



News Release

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For Immediate Release: November 3, 2008

ARMC's Center for Surgical Weight Loss & Wellness to offer November surgical weight loss seminars and support groups New program helping people get "Back on Track"

The Center for Surgical Weight Loss & Wellness at AtlantiCare Regional Medical Center (ARMC) will offer free seminars about weight loss surgery, including laparoscopic gastric bypass, laparoscopic adjustable gastric banding and laparoscopic sleeve gastrectomy, Friday, November 7 at 6:00 p.m., Saturday, November 15 at 10:00 a.m. and Friday, November 21 at 6:00 p.m.

ARMC will offer free support groups for those who have had weight loss surgery. November support groups at the AtlantiCare Life Center include:

- Gastric bypass surgery support group, for those considering gastric bypass surgery and those who have had the surgery in the last two years, Monday, November 3 at 6 p.m. (first Monday of every month)
- Laparoscopic banding surgery support group, for anyone considering or who has had laparoscopic banding surgery, Wednesday, November 12 at 6:30 p.m. (second Wednesday of every month)
- Back on Track support group, for those who have had weight loss surgery and are experiencing regain or plateau issues, Monday, November 10 and 24 at 6:30 p.m. (second and fourth Mondays of every month)

The Center for Surgical Weight Loss & Wellness at ARMC is an American Society for Metabolic & Bariatric Surgery (ASMBS) Bariatric Surgery Center of Excellence (BSCOE).

To register for the next informational seminar, support group or to learn more about ARMC's Center for Surgical Weight Loss & Wellness, please call the AtlantiCare Access Center at 1-888-569-1000.

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ARMC's Center for Surgical Weight Loss Seminars and Support Groups/ Add One

Morbidly obese patients are those who are more than 100 pounds over their ideal body weight or who have a body mass index (BMI) of 40 or greater, or 35 or greater with illnesses associated with being morbidly obese, including hypertension, Type II Diabetes, high cholesterol and/or high lipid levels, obstructive sleep apnea, gastroesophageal reflux disease, stress, urinary incontinence, premature arthritic changes and other illnesses. The surgeries are part of a multidisciplinary approach to the management of obesity at ARMC.

Gastric bypass surgery divides the stomach into a small upper portion from the larger lower portion so that only the small upper portion, which is reduced to be about the size of a medium-sized egg, receives the food. This promotes a significant decrease in food intake and creates a longer feeling of fullness after meals. The operation also bypasses a portion of the small intestines to reduce the calories the body absorbs and produces a feeling of satisfaction from eating a small amount.

The laparoscopic adjustable gastric banding procedure, or "lap-band," is the placement of a silicone band around the upper portion of the stomach. This restricts the amount of food the patient can consume and creates a longer feeling of fullness after meals. This procedure does not involve cutting or stapling of the stomach, and is currently the only adjustable and reversible surgical weight loss option. ARMC is the only hospital in the region that performs these procedures laparoscopically or through several small incisions. Benefits of the laparoscopic method generally include reduced recovery time and reduced post-surgical pain.

The laparoscopic sleeve gastrectomy is a procedure in which stomach volume is reduced by stapling and dividing it vertically. The left side of the stomach (more than 85 percent of the stomach) is surgically removed. This results in a slim, one to five ounce stomach. Weight loss is generated through gastric restriction. Hunger is reduced because a smaller stomach produces less of the hormone ghrelin, an appetite stimulating hormone.