

The Mount Sinai Program for Surgical Weight Loss

Patient-Focused Team Approach

We offer a unique, integrated approach that meets patients' needs through every step of the process.

After confirming a person's eligibility for weight loss surgery, we provide a detailed checklist of everything he or she needs for insurance approval. The thoroughness of our insurance specialists results in fewer coverage denials for our patients.

We encourage all prospective patients to attend support-group sessions so they can learn firsthand about the experiences of others who have had the surgery. These groups help individuals set realistic expectations for this life-altering procedure, while providing free ongoing support for patients.

The Mount Sinai team includes psychiatrists, a nurse practitioner, a nutritionist and medical assistants—all experienced in working with people who have had weight loss surgery. This network, which also includes renowned specialists in gastroenterology, cardiology and pulmonology, enables us to expertly manage the wide spectrum of health issues related to weight loss surgery.

To Learn More

Each month Mount Sinai offers two free information sessions on weight loss surgery. For directions to Mount Sinai and a complete schedule of sessions, please visit our website:

www.surgicallyslim.com

We recommend attending an information session before scheduling an appointment with the surgeon.

Call us at **212-241-5339** to schedule a consultation.

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Program for Surgical Weight Loss
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What Is Weight Loss Surgery?

Obesity is one of the most serious health problems facing Americans today. Many diseases such as diabetes and heart disease are directly caused by obesity. Studies suggest that obesity-related diseases cause 400,000 deaths in the United States annually.

If you are severely overweight and have not achieved lasting weight loss with dieting and exercise, then weight loss surgery, or *bariatric surgery*, may be an option for you.

For more than 40 years, bariatric surgery has helped severely overweight individuals achieve permanent weight loss. Such operations have become more common because of recent advances in minimally invasive, laparoscopic techniques. These breakthroughs have transformed this procedure from a major operation requiring several weeks of recovery time to a surgery that typically requires only one or two nights in the hospital and offers a speedy return to normal activities.

Is Surgery for Me?

According to the National Institutes of Health, individuals with a Body Mass Index (BMI) of 35 or more may be candidates for surgery.

You can calculate BMI using this formula:

$$\text{BMI} = \left(\frac{\text{weight in pounds}}{(\text{height in inches})^2} \right) \times 703$$

Or use the BMI calculator on our website:

www.surgicallyslim.com

But the best way to learn if you're a candidate is to consult with one of our surgeons.

Types of Operations

Three different types of operations are commonly used to treat obesity. Each offers different benefits and presents different lifestyle considerations. The specialists at Mount Sinai perform all three procedures using *advanced laparoscopic, minimally invasive* techniques. The operations work through the following mechanisms:

- **Restriction:** Reduces stomach size, so patients feel full after eating a smaller meal.
- **Malabsorption:** Bypasses some of the intestine, decreasing calorie absorption.
- **Hormonal Changes:** Decreases levels of hormones that cause hunger.

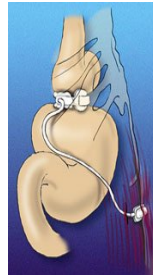
Gastric Bypass

The most common weight loss operation performed in the United States today, the gastric bypass creates a small stomach pouch and bypasses three to five feet of intestine. Patients typically lose 50 to 75% of their excess weight.



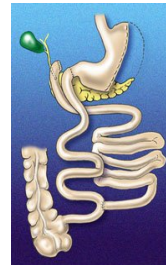
Lap Band

The Lap Band is a small device that wraps around the upper stomach, creating a small pouch that fills quickly. Injecting saline solution into a small access port under the skin adjusts the amount of restriction. Patients usually lose 40-50% or more of their excess weight.



Biliopancreatic Diversion with Duodenal Switch (BPD-DS)

The stomach is reduced to roughly the size and shape of a banana. A large amount of small intestine is bypassed. This operation results in a small amount of restriction and a large amount of malabsorption. Weight loss is similar to the gastric bypass, 50 to 75% of excess.



Daniel M. Herron, MD, FACS

Asst. Professor of Surgery
Chief of Bariatric Surgery



Dr. Herron has specialized in advanced laparoscopic bariatric surgery at Mount Sinai since he joined the faculty in 1999. Dr. Herron serves as Chief of the Section of Bariatric Surgery and Director of the Clinical Fellowship in Laparoscopic Surgery. He is certified by the American Board of Surgery and is an active member of the American Society for Bariatric Surgery (ASBS). He frequently serves as an instructor in the Mount Sinai Bariatric Workshop series, and was Chairman of the Society of American Gastrointestinal Endoscopic Surgeons 2004 course in bariatric surgery.

Subhash Kini, MD, FRCS

Asst. Professor of Surgery



Dr. Kini completed his general surgical and laparoscopic training in the United Kingdom, where he is a fellow of all three Royal Colleges of Surgeons. After completing a research fellowship in laparoscopic surgery at Mount Sinai, Dr. Kini pursued advanced training in laparoscopic and bariatric surgery at New York Medical College. Dr. Kini joined the Mount Sinai faculty in 2004. His practice focuses on advanced laparoscopic bariatric surgery. Dr. Kini is certified by the American Board of Surgery and is an active member of the American Society for Bariatric Surgery (ASBS).