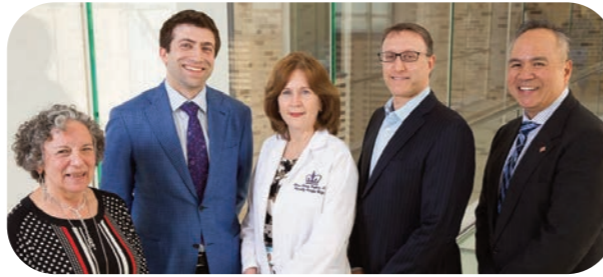




"During my 30's, I became a yo-yo dieter and ultimately felt uncomfortable, had no energy, and was worried about my health. Since the surgery, I have lost over 100 lbs...and am now a size 8! I have achieved my goal and I feel beautiful inside and out."
—Christine

Contact Information



Columbia's renowned weight loss team from left to right: Nancy Restuccia, MS, RD, CDN, Abe Krikhely, MD, Eileen Harvey, MS, ANP-C, Marc Bessler, MD, and Gio Dugay, MS, ANP-C

Weight Loss for Life is a program of
The Centers for Metabolic and Weight Loss Surgery.
We see patients at these 5 convenient locations:

NewYork-Presbyterian/Columbia University Medical Center
Herbert Irving Pavilion
161 Fort Washington Avenue, 5th Floor, Room 524
New York, NY 10032
212-305-4000

ColumbiaDoctors Midtown
51 W. 51st Street
New York, NY 10019

Brooklyn
9711 Third Avenue
Brooklyn, NY 11209

Lawrence Hospital Center
Center for Advanced Surgery
55 Palmer Avenue, 5th floor, Bronxville, NY 10708
914-787-4000

Paramus
140 North Route 17 Ste 102
Paramus, NJ 07652

Visit us at www.obesitymd.org to view our **Weight Loss for Life** online seminars, and watch a video about our special integrative approach.

Call today or find us on the web to find out if **Weight Loss for Life** is right for you.

Most of our patients achieve substantial weight loss soon after surgery and experience a significant improvement in health and quality of life

Weight Loss for Life

*Life Enhancing,
Life Transforming, Life Long*



"I have lost 150 lbs, feel great, and have more energy than I ever imagined! I'm living the life that I have always dreamed of having. I can't thank you enough! You're the BEST!" —Karen

— NewYork-Presbyterian
Columbia University Medical Center



"Before my surgery I weighed 379 lbs, and 1½ years later I now weigh 185 lbs and feel GREAT! This has given me a new lease on life!"

"Your team was so helpful and supportive. They were just AWESOME!"
—Frank

A Message from the Director

If you've been struggling with weight loss for years, we can help. Weight loss isn't just about looking good, it's about your overall well-being. Obesity puts you at risk for severe health problems and hampers your quality of life.

Weight Loss for Life, an innovative multidisciplinary program at NewYork-Presbyterian Hospital/Columbia University Medical Center, can help you make the most rewarding personal transformation, resulting in more energy; better health and self-esteem.

As pioneers in the field of bariatric surgery since 1996, our team has performed well over 5,000 surgeries, helping both men and women to conquer severe obesity and experience extraordinary benefits. Weight loss surgery has been shown to reverse diabetes, hypertension, and other obesity-related diseases, to help people live longer, richer, and more fulfilling lives.

The new minimally invasive surgeries we've helped to develop are the safest and most effective. Our program is nationally recognized and offers the only long-term solution to severe obesity.

Weight Loss for Life has been honored by the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS) as a Bariatric Center of Excellence, performing at the highest level. All our surgeons are on the faculty of Columbia University College of Physicians and Surgeons—one of the nation's top medical schools, and also on the staff of NewYork-Presbyterian, repeatedly chosen as one of "America's Ten Best Hospitals," according to *U.S. News and World Report*. Our surgeons are distinguished leaders, innovators, and educators in the field of bariatric surgery.

At **Weight Loss for Life**, you will be cared for by world-class bariatric surgeons 24/7, specially trained nurses, and nutritionists. Ongoing support groups are available to emphasize the right eating habits, exercise routines, and to help you maintain your **Weight Loss for Life!**



Marc Bessler, MD, FACS
Director, Center for Metabolic and Weight Loss Surgery
NewYork-Presbyterian/
Columbia University Medical Center

It's Time to Change Your Life

Am I a Candidate for Weight Loss Surgery?

You are a candidate if you have a Body Mass Index (BMI) of 40 or a BMI of 35 with obesity related health problems such as diabetes, hypertension, heart conditions, or arthritis.

Choosing to undergo weight loss surgery is one of the most important decisions you will ever make. At **Weight Loss for Life**, our experts perform the four most effective weight loss procedures, laparoscopically. After careful consultation, you and your surgeon will choose the one that's right for you.

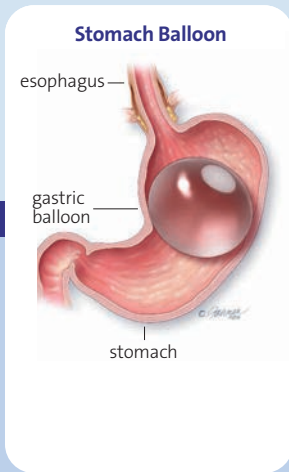
Surgery's Effect on Other Health Problems.

Nearly 80% of patients with non-insulin dependent diabetes are controlled without medication after bariatric surgery. Obesity-related respiratory problems, such as sleep apnea and shortness of breath become asymptomatic, or completely resolve.

The Comprehensive Obesity and Metabolism Management and Treatment Program offers comprehensive, individually-tailored weight loss treatment and lifestyle modifications including medications, minimal access surgery and non-surgical endoscopic procedures.

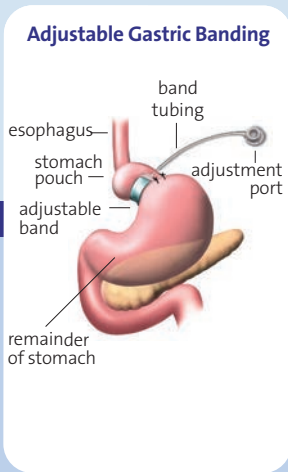
Why Should I Choose The Center for Metabolic & Weight Loss Surgery?

Our surgeons are distinguished leaders, innovators and educators in the field of bariatrics. We have helped more than 5,000 people achieve and maintain weight loss through a combination of strategies and long term, personalized care. In choosing to have your surgery with us, you will benefit from a comprehensive program staffed by our expert team of Board-Certified surgeons who are recognized pioneers in laparoscopic (minimally-invasive) weight loss surgery.



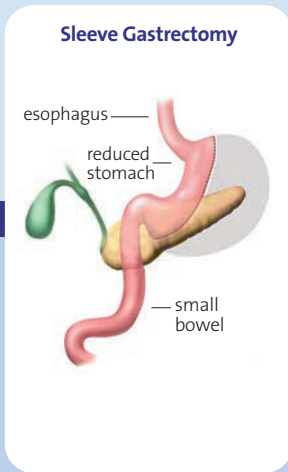
Stomach Balloon

Stomach balloon is a procedure that helps you lose weight without any incisions on your body. With a simple endoscopy, the balloon is placed into the stomach. This helps you consume less and boost your weight loss efforts.



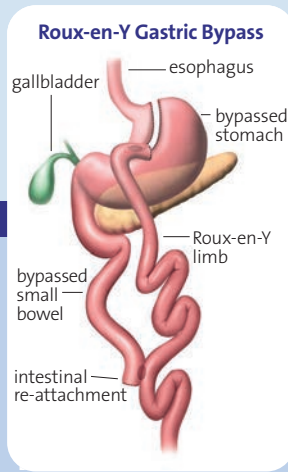
Adjustable Gastric Banding

Adjustable gastric banding is the least invasive procedure because neither the stomach nor intestine is cut. Instead, the surgeon places an adjustable silicone band around the upper part of the stomach that can be adjusted in the doctor's office through a port under the skin. The band controls the amount of food passing through the stomach.



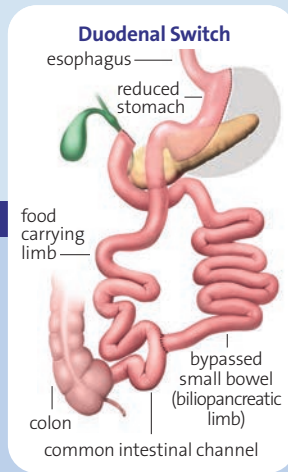
Sleeve Gastrectomy

Sleeve gastrectomy, a relatively new option, is a minimally invasive procedure that works well for a wide range of patients. The surgeon removes a portion of the stomach so the organ resembles a "sleeve," essentially making the stomach smaller while maintaining otherwise normal anatomy. This reduces food intake and also reduces the level of the hunger-stimulating hormone, ghrelin.



Gastric Bypass

Gastric bypass, also known as Roux-en-Y bypass, is the most common weight loss surgery in the U.S. today. At the top of the patient's stomach, the surgeon creates a small pouch that limits the amount of food that can be eaten at one time. In addition, a portion of the intestine is bypassed to limit calorie absorption.



Duodenal Switch

The duodenal switch is primarily recommended for patients with a BMI greater than 60. The surgeon removes a large portion of the stomach, transforming it into a long tube, and connects it to the lower segment of the small intestine. This procedure greatly reduces the absorption of dietary fats and nutrients.

