



Marc Bessler, MD

## Letter from the Director

June 2017

Dear Reader,

In our last issue, we reported that more people die of diabetes than was commonly thought. In fact diabetes is now the third leading cause of death after heart disease and cancer.

A new

study (<http://www.diabetesincontrol.com/glucose-control-and-microvascular-complications/>) in the

British medical journal, *Lancet*, links diabetes to microvascular disease, or the body's small blood vessels, which can affect the eyes, nerves, kidneys and the heart.

Early results of the STAMPEDE study

(<https://medicalxpress.com/news/2017-02-bariatric-surgery-tied-t2dm-resolution.html>) show that diabetic patients can benefit significantly from weight loss surgery. Five years afterward, type 2 diabetes patients who had weight loss surgery reported better quality of life and overall health, compared with those who relied only on medication.

In an interview below, Columbia weight loss surgeon, Dr. Abraham Krikhely explains why bypass surgery can change the lives of diabetics, allowing many of them to go off their medication entirely. We think this might have to do with changes in hormones secreted in the stomach after weight loss surgery.

Next, a study from Sweden (<http://in.reuters.com/article/us-health->

[heartfailure-obesity-surgery-idINKBN16N009](#)) found that gastric bypass surgery can lower the risk of heart failure over time. Researchers followed over 25,000 gastric bypass patients and nearly 14,000 patients on low-calorie diets. After four years, those who had gastric bypass surgery were 46 percent less likely to develop heart failure.

Finally, I urge you to learn more about our COMMiT program (<http://columbiasurgery.org/weight-loss/commit-comprehensive-obesity-and-metabolism-management-intervention-and-treatment>), the only comprehensive medical weight loss program in New York City. Simple and safe alternatives are now available to help patients lose weight fast and keep it off. COMMiT offers a wide range of effective options including new weight loss pills, a removable gastric balloon, endoscopic stomach reduction, in addition to minimally invasive surgery.

Our multi-specialty team (<http://columbiasurgery.org/weight-loss/commit-team>) of expert doctors, nurses and nutritionists are at the forefront of lifestyle, dietary, medical, non-surgical and surgical interventions and will help you choose the best treatments and achieve your goals with a comprehensive weight loss plan.

To your health,

Marc Bessler, MD, Director

The Center for Metabolic and Weight Loss Surgery

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## **'Empire' Star Gabourey Sidibe Talks about her Weight-loss Surgery**

Though the type of surgery was not identified, the actress Gabourey Sidibe, 33, told reporters why she chose this approach after being diagnosed with diabetes. She also explains how this surgery changed her life in her new memoir, *"This Is My Face: Try Not to Stare."* <http://abcnews.go.com/GMA/video/gabourey-sidibe-opens-weight-loss-surgery-46006223>



The actress told *People* (<http://people.com/celebrity/gabourey-sidibe-weight-loss-surgery/>), "I truly didn't want to worry about all the effects that go along with diabetes. I genuinely [would] worry all the time about losing my toes." *USA Today* reports that over the past few months, the actress posted photos showing evidence of her weight loss on Instagram.

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## Why Weight Loss Surgery Works When Diets Fail

Noted *New York Times* health columnist Jane Brody tells why weight loss surgery is one of the most effective interventions in modern health care, helping people to shed hundreds of pounds and keep them off – achieving major improvements in overall health and quality of life.

Read more here: [https://www.nytimes.com/2017/02/13/well/why-weight-loss-surgery-works-when-diets-dont.html?\\_r=1](https://www.nytimes.com/2017/02/13/well/why-weight-loss-surgery-works-when-diets-dont.html?_r=1)

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## Weight Loss Surgery for Adolescents

*The New York Times* focused on the growing number of adolescents with severe obesity, asking, "Should very heavy teenagers have bariatric surgery?" Experts noted that teens are generally turned down by insurance on their first request, but their surgeons can appeal. Researchers from the U.S. and Sweden said more teens could have reached a normal weight if they had the operation when they were younger, before they got so obese.

Read more here: <http://www.nytimes.com/2012/01/16/opinion/weight->

## **Alzheimer's Risk Factors Study Points to Obesity in Midlife**

As we age, our brains rely on the health of our heart and blood vessels when we were younger. That's according to a study reported in the *Journal of American Medicine*. MRI scans revealed more sticky protein known to form brain plaque associated with Alzheimer's in seniors who had been obese in middle age.

Read more here: <http://www.cbsnews.com/news/alzheimers-risk-factors-study-obesity-heart-health/>

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## **As Weight Goes Up, So Does Death Risk**

Those who become obese or overweight as adults have a higher risk of dying from heart disease, cancer or other illnesses. A study published in the *Annals of Internal Medicine* showed a person's overall risk of dying increased based on their highest BMI (body mass index).

Read more here: <https://consumer.healthday.com/vitamins-and-nutrition-information-27/obesity-health-news-505/as-weight-goes-up-so-does-death-risk-721284.html>

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## **'Yo-Yo' Dieting Bad for Your Heart**

Quickly losing weight and rapidly regaining it may raise the risk of heart problems, according to a new study in the *New England Journal of Medicine* suggests. Those who experience regular weight fluctuations of 8 to 10 pounds are much more likely to suffer from heart disease, heart attack, stroke and other heart-related maladies than those whose weight fluctuates up or down by 2 pounds or less.

Read more here: <https://consumer.healthday.com/vitamins-and-nutrition-information-27/dieting-to-lose-weight-health-news-195/yo-yo-dieting-does-no-favors-for-your-heart-721369.html>

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## **Gastric Bypass Surgery: More Benefits than Weight Loss**

Gastric bypass surgery, performed for over 50 years, is one of the most common weight loss operations in the United States. Columbia bariatric surgeon, Dr. Abraham Krikhely tells why it's especially effective for those with GERD (acid reflux) and diabetes.

Read more here:

<http://columbiasurgery.org/news/2017/05/08/gastric-bypass-surgery-more-benefits-weight-loss>

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The Center for Metabolic and Weight Loss Surgery has offices in several convenient locations in the tri-state area. You can make an appointment here: <http://columbiasurgery.org/weight-loss/our-locations>

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