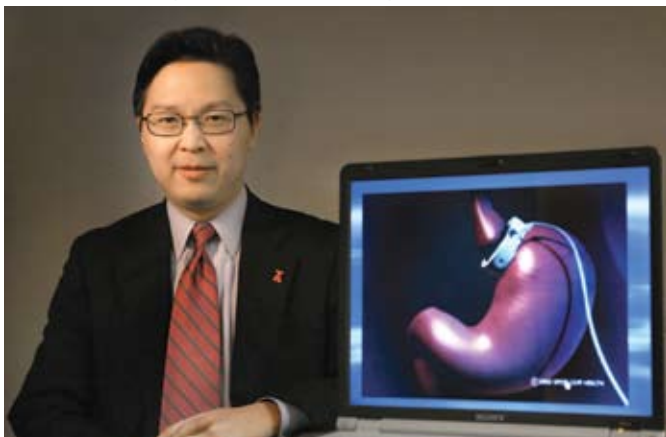


An Effective Tool for Weight Management



Dr. Frank Chae with a rendering of adjustable gastric banding.

Pills, diets, weigh-ins, work-outs, slim downs, surgery... Whether your goal is large or small, it may be difficult to decide which weight loss option is best for you.

Dr. Frank Chae, Chief Bariatric Surgeon at Sky Ridge Medical Center, specializes in weight loss surgery programs for individuals who have not had luck with traditional methods. For people who want to lose 50 to 120 pounds, he recommends adjustable gastric banding as a more effective alternative to diet pills.

“Banding can achieve more weight loss for a longer duration of time,” he says. “It’s really designed for those who have a limited goal and need a little help reaching it.”

The procedure also has been used to treat type 2 diabetes.

Adjustable gastric banding is a minimally invasive surgery (the incision is about the size of a pen tip) that restricts the upper stomach near the esophagus to make a smaller pouch. The outlet from this pouch also is restricted to slow the emptying of food. Dr. Chae says the band acts like an adjustable belt that can be tightened and loosened, depending on a patient’s goals. The procedure provides an earlier sense of fullness, therefore, allowing less food to travel through the stomach while still absorbing all the essential vitamins and nutrients.

Yet surgery is just the first step in maintaining your weight loss goals. Regular exercise, a proper diet and a positive self-image are all essential components in the effort to accept your new body.

Do you need help fighting your hunger and want to learn about adjustable gastric banding? Visit our website at www.skyridgemedcenter.com.