

Surgical Weight Loss Solutions at Tempe St. Luke's

Weight Loss Surgery: An Option for the Nation's Obesity Epidemic

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By Eric Schlesinger,
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The obesity epidemic isn't merely aesthetic; it's a matter of life and death. The Centers for Disease Control and Prevention (CDC) reported that obesity related illness is the second leading preventable cause of death in the United States.

Obesity can take 13 to 20 years off of a person's life by putting obese people at risk for more than 30 diseases including heart disease,

diabetes and cancer. While weight loss surgery is not for everyone, for those people suffering from morbid obesity, it is a viable option to a healthier and longer life.

Weight loss surgery can help obese people lose 75 percent or more of their excess weight. With a comprehensive program that provides life-long follow-up, counseling and education, the resulting weight loss and all of its benefits can last a lifetime. And, as employers increasingly recognize the affect of obesity on labor and health care costs, many insurance companies now include bariatric surgery in their employee benefits packages. The National Institutes of Health (NIH) states that surgery is the only proven weight loss method for the vast majority of morbidly obese people.

Patients considering weight loss surgery, have multiple options. These include the Lap-Band procedure, the Gastric Bypass, the Duodenal Switch, and the Vertical Sleeve Gastroplasty. These procedures can be performed either by the classic open technique or laparoscopically. It has been my experience, as well as that of other bariatric surgeons, that when properly performed, both approaches result in identical length of hospital stay. Pain is easily controlled regardless of the approach and the recovery and adaptation time are comparable.

Choosing where to have a weight loss operation can appear to be a daunting task. Be certain to investigate not only the surgeon, but also the weight loss program. The program must be comprehensive. A comprehensive program provides you with service that begins when you first enter the office, carries you through the operation and continues for the rest of your life. The program should include a team of dedicated, trained, experienced health care professionals, headed by your surgeon.

In addition to weight loss surgery-related medical care, the program should also provide nutritional education and counseling, emotional support, and a diverse approach to exercise tailored to your condition, needs and preferences. Your long term success depends on all of these factors.

Our practice, Surgical Weight Loss Solutions at Tempe St. Luke's, also specializes in revision weight loss surgery, operations for people who have had bariatric surgery, but did not achieve or maintain their weight loss. The most frequent causes for this include programs that are less than comprehensive, poor long-term follow-up, or operations that were not best suited to the patient's needs and condition.

Surgical Weight Loss Solutions is proud to offer the full array of surgical weight loss options combined with a truly comprehensive program dedicated to life-long care. We are deeply committed to your health and success.

This information is provided by Tempe St. Luke's Hospital as general information only.

About Eric Schlesinger, M.D., F.A.C.S.

A diplomate of the American Board of Surgery, Eric Schlesinger, M.D., F.A.C.S., specializes in bariatric and revision weight loss surgery. Dr. Schlesinger partners with patients on successful weight management programs designed to improve their health and quality of life. He offers patients numerous weight loss surgery options, including adjustable gastric banding, Roux-en-Y Gastric Bypass, Duodenal Switch and Vertical Sleeve Gastrectomy (VSG). Dr. Schlesinger also performs a wide variety of general surgery procedures, including laparoscopic cholecystectomy.

Surgical Weight Loss Solutions at Tempe St. Luke's

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