

# Division of Metabolic and Weight Loss Surgery E-Newsletter

## January 25, 2016



*Marc Bessler, MD*

### Message from the Director

Dear Readers,

With the new year upon us, there is no better time to take stock of where we are at and what we want our next year to look like. Most of us could benefit from steps to improve or maintain our health, whether that means more home cooking, taking more walks, or getting to bed earlier at night. In that spirit, I share with you some of the most recent studies regarding the benefits of maintaining a healthy weight.

More and more research continues to show that weight loss surgery not only improves, but can even reverse many diseases associated with excess weight. In just the last month, studies reported links between weight loss surgery and reversal of fatty liver disease, rheumatoid arthritis, psoriasis and psoriatic arthritis, and more. Equally important are studies revealing the dangerous links between obesity and cancer.

Based on this research, we can make better informed choices about how to take care of our health. Such research also plays an instrumental role in allowing our physician-researchers to find more effective treatments. Just this year, the FDA approved two stomach balloon devices for weight loss. Such devices are placed through the mouth in a brief, outpatient endoscopic procedure. By taking up space within the stomach, the balloon helps patients to feel full and to eat less. We are pleased to be able to offer the stomach balloon as one of many options available to our patients who need help losing weight, but prefer

a non-surgical option.

Thank you for spending a few minutes educating yourself about these important advances. Wishing you and yours a happy and healthy 2016!

Sincerely,

Marc Bessler, MD

Director, Center for Metabolic and Weight Loss Surgery

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## **In the News**

### **Surgery May Resolve Diabetes in Patients with Mild Obesity**

Although weight loss surgery was originally advanced as an approach to treat patients with severe obesity, research is showing that it may also be an appropriate option for those with moderate to mild obesity. The largest study published to date has confirmed that in patients with body mass index (BMI) between 25-35 (average BMI of 33.5), weight loss surgery is an effective and safe treatment for uncontrolled type 2 diabetes. The study of about 1000 patients in North America builds on previous studies which established that bariatric surgery improves type 2 diabetes in 90% of patients, and resolves it in up to 50% of patients. Interestingly, diabetes resolves after surgery regardless of BMI changes.

Read more about this important research [here](#).

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### **Obesity Surgery Resolves Fatty Liver Disease**

A French study of morbidly obese patients with non-alcoholic steatohepatitis (NASH) found that the disease was eliminated in 85% of patients after they underwent surgery for weight loss. Also called 'fatty liver disease,' NASH is

characterized by excess fat, inflammation, and damage to the liver. Until recently, the presence of fatty liver disease was thought to be a risk factor that should preclude weight loss surgery, but this and other recent studies are making it clear that NASH should be viewed as a reason to proceed with surgery instead.

Learn more [here](#).

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## **Bariatric Surgery Improves Rheumatoid Arthritis**

Obese patients with rheumatoid arthritis who undergo weight loss surgery experience significant improvement in their rheumatoid arthritis, according to a December 2015 study published in *Arthritis Care & Research*. The study found that one year after surgery, inflammation had been reduced such that 6% of the patients had moderate to severe RA, compared to 57% at baseline. At 5 – 6 years after surgery, 74% of the participants were in remission.

Read more [here](#).

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## **Weight Loss Surgery May Improve Psoriatic Disease**

Bariatric surgery may improve psoriasis and psoriatic arthritis, according to a study presented at the American College of Rheumatology annual meeting in December, 2015. The retrospective study found that the more severe a patient's disease, the greater the improvement in symptoms after weight loss. The researchers believe the improvement may be due to reduction in inflammation that occurs after weight loss; they will be conducting a prospective study to investigate further.

Read more [here](#).

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## **Obesity and Ovarian Cancer**

Many studies have confirmed a link between obesity and increased risk of cancer. A new study, published in the journal *Cancer Research* in December, 2015, adds to this body of knowledge by showing that obesity 'potently' increases the ability of ovarian cancer to metastasize (spread) -- and that this effect contributes to worse survival rates among obese women than non-obese women with ovarian cancer.

Read more [here](#).

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### **Weight Loss Surgery May Prevent Cancer in At-risk Obese Women**

Up to half of endometrial cancers may be caused by obesity. A recently published study concluded that bariatric surgery not only helps obese women to lose weight, but it eliminates precancerous uterine growths, improves insulin levels, improves gut bacteria, and improves quality of life overall. Authors of the study report that one fifth of all cancer deaths would be prevented if people had normal body weight. The study was published in October 2015 in the *Journal of Gynecologic Oncology* by researchers from the University of Virginia Cancer Center.

Read more [here](#).

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The Center for Metabolic and Weight Loss Surgery provides services at four locations for the convenience of patients who live in various parts of the tristate area:

**The Herbert Irving Pavilion**

161 Fort Washington Avenue

5th Floor, Room 524

New York, New York 10032

212.305.4000

### **NewYork-Presbyterian Medical Group/Westchester**

685 White Plains Road  
Eastchester, New York 10709  
914.787.4000

### **ColumbiaDoctors Midtown**

51 W. 51st St.  
(between Fifth and Sixth Avenues)  
New York, NY 10019  
212.305.4000

### **Paramus, New Jersey**

140 N. Route 17, suite 102  
Paramus NJ 07652  
212.305.4000

### **Center for Metabolic and Weight Loss Surgery/Adolescent Program**

3959 Broadway (165th Street and Broadway)  
New York, New York 10032  
212.305.8862



### **Events and Announcements**

Join us for our **Colorectal Awareness Health Fair**, April 1st,  
and for our **Lung Health Awareness Day**, April 9th, 2016.

[View a full listing of our Upcoming Educational and Community Programs](#)

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