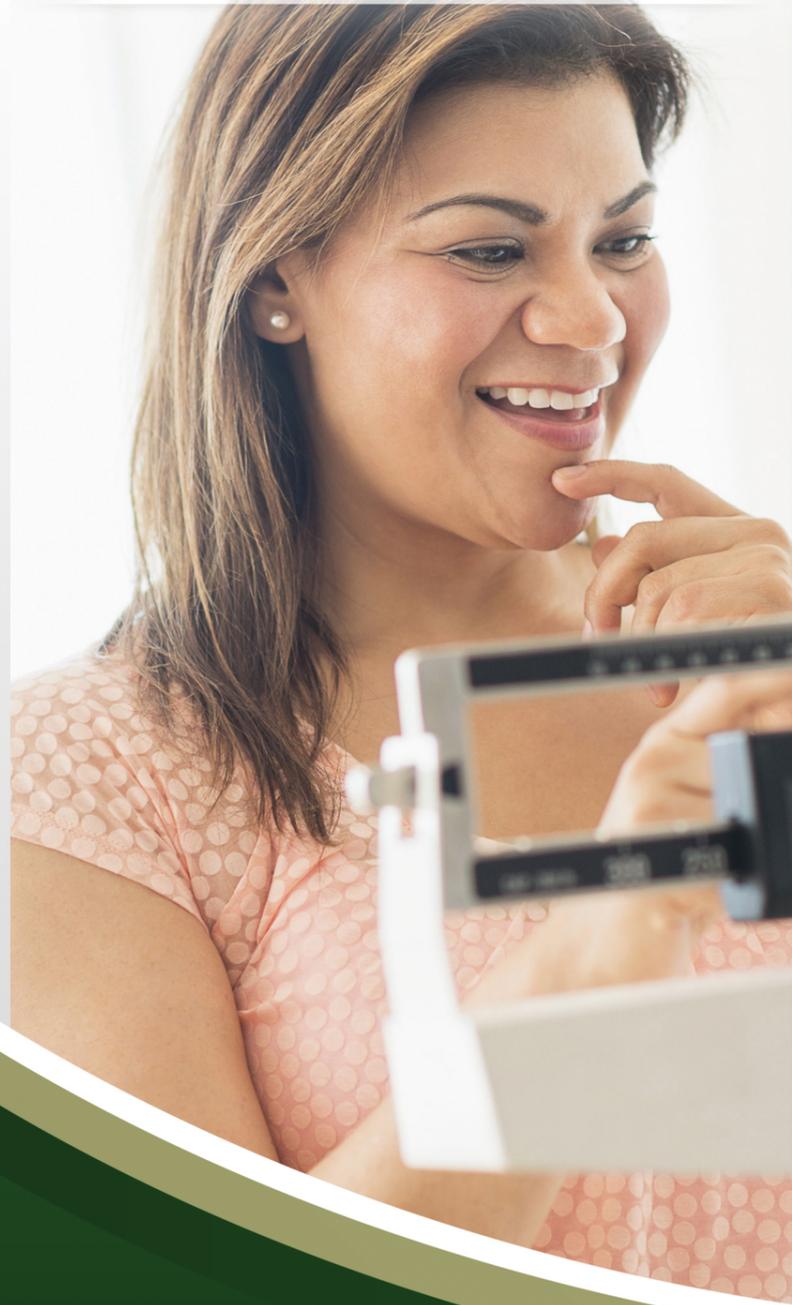


BARIATRIC SURGERY

Patient Guide



OUR SURGEONS



Alexander Abkin, MD, FACS, FASMBS **PRESIDENT**

Dr. Alexander Abkin is board certified by the American Board of Surgery since 1997. His area of expertise is minimally invasive weight loss surgery. Under his leadership, the practice has performed over 9,000 bariatric procedures in the past 20 years.

Dr. Abkin is a Fellow of the American Society for Metabolic and Bariatric Surgery (FASMBS), Fellow of the American College of Surgeons (FACS) and member of the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES).



Aram E. Jawed, MD, FACS

Dr. Aram Jawed is a general surgeon, board certified by the American Board of Surgery, specializing in laparoscopic bariatric and robotic surgery. He is a certified robotic surgeon for The Da Vinci Surgical System. He also specializes in minimally invasive endoscopy and teaches Bariatric Yoga classes.

Dr. Jawed is a member of American Society for Metabolic and Bariatric Surgery (ASMBS), the Society for American Gastroenterology and Endoscopic Surgeons (SAGES), and the Robotic Surgery Collaboration. He is a fellow of the American College of Surgeons (FACS).

For more information, visit
www.alsnj.com/program/surgeons

PRACTICE OVERVIEW

Board certified, general & bariatric surgeons specializing in minimally invasive, laparoscopic & robotic surgery including vertical sleeve gastrectomy, roux-en-y gastric bypass, adjustable gastric banding, revisional bariatric surgery and general surgery procedures.

HOSPITAL AFFILIATIONS

Our practice is affiliated with state-of-the-art facilities including:

- ✓ Saint Clare's Dover Hospital
- ✓ Hackensack Meridian Health JFK Medical Center
- ✓ Morristown Medical Center

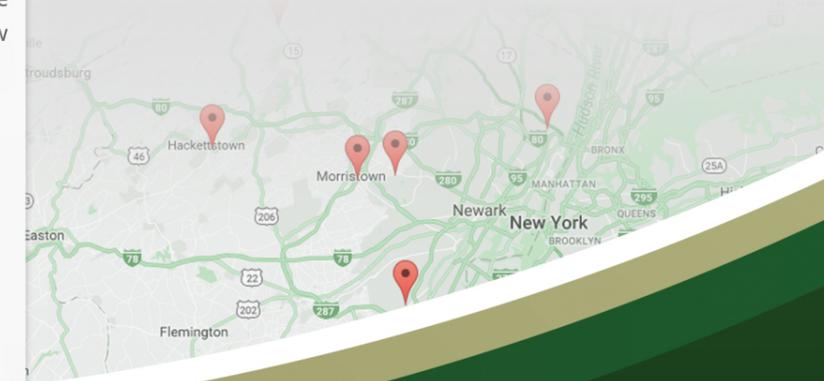
*Dr. Alexander Abkin is medical director of bariatric surgery at Saint Clare's Dover Hospital and Hackensack Meridian Health JFK Medical Center, designated a comprehensive bariatric surgery center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

OFFICE LOCATIONS

Our offices are conveniently located near Route 287, Route 80, Route 280, Route 10 and most major highways.

- ✓ Florham Park
- ✓ Edison
- ✓ Hackettstown*

*Limited space / time. Please call in advance.



The information in this brochure is intended as an overview of bariatric and metabolic surgery, including eligibility. For more information, please contact our office.

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ADVANCED
LAPAROSCOPIC SURGEONS

Award-Winning Bariatric Surgeons
Dr. Alexander Abkin has been voted as a 'Top Doctor' by New Jersey Monthly magazine for 13 consecutive years! (2007 – 2019)



WHAT IS BARIATRIC SURGERY?

Bariatric or weight loss surgery is performed on the stomach and intestines of severely clinically obese patients for the purpose of weight loss. According to National Institutes of Health (NIH) Consensus Statement of 2005, surgery is the only way to obtain consistent, permanent weight loss for morbidly obese patients.

Additionally, savings from reduced treatment of comorbidities can result in "paying off" the upfront cost of surgery in 2 years.

TYPES OF BARIATRIC SURGERY

Once the decision to have a bariatric procedure has been made, there are several procedures that are available.

No single procedure is right for all patients, and the selection of a specific procedure is a decision best left to the patient and physician.

Our surgeons offer the following types of bariatric surgery:

- ✓ Vertical Sleeve Gastrectomy
- ✓ Roux-en-Y Gastric Bypass
- ✓ Adjustable Gastric Banding
- ✓ Revisional Bariatric Surgery (including robotic surgery)

WHY CHOOSE US?

- ✓ Board certified bariatric surgeons
- ✓ Over 20 years of bariatric surgery experience
- ✓ Over 9,000 bariatric surgeries performed
- ✓ Complications rate is below national average
- ✓ Designated as Bariatric Center of Excellence
- ✓ Consistently Voted Top Doctors by New Jersey Monthly
- ✓ Multiple locations for patient's convenience

DO YOU QUALIFY?

The NIH established the following clinical guidelines for surgical consideration.

- ✓ **Patients that have a BMI of 40 or greater without medical problems.** (approximately 100 lbs. over ideal body weight)
- ✓ **Patients with a BMI of 35 or greater with one or more obesity-related comorbidities** (diabetes, hypertension, sleep apnea, gastric acid reflux, arthritis, depression, etc.).

VERTICAL SLEEVE GASTRECTOMY



A thin vertical "sleeve" of stomach is created using a stapling device. Surgeons create a small stomach "sleeve" or pocket that is shaped like a banana, usually holding about 4-6 oz.

After the "sleeve" is created, the leftover part of the stomach is removed. When you eat, the food goes from the sleeve to the intestine, where it is absorbed. Food passes through the digestive tract in the usual order, allowing vitamins and nutrients to be fully absorbed into the body. This is a **metabolic** weight loss procedure that increases metabolism, enhances satiety and energy expenditure. Studies have shown that the levels of a hunger hormone Ghrelin decrease by 70% after sleeve gastrectomy, further facilitating successful weight loss.

Sleeve gastrectomy has been shown to resolve or improve:

- ✓ Type 2 diabetes – 50-80% resolved
- ✓ Sleep apnea – 60% resolved
- ✓ High blood pressure – 50% resolved
- ✓ High cholesterol – 77% resolved

Average expected weight loss of 66% at 3 years.

Procedure is not reversible.

ROUX-EN-Y GASTRIC BYPASS



The surgeon creates a stomach pouch that makes the stomach a lot smaller and reduces the amount of food it can hold. The smaller stomach size helps you feel full more quickly, which reduces the amount of calories you eat.

The stomach pouch is then surgically attached to the middle of the small intestine, skipping the rest of the stomach and the upper portion of the small intestine (duodenum). Going past part of the intestine may also limit the amount of calories that are absorbed and sends messages to your brain so you feel full. This is a **metabolic** weight loss procedure that increases metabolism, enhances satiety and energy expenditure.

Gastric bypass has been shown to resolve or improve:

- ✓ Type 2 diabetes – 60-84% resolved
- ✓ Sleep apnea – 76% resolved
- ✓ High blood pressure – 66% resolved
- ✓ High cholesterol – 94% resolved

Average expected weight loss of 62% at 10 years.

Procedure is reversible.

ADJUSTABLE GASTRIC BANDING



During this procedure, the surgeon places a gastric band around the stomach, creating a small stomach pouch above the band and the rest of the stomach below the band.

The small upper pouch holds about 4 ounces (1/2 cup) of food, limiting the amount of food that can be eaten at a meal. Food goes into the smaller stomach pouch and then continues through the digestive tract in the usual order. This allows the food to be fully absorbed into the body.

The size of the stomach pouch can be changed by adding or removing saline solution from the band. This is done through a port that is placed below the skin on the abdomen. The tightness of the band affects the amount of time it takes for food to leave the stomach pouch.

Gastric banding has been shown to resolve or improve:

- ✓ Type 2 diabetes – 20-59% resolved
- ✓ Sleep apnea – 45% resolved
- ✓ High blood pressure – 42% resolved
- ✓ High cholesterol – 71% resolved

Average expected weight loss of 48% at 3 years.

Procedure is reversible.

REVISIONAL BARIATRIC SURGERY



Over time, some patients after bariatric surgery may develop problems, such as acid reflux, weight gain, gastro-gastric fistulas, band erosion or slippage (band patients only).

When that happens, they may be considered for revisional bariatric surgery, such as band removal and conversion to sleeve gastrectomy or gastric bypass, sleeve gastrectomy conversion to gastric bypass or gastric bypass revision.

For more information, visit www.alsnj.com/procedures

FREE EDUCATIONAL SEMINARS

A free weight loss surgery seminar is a great place for you to start. At every bariatric seminar, a medical professional will discuss:

- ✓ Eligibility and criteria
- ✓ Risks and benefits of bariatric surgery
- ✓ Expectations before & after bariatric surgery
- ✓ Patient success stories
- ✓ Surgeon Q&A and much more!

Our practice offers many FREE educational seminars across New Jersey and ONLINE to educate those interested in learning more about weight loss surgery.

PERSONAL CONSULTATIONS

A personal consultation is a great place for you to start. Not only will you find out more about the weight loss procedures we offer, but you will meet with the surgeon and other clinical specialists to answer your questions.

It is during this surgical consultation, you will have a one on one discussion regarding your individual eligibility for weight loss surgery, and which procedure is right for you.

Consultation Overview:

- ✓ Bariatric surgery eligibility and patient criteria
- ✓ Risks and benefits of bariatric surgery
- ✓ Expectations before & after bariatric surgery
- ✓ Bariatric insurance steps & pathway
- ✓ Detailed Q&A with the surgeon

We offer personal consultations in Florham Park, Edison and Hackettstown as well as some of our hospital-based locations, so that it's convenient for our patients to be seen.

READY TO GET STARTED?

The staff at Advanced Laparoscopic Surgeons of Morris is here and ready to help with your first steps in becoming a healthier and happier you. Don't wait. Lose the weight and change your life.

To schedule an upcoming seminar or personal consultation, please call 973.410.9700 x322 or visit www.alsnj.com



WHAT'S YOUR BMI?

Scan the QR code with your smartphone to calculate your BMI.

1 (855) WHY-WEIGHT

1 (855) 949-9344

REGISTER ONLINE

Scan the QR code with your smartphone to register online.

