

Weight Loss Surgery

Adjustable Gastric Banding

HealthPoint Medical Group is pleased to announce that James Frydman, MD and Donald Straub, DO, from our General and Trauma Surgery practice are now performing weight loss surgery, utilizing the Lap-BAND® Adjustable Gastric Banding System. Lap-BAND is the first adjustable medical device approved by the U.S. Food and Drug Administration (FDA) in the United States for individualized weight loss for patients whose weight is affecting their health.

Dr. Straub became interested in Adjustable Gastric Banding because "I believe it can prolong the lives of morbidly obese patients who cannot lose their excess weight by conventional means. I was forced to make lifestyle changes several years ago when I underwent coronary bypass at a young age. I realized that I must control my cholesterol and thus my diet and exercise patterns to prolong my life and watch my children grow. I can relate to the lifestyle changes necessary to prolong the lives of the morbidly obese patients in our practice through this experience."

The surgery involves placing a gastric band or "belt" around the upper part of your stomach to make it smaller. This helps you lose weight by reducing the amount of food your stomach can hold and slowing digestion. You will feel comfortably full for a longer period of time, reducing the urge to eat between meals. The band is adjusted over a period of time until you have reached your individual goal of weight loss and comfort.

Adjustable Gastric Banding is the least invasive of the weight loss surgeries, performed laparoscopically through small incisions. It typically has a shorter recovery time with minimal scarring and less pain and discomfort than traditional open surgery.

In general, to be considered for Adjustable Gastric Banding you should:

- Be between the ages of 18 and 65
- Have tried and failed at other weight-loss therapies
- Be at least 100 pounds over ideal body weight
- Have a body mass index (BMI) of 40 or higher; or a BMI of 30 or higher and have a life-threatening or disabling problem related to your weight

Over time, the benefits of Adjustable Gastric Banding may include:

- Significant sustained weight loss
- Blood sugar levels that become completely normal within one year of surgery
- Lower or normal blood pressure
- Lower or normal cholesterol levels
- Relief from sleep apnea, acid reflux, and urinary stress incontinence
- Less arthritis pain and improved mobility
- Increased energy and ability to exercise
- Improved mood and self-esteem
- Arrested progression of heart disease
- Improvement of many lung conditions
- Lessened infertility and complications of pregnancy and delivery
- Increased function in leg veins (Venous Stasis Disease)
- Reversal of Nonalcoholic Fatty Liver Disease (Hepatic Steatosis or NASH)



JAMES FRYDMAN, MD



DONALD STRAUB, DO

Free Info Sessions

Thursday, April 19
Thursday, May 17
Thursday, June 21
6:00 - 7:00 pm

Sessions will be held in the
Medical Arts Bldg. Auditorium- Rm 1
St. Joseph's Hospital
3001 W. M. L. King, Jr., Blvd.
Tampa, FL 33607

RSVP to Roxanne
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Office Hours
Mon - Thu: 8:30 am - 5:00 pm
Fri: 8:30 am - 4:00 pm