



Marc Bessler, MD

Letter from the Director

February 2017

Dear Reader,

This month we highlight the benefits of weight loss surgery for diabetic patients. The number of Americans who die from diabetes is much higher than previously believed, according to a recent study published in the medical journal *PLOS One*. Researchers found that diabetes causes 12% of deaths in the US, making it the third-leading cause of death after heart disease and cancer. At the same time, bariatric surgery is increasingly being recognized as the most effective treatment available for diabetes and is now recommended by American Diabetes Association's 2017 Standards of Medical Care

(http://professional.diabetes.org/sites/professional.diabetes.org/files/media/dc_40_s1_final.pdf).

Read the full story below.

In this issue, you'll also find a Q&A about the sleeve gastrectomy, the most popular operation for weight loss in our practice and in the world. Research shows that adults with type 2 diabetes achieve better blood sugar control two years after a laparoscopic sleeve gastrectomy than patients who receive standard medical care.

This spring, we are introducing a new tool to fight obesity and limit food intake – the AspireAssist. A thin tube is inserted with an endoscope into the stomach. That tube connects to a small button on the surface of the skin; this allows patients to remove up to 30% of stomach contents after a meal, before the calories are absorbed into the body. This procedure is fully reversible and a recent clinical trial shows that patients on Aspire Assist achieved a 31.5% weight loss. We are pleased to offer a discounted rate to our first two patients.

Our January program on weight loss and healthy lifestyle was a resounding success. Sponsored by COMMiT, our program for Comprehensive Obesity and Metabolism Management and Treatment. To find out more about the COMMiT program, call 212.305.4000.

Below are some recent articles on weight loss you may find of interest.

To good health,

Marc Bessler, MD, Director

The Center for Metabolic and Weight Loss Surgery

More Americans Now Die from Diabetes

The number of Americans who die from diabetes is much higher than previously believed, according to a new study published in the journal *PLOS One*. Researchers found that diabetes causes 12% of deaths in the US, making it the third-leading cause of death after heart disease and cancer. The new study points to the need for strategies at the population level to combat the epidemics of obesity and diabetes.

Read more here: <https://consumer.healthday.com/senior-citizen-information-31/misc-death-and-dying-news-172/diabetes-kills-more-americans-than-had-been-thought-719030.html>

NBC News: Weight Loss Surgery is Most Effective Treatment for Diabetes

International diabetes organizations say weight loss surgery should become a more routine treatment option for diabetes, even for some patients who are only mildly obese.

Numerous studies show stomach-shrinking operations can dramatically improve diabetes. New guidelines expand the number of eligible candidates for weight loss surgery.

Read more here: <http://www.nbcnews.com/health/diabetes/obesity-surgery-good-way-treat-diabetes-groups-agree-n579531>

Weight Loss Surgery Offers Long-term Benefits to Obese Teens

A new study underscores the effectiveness of weight loss surgery for very overweight teens and notes the importance of good nutrition and certain supplements.

Read more here: <http://www.webmd.com/diet/obesity/news/20170106/weight-loss-surgery-offers-long-term-benefit-to-very-obese-teens#1>

U.S. News & World Report: How Gastric Bypass Surgery Saved My Life

Marybeth Braja suffered from obesity as a teenager and reached 287 pounds as an adult developing, joint pain, shortness of breath, infertility, high blood pressure and diabetes. Braja

describes her gastric bypass surgery, her program to keep the weight off and her efforts to help other patients.

Read more here: <http://health.usnews.com/health-care/for-better/articles/2017-01-11/how-gastric-bypass-surgery-changed-my-life>

Weight Loss Surgery: The Benefits of a Sleeve Gastrectomy

Columbia Surgeon Dr. Abraham Krikhely explains why this is the most popular weight loss surgery today.

Read more here: <http://columbiasurgery.org/news/2017/02/17/weight-loss-surgery-benefits-sleeve-gastrectomy>

The Center for Metabolic and Weight Loss Surgery has offices in several convenient locations in the tri-state area. You can make an appointment here: <http://columbiasurgery.org/weight-loss/our-locations>
