

## Bariatric Surgery: A Weight-loss Solution for Women

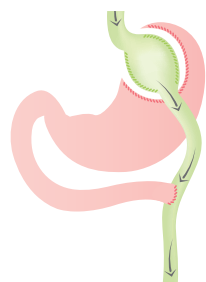
Obesity is a very common and equally serious disease that affects 42.4% of Americans according to recent data provided by the Centers for Disease Control. Obesity-related conditions can include heart disease, stroke, type 2 diabetes and certain types of cancer. For some, the journey to weight loss is a difficult one, and diet and exercise are simply not enough. If you've struggled to reach a healthy weight, weight-loss surgery may be right for you.

### What is bariatric surgery?

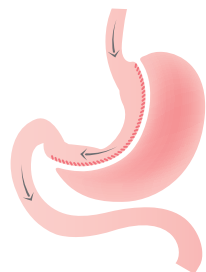
Bariatric surgery helps people gradually lose weight by restricting the amount of food that can be eaten and decreasing the number of calories consumed each day. Surgery is used to make the stomach smaller and sometimes changes the small intestine.

### Types of bariatric surgery

Depending on your specific weight condition, body type and end goals, there are a few different bariatric surgery options available to you. Each of these procedures comes with risks and benefits, and not everyone will be a candidate for every type of surgery. Minimally invasive surgical techniques can mean less pain, a shorter hospital stay, and a quicker recovery after surgery. Some procedures may be performed using a robotic surgical system. It is important that you discuss these procedures with your doctor in order to make an informed decision that will be the most beneficial to you and your long-term health.



**Roux-en-Y gastric bypass** is typically performed using laparoscopic tools inserted through small incisions in the abdomen. Gastric bypass surgery creates a smaller stomach and allows food to bypass the first part of the small intestine. This results in fewer calories being consumed, and in fewer calories being absorbed.



**Sleeve gastrectomy** is among the most common procedures performed. A thin sleeve of the stomach is preserved, and the rest of the stomach is removed. The sleeve is about the size of a banana and limits the amount of food that can comfortably be eaten, which results in fewer calories being consumed.

### Benefits of bariatric surgery

Bariatric surgery can improve many health problems related to obesity, such as type 2 diabetes, high blood pressure, unhealthy cholesterol levels and sleep apnea. Surgery may also lead to improved physical function, mood and overall quality of life.

### For women specifically, benefits can include:

- Improved fertility
- Improved polycystic ovary syndrome (PCOS) symptoms
- Decreased risk of breast cancer

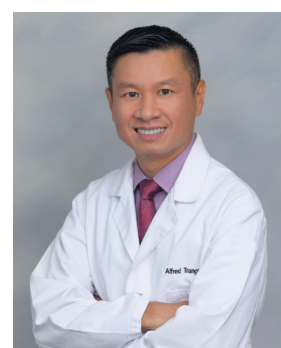
### Are you a candidate for bariatric surgery?

If you can answer "yes" to any of the following questions, weight-loss surgery may be right for you:

- Are you 100 pounds or more over your ideal weight or have a body mass index (BMI) of 40 or greater?
- Is your BMI over 35, and do you have other chronic health conditions such as high blood pressure, diabetes, or high cholesterol?
- Are you committed to permanently changing your eating and exercise habits?

### Act now!

If you are considering bariatric surgery, a bariatric specialist can help you determine if you are a good surgical candidate and what procedure may be most appropriate for you.



### Meet Dr. Alfred C. Trang

Alfred C. Trang, MD, FACS, is a board-certified general surgeon specializing in bariatric and minimally invasive surgery. After completing his undergraduate education at Saint Joseph's University in Philadelphia, Dr. Trang earned his medical degree from Temple University School of Medicine, also in Philadelphia, Pa. He completed his general surgery residency

at Western Pennsylvania Surgery Program in Pittsburgh, Pa., and completed a fellowship in minimally invasive surgery at Mount Sinai Medical Center in New York.

### SCHEDULE AN APPOINTMENT

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