

Division of Metabolic and Weight Loss Surgery E-Newsletter

October 12, 2015



Marc Bessler, MD

Message from the Director

Welcome to the Division of Metabolic and Weight Loss Surgery. This is the fourth issue of our e-newsletter, which brings you relevant news, patient stories, and resources you may find useful on your journey toward health and wellbeing.

I am happy to report that last month, the FDA approved a second intragastric balloon device for weight loss. This temporary, non-surgical device is intended for patients with BMI between 30 and 40 and is inserted through the mouth in an endoscopic procedure. By occupying space within the stomach, the balloon helps patients to feel full and to eat less. We are pleased to be able to offer the intragastric balloon as one of many options available to our patients who need help losing weight, but prefer a non-surgical option.

We also want to let everyone know that the NewYork-Presbyterian/Columbia Metabolic and Weight Loss Surgery practice has relocated its Bergen County, New Jersey location to new offices in Paramus, New Jersey. The address for this new practice is:

140 N. Route 17, suite 102
Paramus NJ 07652
(Northeast corner of Route 17 and E. Century Road)

Dr. Schrope, Gio Dugay, MS, ANP-C, and I will see patients at both the new Paramus location as well as our Manhattan office.

Dr. Abraham Krikhely has joined the full-time faculty as *Assistant Professor of Surgery in the Division of Metabolic and Weight Loss Surgery* as of October 1, 2015. An experienced bariatric and general surgeon, Dr. Krikhely brings expertise in hernia surgery, surgical treatment of GERD and hiatal hernias, benign and malignant gastrointestinal disease, and robotic surgery. He will see patients at the main Columbia campus as well as ColumbiaDoctors Midtown offices at West 51st Street.



Abraham Krikhely, MD

Please enjoy this edition's news highlights, below. We look forward to answering your questions and to partnering with you on your journey. Please visit columbiasurgery.org/weight-loss or call any time to learn more about our center, our providers, and therapies available.

Sincerely,

Marc Bessler, MD

Director, Center for Metabolic and Weight Loss Surgery

In the News

Study finds bariatric surgery more effective than diet and exercise in treating type 2 diabetes

Researchers at the University of Pittsburgh Medical Center compared obese patients who underwent weight loss surgery (gastric bypass or laparoscopic gastric banding) with other obese patients who followed a program of diet and exercise. After 3 years, 40% of those who had undergone gastric bypass surgery and 29% of patients who had undergone laparoscopic gastric banding were partially or fully insulin independent. None of the patients in the nonsurgical group resolved their diabetes. Published in *JAMA Surgery* July 1, 2015, the study was small but is considered rigorous, and it is consistent with findings of other well-regarded studies.

[Read more here.](#)

Researchers Conclude Obesity Will Cause More Deaths than Smoking in Ten Years

A team of researchers from Harvard University have concluded that within ten years, obesity will overtake smoking as the biggest cause of cancer deaths in the U. S. and United Kingdom. Not only does obesity increase the risk for many cancers, but it increases the likelihood of cancers developing 20 years earlier than normal, and dramatically increases the likelihood of dying from cancer. Women who are diagnosed with breast cancer are 75% more likely to die if they are obese.

[Learn more here.](#)

New in the Division of Metabolic and Weight Loss Surgery

Patient Ambassador Program

We understand that undergoing weight loss surgery can feel overwhelming. To help provide additional support, we created the Patient-to-Patient Support Program. The program matches a volunteer ambassador with a patient who shares characteristics such as a similar diagnosis or treatment, age, gender, and other factors. Patient Ambassadors are experienced patients who want to give back, listen, provide support, share their story and help others.

This patient-to-patient support program is free and anonymous. Patient Ambassadors and patients use a secure, private telephone line for communications, and contact information is not exchanged.

Learn more about the program or about becoming a Patient Ambassador by calling 212.305.4000.



Patient Support Group

The Division of Metabolic and Weight Loss Surgery now offers monthly support groups for post-operative patients. Groups are held at both the uptown NYP/Columbia campus and also at NewYork-Presbyterian/Lawrence Hospital.

For more information, please call 212.305.4000 or visit columbiasurgery.org/weight-loss.

**CoMMiT: Comprehensive Obesity and Metabolism Management
Intervention and Treatment**

The CoMMiT program for obesity and metabolism management offers a wide range of safe and effective weight loss options including new medications, a removable stomach balloon, non-surgical stomach reduction, or minimally invasive surgery. Our multi-specialty team includes expert doctors, nurses and nutritionists who will help you choose the best treatments and achieve your goals.

Your Stomach



Intragastric Balloon



More about this program is available at <http://columbiasurgery.org/node/8596>

Metabolic Analyzer

The Center for Metabolic and Weight Loss Surgery now incorporates metabolic analysis as part of its multidisciplinary weight loss program. The metabolic analyzer accurately determines the basal metabolic rate, or the number of calories burned at rest. This testing is offered to patients who are surgical candidates at no charge. Patients who are not surgical candidates may request metabolic analysis for a small fee.

Learn more at columbiasurgery.org/weight-loss.

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/Lawrence Hospital

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



ColumbiaDoctors



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