**Lawrence Hospital Center** is located in Bronxville, in Lower Westchester County. It is easily reached by car from all major routes in Westchester County. It is also reachable by three Westchester County Bee Line buses: Numbers 26, 30, and 52. For schedules call 914-682-2020 or check the Bee Line website at <http://www.westchestergov.com>. The Bronxville station of the Metro North Railroad, Harlem Line services Bronxville is within easy walking distance of the hospital. For the schedule call 1-800-METRO-INFO or check the Metro North website at <http://www.mta.nyc.ny.us>.

**Visit us online**

[www.obesitymd.org](http://www.obesitymd.org)



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