

MERIDIAN healthviews

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Weight-Loss Surgery Transforms Patient's Life



Getting to the Heart
of the Matter

Local Boy Triumphs Over
Type 1 Diabetes

A Recipe
for Success

WEIGHT-LOSS SURGERY

Transforms Patient's Life

Wall resident William Young, 59, struggled with his weight for as long as he could remember. He tried many different diets, but his weight continued to climb to an unhealthy 350 pounds. It wasn't until William had routine blood tests taken in December 2009 that he had enough. Already a diabetic, the tests revealed his blood sugar levels had reached their highest point yet.

"I decided I needed to do something serious to get my health in order," William explains. "I asked my primary care doctor about weight-loss surgery."

William's physician, Angelo Chinnici, M.D., evaluated his health to ensure William would be an appropriate candidate for bariatric surgery. He also talked with him about his motivation for surgery.

"It's important for patients to be physically and mentally ready to embark on weight-loss surgery," Dr. Chinnici explains. "Your primary care physician plays a key role in not only assessing and providing medical clearance for the surgery, but also helping you achieve long-term success."

Dr. Chinnici referred William to Seth Kipnis, M.D., medical director of the center for Weight Loss Surgery at Jersey Shore University Medical Center. Dr. Kipnis explained William's surgical options. William decided to have adjustable gastric banding, or Lap-Band® surgery.



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Commitment and Support

For six months, William prepared for surgery under the direction and support of the center for Weight Loss Surgery at Jersey Shore. He regularly worked with a dietician to learn better food choices and eating habits. With hard work, William lost 25 pounds before surgery and learned a healthy new way of life to prepare for the postsurgery lifestyle. He also began attending the psychological, exercise, and diet counseling support group, which meets at the center twice a month.

"It's important for patients to begin the process of making lifestyle changes before surgery. A good surgical candidate is someone who is committed to making the efforts necessary for success," Dr. Kipnis explains. "Surgery is just one weight-loss tool. It doesn't replace a healthy lifestyle."


A Healthy Beginning

William had Lap-Band surgery in September 2010 and was home the same day. He has lost 115 pounds and continues to drop weight. His success has transformed his health.

"I used to inject myself with two different kinds of insulin and take pills each day to control my diabetes. Within six months, I was down to just one oral medication," William says. "I also no longer have sleep apnea, and my high blood pressure is under control."

Health changes like these are the primary reason why Jersey Shore offers the surgery.

"Weight-loss surgery is truly a life-changing event. It offers a new beginning, a chance at longer life," Dr. Kipnis explains. "At Jersey Shore, we provide patients the medical expertise of a large health system and offer support every step of the way."



Weight-loss surgery has changed William Young's health for the better, giving him a chance to enjoy a longer life.

Get the Facts on Weight-Loss Surgery



Jersey Shore University Medical Center offers Lap-Band® and sleeve gastrectomy surgical weight-loss options. To learn more, attend one of our free educational seminars. **Turn to page 25 to learn more!**