



*Marc Bessler, MD*

## Message from the Director

April 2016

Dear All,

I am happy to bring you this fifth issue of the bariatric and metabolic surgery newsletter. I especially want to let you know that the Comprehensive Obesity and Metabolism Management Intervention and Treatment (COMMIT) program is now in full swing. For anyone serious about achieving long-term weight loss, COMMIT is for you. Surgeons, endocrinologists, gastroenterologist, and other specialists in the program collaborate closely to provide expertise in every area necessary for successful, long term weight loss – including nutrition, medical management, diabetes management, psychosocial support, medical care, surgical care, balloon procedures, and endoscopic suturing procedures. These services are centralized under one roof for optimal convenience and best care. Although not all insurance plans cover some of the newer treatments, our program is dedicated to finding a way to make sure our patients have access to the least invasive therapies available.

Learn more about the COMMIT program [here](#) or by calling 212.305.4000.

Below are additional highlights about our program, as well as recently published research I think you will find of interest.

In good health,

Marc Bessler, MD

Director, Center for Metabolic and Weight Loss Surgery

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## **Patients Finding Success with Gastric Balloon**

Increasing numbers of patients are opting to kick-start their weight loss with the help of a gastric balloon, which occupies space in the stomach and helps patients to eat less. Our program offers the Orbera balloon, which has been studied extensively and shows the best weight loss outcomes. Patients lose about 15% of their starting weight on average with six months of balloon therapy. We are very pleased to be able to offer this minimally invasive alternative as part of our full range of weight loss therapies.

Learn more about the gastric balloon [here](#).

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## **Post-operative Support Group**

Many patients who suffer with obesity find they are more successful in achieving their weight loss goals when they have support from others who share similar struggles -- especially surrounding food. Our monthly post-operative support group provides a safe, confidential space for patients to share and gain support around eating issues. Led by Gio DuGay, NP, this group provides invaluable support and information to anyone who has undergone a weight loss procedure. For information about this group, call 212.305.4000.

*Coming Soon: Mindfulness in Eating*

To provide even more support around food and eating for long-term weight management, we will soon offer a 12-week course on *Mindfulness in Eating*. Using easy-to-learn tools for self-awareness, this approach has been proven to help people gain awareness and make different choices about their eating habits. If you are interested in learning more or registering for the May/June session, call 212.305.4000 and let us know you would like to be on the *Mindfulness in Eating* list.

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## **Reflux After Sleeve Gastrectomy**

Some patients who undergo sleeve gastrectomy find they experience continued gastroesophageal reflux. If you are experiencing this unwanted side effect more than six months after your sleeve procedure, we encourage you to come in for evaluation and potential treatment. There are several approaches for treating post-sleeve reflux, including STRETTA (a radiofrequency procedure to tighten the lower esophageal sphincter), which is approved, as well as newer investigational approaches such as LINX, which involves placement of a ring of magnets around the esophagus. In some cases, the best approach may be to convert the sleeve to a gastric bypass, as this eliminates reflux. Our surgeons have the expertise to evaluate and recommend the best approach for each person based on his or her individual history, anatomy, and other factors.

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## **Weight Loss Surgery Reduces Risk Factors for Heart Disease**

It has been well established that weight loss surgery is an effective treatment for type 2 diabetes. Now, three national medical associations have announced that bariatric surgery also helps to reduce the risk of heart disease. In a joint statement published in in the January/February issue of the Journal of Clinical Lipidology, the associations explain that weight loss achieved by bariatric surgery can significantly improve patients' cholesterol and lipid levels, the most

important risk factors for heart disease. The associations issuing the statement include the National Lipids Association (NLA), the American Society for Metabolic and Bariatric Surgery (ASMBS), and Obesity Medicine Association (OMA).

Read more [here](#).

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## **Losing Excess Weight Benefits Pregnant Women and Their Babies**

Women who lose their excess weight before becoming pregnant will be significantly healthier – as will their babies – according to a series of studies published in 2015. The Developmental Origins of Healthy and Unhealthy Aging: the role of maternal obesity (DORIAN) consortium examined the impact of obesity on the aging process and the effect on over 13,000 children as they matured throughout their lives. The research found that the children of obese mothers were more likely to develop cardiovascular disease or diabetes as adults, among other problems.

Read more [here](#).

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The Center for Metabolic and Weight Loss Surgery provides services at five 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

New York-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

Brooklyn, New York  
9711 Third Ave  
Brooklyn, NY 11209  
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**

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

[View a full listing of our Continuing Medical Education Programs](#)

[View archived versions of our previous webcasts](#)

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 **NewYork-Presbyterian**  
Columbia University Medical Center



**ColumbiaDoctors**



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