



employee newsletter

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Losing Weight, Gaining Life

America's waist lines are growing. Approximately 127 million adults are overweight and 60 million are obese. The nation's health objective for the year 2010 is to shed some of those pounds, about 15 percent. Current numbers show the problem is getting worse instead of better. Presbyterian/St. Luke's Bariatric Surgery team is working to help people lose weight and live longer, healthier lives.

P/SL Bariatric surgeon Tom Brown, MD and the program's team recently received a distinguished accreditation from the American Society of Bariatric Surgery. The ASBS designated P/SL a "Bariatric Surgery Center of Excellence." This accreditation only goes to those qualified hospitals and surgeons who demonstrate a high standard of care in bariatrics with low complication rates.

Dr. Brown and P/SL developed the Bariatric program five years ago in response to the obesity epidemic. "We help people who are considered morbidly obese – that is they are at least 100 pounds overweight ... these patients also have weight-related problems such as diabetes, sleep apnea and high blood pressure," says Dr. Brown. "The American Medical Association recognizes bariatric surgery as the only effective means of long-term weight loss."

In the first year after surgery, Dr. Brown says patients see an average weight loss of 117 lbs. "They also see many of their other health issues resolve – within three months after surgery, we are seeing 94 percent of diabetes reversed and 66 percent high blood pressure controlled without medication."

During the procedure, Dr. Brown creates a pouch about the size of your thumb and reconnects the small intestine. >> [Get more information at pslmc.com](http://pslmc.com): [Quick Click Bariatric Surgery](#). After the surgery, patients are only able to eat very small meals and they lose weight. In addition to our great outcomes and low complication rates, we also offer a complete post-operative support program for our patients, following patients for up to five years and partnering with their primary care physicians.

When asked what he appreciates most about the hospital, he says the staff. Good thing they appreciate his choice of music. When Bonnie Raitt is playing in the operating room, Dr. Brown and his team give the medical community "Something To Talk About."

