Weight Loss for Life is a program of The Centers for Metabolic and Weight Loss Surgery. We see patients at these 5 convenient locations:

New York-Presbyterian/Columbia University Medical Center
Herbert Irving Pavilion
161 Fort Washington Avenue, 5th Floor, Room 524
New York, NY 10032
212-305-4000

The Valley Hospital
Center for Metabolic and Weight Loss Surgery
579 Franklin Turnpike, Ridgewood, NJ 07450
201-251-3480

Lawrence Hospital Center
Center for Advanced Surgery
55 Palmer Avenue, 5th floor, Bronxville, NY 10708
914-787-4000

White Plains Office
Dr. Aaron Roth
311 North Street, Suite 406
White Plains, NY 10605
914-949-3988

Bronx Office
Dr. Miguel Silva
1554 Astor Avenue, Bronx NY 10469
718-881-7800

To learn more about our programs you may register to attend one of our FREE new patient seminars located at our three hospital locations. For an individual consultation contact any one of the centers above.

Visit us at www.obesitymd.org to view our Weight Loss for Life online seminars, and watch a video about our special integrative approach.

Call today or find us on the web to find out if Weight Loss for Life is right for you.

Columbia’s team of renowned weight loss surgeons from left to right: Drs. Miguel Silva, Beth Schrope, Marc Bessler, Melissa Bagloo & Aaron Roth.

“During my 30’s, I became a yo-yo dieter and ultimately felt uncomfortable, had no energy, and was worried about my health. Since the surgery, I have lost over 100 lbs...and am now a size 8! I have achieved my goal and I feel beautiful inside and out.”
— Christine

“Before my surgery I weighed 379 lbs, and 1½ years later I now weigh 185 lbs and feel GREAT! This has given me a new lease on life!”
— Frank

“I have lost 150 lbs; feel great, and have more energy than I ever imagined! I’m living the life that I have always dreamed of having. I can’t thank you enough! You’re the BEST!”
— Karen

“Life Enhancing, Life Transforming, Life Long

Weight Loss for Life

New York-Presbyterian
Columbia University Medical Center
It’s Time to Change Your Life

Am I a Candidate for Weight Loss Surgery?

You are a candidate if you have a Body Mass Index (BMI) of 40 or a BMI of 35 with obesity related health problems such as diabetes, hypertension, heart conditions, or arthritis.

Choosing to undergo weight loss surgery is one of the most important decisions you will ever make. At Weight Loss for Life, our experts perform the four most effective weight loss procedures, laparoscopically. After careful consultation, you and your surgeon will choose the one that’s right for you.

Surgery’s Effect on Other Health Problems.

Nearly 80% of patients with non-insulin dependent diabetes are controlled without medication after bariatric surgery. Obesity-related respiratory problems, such as sleep apnea and shortness of breath become asymptomatic, or completely resolve.

Why Should I Choose The Center for Metabolic & Weight Loss Surgery?

Our surgeons are distinguished leaders, innovators and educators in the field of bariatrics. We have helped more than 5,000 people achieve and maintain weight loss through a combination of strategies and long term, personalized care. In choosing to have your surgery with us, you will benefit from a comprehensive program staffed by our expert team of Board-Certified surgeons who are recognized pioneers in laparoscopic (minimally-invasive) weight loss surgery.

A Message from the Director

Marc Bessler, MD, FACS
Director, Center for Metabolic and Weight Loss Surgery
NewYork-Presbyterian/ Columbia University Medical Center

Gastric Bypass

Gastric bypass, also known as Roux-en-Y bypass, is the most common weight loss surgery in the U.S. today. At the top of the patient’s stomach, the surgeon creates a small pouch that limits the amount of food that can be eaten at one time. In addition, a portion of the intestine is bypassed to limit calorie absorption.

Adjustable Gastric Banding Lap-Band® and Realize Band®

Adjustable gastric banding is the least invasive procedure because neither the stomach nor intestine is cut. Instead, the surgeon places an adjustable silicone band around the upper part of the stomach that can be adjusted in the doctor’s office through a port under the skin. The band controls the amount of food passing through the stomach.

Sleeve Gastrectomy

Sleeve gastrectomy, a relatively new option, is a minimally invasive procedure that works well for a wide range of patients. The surgeon removes a portion of the stomach so the organ resembles a “sleeve,” essentially making the stomach smaller while maintaining otherwise normal anatomy. This reduces food intake and also reduces the level of the hunger-stimulating hormone, ghrelin.

Duodenal Switch

The duodenal switch is primarily recommended for patients with a BMI greater than 60. The surgeon removes a large portion of the stomach, transforming it into a long tube, and connects it to the lower segment of the small intestine. This procedure greatly reduces the absorption of dietary fats and nutrients.

Most of our patients achieve substantial weight loss soon after surgery and experience a significant improvement in health and quality of life.