

Weight-Loss Surgery: Is It for You?

By David Dyslin, M.D., and
Augustus Lyons, M.D.

For some people, a combination of diet and exercise is the best way to lose weight. But if you've tried everything and still can't shed excess pounds, you may want to consider weight-loss surgery.

What Are My Options?

Weight-loss surgery, also called bariatric surgery, is an important option for people with severe obesity—those who are 100 pounds more than their ideal weight. Your physician also may recommend this treatment if you have a weight-related health problem, such as type 2 diabetes, heart disease, or high blood pressure.

There are several types of procedures to help you lose weight. Your surgeon may use an adjustable gastric band that encircles your stomach to create a smaller area to hold food. Another technique makes a smaller stomach; others create a bypass around a portion of the small intestine. With all these methods, the body absorbs fewer calories and nutrients from the digestive system.

What Are the Benefits?

Individuals who undergo weight-loss surgery can lose 50 to 70 percent of their excess weight within the first 12 to 24 months. It also may help improve blood sugar levels in those with type 2 diabetes, and most patients see an improvement in their blood pressure.

Since there are risks associated with any surgery, always check with your physician to find out if you are a safe candidate for any of these procedures. ■

► **FREE Weight-Loss Surgery Seminar!**
See the back of this issue for details.

David Dyslin, M.D., Bariatric Surgery
Augustus Lyons, M.D., Bariatric Surgery



Drs. Dyslin and Lyons are board certified in general surgery and on staff at USMD Hospital at Arlington. To schedule an appointment, call (817) 275-3309.

Gary Donovanitz, M.D., Gynecology



Dr. Donovanitz is board certified in obstetrics and gynecology and is on staff at USMD Hospital at Arlington. For an appointment, call (817) 467-7474 or visit www.donovitz.com.

BRINGING BACK BALANCE TO HORMONES

WOMEN CAN FEEL HEALTHY, vibrant, and sexy their entire lives. Hormone therapy is thought to ease the symptoms of premenstrual syndrome, perimenopause, and menopause. It also may help men with andropause, the symptoms of which may include erectile dysfunction, obesity, and glucose intolerance.

Gary Donovanitz, M.D., offers bioidentical pellet hormone therapy, which he notes has been safely used since 1939 and has not been shown to increase the incidence of breast cancer. Tiny implants release a low dose of natural hormones when the body needs it. The pellets continue to work for four to six months.

Dr. Donovanitz says that the benefits of pellet therapy may include a decrease in body fat, less fatigue, reduced feelings of irritability, enhanced libido, more energy, stronger bones, improved mental clarity, and an increased sense of well-being.

DR. DONOVITZ will offer a **FREE** seminar on bioidentical hormone therapy on May 20 at 6:30 p.m. To enroll, call the office of Dr. Donovanitz at **(817) 467-7474**.



Restoring Continence *and* Confidence in Women

By Gary Donovanitz, M.D.

An estimated 17 million American women share a common health concern: the uncontrolled flow of urine from their bodies, a condition known as urinary incontinence. Left untreated, urinary incontinence can limit your lifestyle and relationships because of the potential for embarrassment.

A 'Stressful' Condition

A leading type of urinary incontinence is stress incontinence. It may occur when you laugh, sneeze, cough, or lift a heavy object. There are many possible causes of stress incontinence, including the following:

- Pregnancy and childbirth
- Aging
- Medical conditions
- Infections
- Medications
- Obesity

Treatment Provides Relief

Currently, there are no medications available to treat stress incontinence. For some women, behavioral therapy (such as monitoring fluid intake), Kegel exercises, protective undergarments, and bulking

injections offer temporary solutions.

There also are solutions available designed to be more permanent. One such solution is the “sling” system. Physicians treat a woman’s stress incontinence by surgically placing a narrow strip of material—called a sling—under the urethra to give it a point of support.

It is a minimally invasive, highly effective procedure. It generally takes less than 20 minutes and is often performed on an outpatient basis. Most patients are continent immediately following the procedure and can resume normal, nonstrenuous activities within a few days.

As with any surgical procedure, there are risks involved. Some of the most common risks include urinary tract infections, urge symptoms, and an inability to urinate. See a physician to discuss the best treatment option for you. ■

NEED A SURGEON? Our Referral Center can match you with a physician who accepts your insurance and has experience in the specialty you need. Get your **FREE** referral today by calling **(817) 472-3575**.

Frequently Asked Questions About Plastic Surgery

By James Ward, M.D.

Q. What is the difference between cosmetic and reconstructive surgery?

A. Breast surgery offers examples of both cosmetic and reconstructive surgery. Breast augmentation is cosmetic surgery because it enhances the volume and shape of otherwise normal breasts. Breast reconstruction after mastectomy—the removal of all or part of the breast to treat or prevent breast cancer—also uses implants, but it's reconstructive surgery because it is directed at restoring a normal breast appearance. Here's a breakdown of the two terms:

Cosmetic surgery is performed to reshape normal structures of the body in order to improve a patient's appearance and self-esteem. Cosmetic surgery is referred to as elective surgery and is not usually covered by health insurance.

Reconstructive surgery reshapes parts of the body that are not normal, perhaps because of a congenital defect or trauma. It is usually done to improve

function and to create a normal appearance. This type of plastic surgery is often covered by health plans, although coverage can vary.

Q. What research should I do?

A. First, check out the surgeon. Your plastic surgeon should be certified by the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. Your surgeon should have experience performing the procedure you're requesting.

Next, check out the facility. Is it fully accredited by a nationally recognized agency, such as The Joint Commission? Who provides anesthesia? What type of postoperative care does it offer?

As an example, USMD Hospital at Arlington is accredited by The Joint Commission, and trained physician anesthesiologists provide anesthesia. After surgery, patients are monitored carefully in a fully staffed postanesthesia care unit. ■

WOMEN'S IMAGING CENTER: DEDICATED TO YOUR NEEDS

YOUR PEACE OF MIND is important to us. That's why USMD Hospital at Arlington is committed to providing the highest-quality diagnostic services available through our Women's Imaging Center. In fact, we were the first hospital in Arlington to offer full-field digital mammography with computer-aided detection—an advanced technology that helps us detect breast cancer early, before it has a chance to spread. For greater comfort during a mammography, we use only the softest foam cushions and the most ergonomic equipment on the market today.

Our Women's Imaging Center also offers a full range of diagnostic services. Just some of these services are breast ultrasound, ultrasound-guided biopsy, and stereotactic biopsy (a minimally invasive, state-of-the-art procedure that allows for pinpoint precision).

We offer competitive pricing and have partnerships with most insurance plans. For your convenience, we offer extended appointment hours on Tuesday, Thursday, and Saturday.

► Call **(817) 472-3550** to schedule your mammogram, and remember to ask about our low-cost options and extended hours.



James Ward, M.D., Plastic Surgery



Dr. Ward, board certified in plastic surgery, is a member of the American Society of Plastic Surgeons and president of the USMD Hospital at Arlington medical staff. For appointments, call his office at **(817) 861-0505** or visit www.jwwardmd.com.



USMD Hospital at Arlington
801 W. Interstate 20
Arlington, TX 76017

Presorted Standard
US Postage
PAID
USMD Hospital
at Arlington

CHOOSE TO LOSE: FREE WEIGHT-LOSS SEMINAR!

Considering weight-loss surgery? David Dyslin, M.D., and Augustus Lyons, M.D., hold FREE seminars throughout the year to answer your questions about bariatric procedures, such as the adjustable gastric band and gastric sleeve.

Registering is easy! Visit www.usmdarlington.com/seminars_events.php or call Bariatric Coordinator Kat Kreis, R.N., B.S.N., of USMD Hospital at Arlington, at **(817) 472-3888**. And when you call, remember to ask about our FREE upcoming support groups for bariatric patients, too.

Knee Problems Can Make It Hard to Lose Weight

By Frank J. Rodriguez Jr., M.D.



program recommended by your physician.

The first step toward breaking loose from the pain is an evaluation by an orthopedic surgeon. Consulting with a surgeon doesn't necessarily mean you will need surgery. For example, your surgeon may recommend activity modifications, a cane or walker to improve mobility, soft knee-braces, shoe modifications, pain relievers or anti-inflammatories, and possibly dietary supplements. Steroid injections also may decrease inflammation and offer some relief.

After you get the OK from your physician, follow a gradual routine until your

body adjusts to engaging in regular physical activity. ■

Many obese Americans are trapped in a vicious cycle. Obesity aggravates knee problems, making it hard to exercise. Without exercise, obesity worsens and exacerbates the progression of diabetes, heart disease, and other serious health threats.

Orthopedic doctors urge obese adults to seek immediate treatment for chronic, activity-limiting knee problems. Knees wear out for a variety of reasons. These include inflammation from arthritis, injury, obesity, or simple wear and tear. It's especially important to get help if you're having trouble adhering to an exercise



Bariatric Coordinator
Kat Kreis, R.N.,
B.S.N., is herself a
successful bariatric
surgery patient.

LIVING healthy

Living Healthy is published by USMD Hospital at Arlington to educate readers about issues important to their health. It is not intended to replace consultation with a personal physician. © 2009. Printed in the U.S.A.

Printed on Recyclable Paper

Frank J. Rodriguez Jr., M.D., Orthopedics



Dr. Rodriguez is board certified in orthopedic surgery, specializing in orthopedics and sports medicine. He is on staff at USMD Hospital at Arlington. To schedule an appointment, call **(817) 557-1006**.