

Division of Metabolic and Weight Loss Surgery E-Newsletter

March 4, 2015



Welcome from the Director

Bariatric e-newsletter #2

March 2015

Happy New Year! We hope your holiday season has been healthy and happy for you and yours.

We are pleased to share with you our second edition of the Department of Surgery's quarterly Weight Loss Surgery e-newsletter. If you missed the first edition, I hope you'll take a moment to see what you missed.

Each edition of this special newsletter will highlight studies that enhance our understanding of obesity and metabolic syndrome, as well as advances in surgical approaches to weight loss and diabetes. We will also share inspiring personal stories from patients who have gained control of their health, and in so doing, have transformed their lives in unforeseen ways.

Please feel free to contact our office if you have any questions or wish to schedule a consultation.

Warmly,

Marc Bessler, MD

Director, Center for Metabolic and Weight Loss Surgery

Success Story: Poppi Kramer

Poppi Kramer is no stranger to hard work and discipline. As a stand-up comic in the competitive world of New York City comedy, and as a winning contestant on *The Biggest Loser* in 2006, she has proven she has the grit and determination to put in 110% effort and achieve whatever goal she sets. Yet as hard as she tried, her attempts to maintain a steady weight proved elusive -- until now.

Now 42, Poppi had struggled with her weight her entire life, seeing her weight yo-yo up and down with each new diet and relapse. After a triumphant win on *The Biggest Loser* in 2006, she maintained her weight loss for five years by working out 2 ½ hours a day, six days a week, even through traumatic events such as the death of her mother. But unforeseen health issues of her own emerged, and she could no longer keep the weight off despite her best effort. Her weight gradually climbed back, but this time she took a different course.

Poppi underwent sleeve gastrectomy at the Center for Metabolic and Weight Loss Surgery in August 2014. Not only does the procedure reduce the size of the stomach by 70 to 80%, but it removes the portion of the stomach that produces ghrelin, which stimulates appetite. With the goal of losing about 90 pounds all together, Poppi is well on her way, having lost 54 pounds so far. As she explains it, the critical thing about having this procedure is that "it takes the struggle away." She explains, "I have been through it all – I know about calories, fat, etc. But this gives a feeling of satiety. It takes the fight away." She has relearned how to eat, taking small bites and chewing thoroughly, and she still works out regularly.

When explaining why she is so happy with her choice, Poppi says she sees her surgery not as an indication of failure, but as a tool; "It is still work to exercise and eat well, but for the first time, there is no suffering associated with it. Some of us, no matter how much control we exhibit, our bodies don't comply. When I did control myself, I always felt deprived and hungry. This takes away the feeling of deprivation. I still have to be willing to do the work (of exercising and eating well), but this takes away the awful things that come with doing the work. Now I don't feel like I'm dieting any more."

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Before weight loss surgery



After sleeve gastrectomy

Innovation and Research Reviews

Weight Gain after Laparoscopic Gastric Banding

Sometimes weight loss surgery does not meet patients' expectations; you may experience problems, fail to lose as much weight as you hoped, or you may regain weight after a period of time. The Center for Metabolic

and Weight Loss Surgery offers special expertise in treating patients who have regained weight after laparoscopic gastric banding. Our surgeons have unmatched experience in determining the optimal approach, whether that may entail starting over with an adjustable gastric band, removing the band, or converting to a different weight loss procedure.

Read more at obesitymd.org or call 212.305.4000

Department of Surgery Offering Metabolic Analysis

Metabolism is the process of converting food (calories) into energy and burning that energy. The amount of energy your body needs at rest is called Resting Energy Expenditure (REE) or metabolic rate. The Center for Metabolic and Weight Loss Surgery now offers a simple, non-invasive test (measuring the oxygen you inhale and carbon dioxide you exhale) to determine your metabolic rate. Our physicians then use this information to tailor your weight loss treatment to your individual needs, including the number of calories you should consume to lose weight.

Read more at obesitymd.org or call 212.305.4000.

Weight Loss Surgery Reduces Fatty Liver Disease

Nonalcoholic fatty liver disease is the fastest growing cause of liver transplantation in the United States and is a risk factor for liver cancer. According to a study presented at the November 11, 2014 meeting of the American Association for the Study of Liver Diseases (AASLD), weight loss surgery significantly improves fatty liver disease in patients who are morbidly obese. "Bariatric surgery should be considered a therapeutic alternative after lifestyle changes fail in morbidly obese patients with NASH," said Guillaume Lassailly, MD, from the Centre Hospitalier Régional Universitaire de Lille in France, who presented the study results.

Read more [here](#).

Study Finds Obesity a Major Cause of Autoimmune Diseases

A new study published in *Autoimmunity Reviews* by researchers at Tel Aviv University reveals that obesity is a significant cause of autoimmune disease. The researchers identified ways in which compounds in fat tissue disrupt the body's metabolism and immune system. Not only does obesity encourage the development of autoimmune conditions (such as rheumatoid arthritis, multiple sclerosis, type-1 diabetes, psoriasis, inflammatory bowel disease, psoriatic arthritis, and Hashimoto's thyroiditis), but it creates an inflammatory environment that worsens the progression of autoimmune diseases and makes them more difficult to treat.

Read more [here](#).

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