



# Are You Eating Yourself to Death?



**Danny A. Sherwinter, MD**  
Minimally Invasive (Laparoscopic)  
Surgery/Bariatric Surgery/General Surgery  
Maimonides Cardiac Institute

Millions of Americans are overweight. Some, classified as morbidly obese, carry excessive weight that poses a serious risk to their health. They are likely to suffer from a host of major health problems, from diabetes and high blood pressure to high cholesterol and sleep apnea, which lead to heart disease and death. In fact, obesity alone has been shown to take years off of people's lives.

Bariatric surgery, also referred to as weight loss surgery, is performed when patients have tried all non-surgical weight loss options and have a medical need for significant weight reduction.

At Maimonides Medical Center, our bariatric surgical team uses the advances of minimally invasive surgery to help patients reduce weight and gain a more healthy and active life.

Our team is committed to and experienced in the care and education of the bariatric surgical patient. We have an open door policy that translates into individual attention from surgeons, our nurse practitioner and bariatric program coordinator. We run regular support group meetings and coordinate care with specialists in the fields of nutrition, psychology, gastroenterology, pulmonology and cardiology to ensure that patients always feel supported and well-informed. Ensuring that the whole person is cared for – that's what sets our program apart from the rest and fosters a positive, supportive and healthy experience before and after surgery.

One of the recent developments in bariatric surgery is the Lap Band System. In this technique, a silicone band is placed around the upper part of the stomach – essentially dividing it in two -- to create a small stomach pouch that can hold only a limited amount of food. Patients typically feel as if they have had a feast when they've actually only eaten a small amount of food. The diameter of the band outlet is adjustable to meet a patient's individual needs, which can change as he or she loses weight.

Besides adjustability, there are several other advantages to the Lap-Band method. It is considered to be the least invasive and traumatic bariatric surgery, since it's usually performed using minimally invasive techniques and requires no cutting or stapling of the stomach. Patients can often resume normal activities within a week or two. The surgery is safe for patients who wish to become pregnant and is completely reversible. Overall, Lap Band surgery is typically as effective as gastric bypass surgery, but generally safer and involves fewer potential long-term complications.

If you are overweight and your doctor recommends that you consider weight loss surgery to keep your overall health from being further compromised, please call us at (718) 283-7952. Together, we will review your case and help you decide on a course of action best suited to your needs.



**Maimonides**  
Medical Center

Passionate about medicine.  
Compassionate about people.

For more information, visit [www.maimonidesmed.org](http://www.maimonidesmed.org).  
To find the right doctor for you, call (888) MMC-DOCS (662-3627).