

# Bariatric and Metabolic Weight Loss Center

Nationally  
Recognized Results  
Highest-Level  
Accreditation



Stony Brook **Medicine**



*Weight loss is a journey — and we're with you all the way.*

## We Can Help

Stony Brook can help you change your weight, change your health and change your life.

Whether your goal is to lose 30 pounds, 50 pounds, 100 pounds or more, we can design an individualized plan that will get you there successfully. As part of an academic medical center, we're able to offer much more than most weight loss surgery programs — including more treatment options, more technology, and more specialists in the science of weight loss. For you, this means more success, not only in losing the weight, but also in keeping it off for the long term.

Led by renowned surgeons whose research is shaping the future of bariatric medicine, our multidisciplinary team is staffed by credentialed professionals from more than a dozen disciplines. They offer today's most effective weight loss procedures, medical management, diet and exercise plans, counseling, behavior modification and group support. You're equipped with the tools you need to reach and maintain your goals.

## Nationally Recognized Quality and Outcomes

The hallmarks of excellence in bariatric surgery centers are national accreditation and verifiable, top-tier surgical outcomes. Our program has achieved both of these recognitions.



Stony Brook has earned the highest level of accreditation for the broadest range of procedures and patients (adolescent to adult) through the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). MBSAQIP is the only accreditation program recognized by the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). This highly respected organization also compares surgical outcomes data from programs nationally — and has verified that Stony Brook's statistics far exceed national averages, and in fact are some of the best reported in the country.

## The Bariatric Surgery Strategy

As many of our patients have experienced, diet and exercise alone do not have a high rate of success. National studies have shown that only 2 to 5 percent of individuals with obesity lose weight through diet and exercise, with an average loss of just 10 percent of their excess weight. Our medical management program does better through comprehensive multidisciplinary care.

Bariatric surgery is still the answer for most patients. According to national data, most bariatric surgery patients lose about 68 percent of their excess weight. And at Stony Brook, our patients do even better. Those receiving gastric bypass surgery lose an average of about 75 percent of their excess weight in the first year after surgery.

**Health Improvements.** Besides looking and feeling better about themselves, patients who have bariatric surgery also enjoy significant improvements in their health. Weight loss surgery alleviates or eliminates:

- High blood pressure
- Type 2 diabetes
- Gastroesophageal reflux disease (GERD)
- High cholesterol
- Sleep apnea
- Degenerative disk disease, back pain
- Joint disease, joint pain
- Urinary stress incontinence

In addition, the risk of developing cancer goes down dramatically after weight loss surgery, and overall healthcare usage declines. One study showed that healthcare costs for patients with morbid obesity who did not have surgery were 45 percent higher than for patients who received bariatric surgery.

**Long-Term Success.** Research also backs up bariatric surgery's long-term success. Results of the Swedish Obesity Study (SOS), initially reported in the New England Journal of Medicine in 2007 and confirmed in a 2010 update, concluded that bariatric surgery for severe obesity is associated with long-term weight loss and increased longevity.

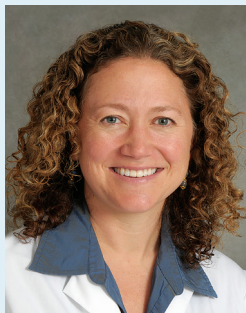


*L to R: Andrew Bates, MD; Aurora Pryor, MD ; Konstantinos Spaniolas, MD; Salvatore Docimo Jr., DO*

## World-Class Surgeons

Director of the Bariatric and Metabolic Weight Loss Center Aurora Pryor, MD, Associate Director Konstantinos Spaniolas, MD, Andrew Bates, MD and Salvatore Docimo, DO are board-certified surgeons who have collectively performed over 10,000 surgical cases.

These include more than 2,000 primary bariatric procedures, 95 percent performed laparoscopically. Renowned among peers and popular with patients, Drs. Pryor, Spaniolas, Bates and Docimo maintain an impeccable record of excellent bariatric surgical outcomes and are known for research and advocacy that is changing the future of their field.

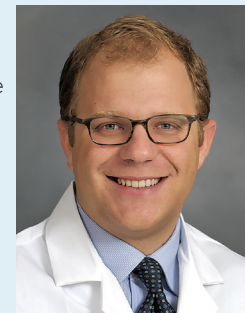


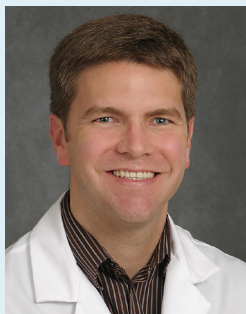
**Aurora Pryor, MD, FACS**, Professor of Surgery, Chief of the Division of Bariatric Foregut and Advanced Gastrointestinal Surgery, is the founder and Director of the Bariatric and Metabolic Weight Loss Center. She is fellowship-trained, and is an internationally recognized leader in minimally invasive and bariatric surgery with more than 20 years of experience. She is prominent in multiple professional societies, serving as an executive on the governing board for the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) and on the Executive Council of the American Society for Metabolic and Bariatric Surgeons (ASMBS). She also is the Executive Liaison for the ASMBS Emerging Technologies and New Procedures and Obesity Prevention committees, and serves on the editorial boards of several professional publications. Most recently she was asked to serve on the American Board of Surgery Gastrointestinal Surgery Advisory Council.

She completed her surgery residency and fellowship at Duke University Medical Center, where she remained on the faculty for nearly a decade. While at Duke, Dr. Pryor served as Chief of General Surgery at Durham Regional Hospital and was Co-Director of the Duke Metabolic and Weight Loss Surgery Program. She participated in the Chancellor's Clinical Leadership Program in Academic Medicine. Her numerous awards include Castle Connolly's Top Doctors, and Top Physicians making a difference. A patent holder for several surgical technologies, Dr. Pryor is active in research and has published more than 100 professional papers. Since joining Stony Brook in 2011, she has helped to build our Bariatric and Metabolic Weight Loss Center. Dr. Pryor is board certified by the American Board of Surgery.

**Konstantinos Spaniolas, MD**, is the Associate Director of the Bariatric and Metabolic Weight Loss Center. A specialist in bariatric and foregut surgery and an Associate Professor of Surgery at Stony Brook, Dr. Spaniolas has been performing minimally invasive surgery since 2007. He earned his medical degree from University of Athens School of Medicine, Athens, Greece. His general surgery residency was completed at University of Rochester Medical Center, Rochester, NY, where he also served as chief resident. He completed his fellowship in minimally invasive and bariatric surgery at Dartmouth Hitchcock Medical Center, Lebanon, NH, and a research fellowship at Massachusetts General Hospital, Harvard Medical School, Boston. Prior to joining Stony Brook, he was an Assistant Professor of Surgery in the Division of Advanced Laparoscopic Gastrointestinal and Endocrine Surgery at the Brody School of Medicine, East Carolina University, Greenville, NC, where he also served as co-director of the bariatric and minimally invasive fellowship program and was acting Director of Bariatric Surgery.

A committed physician-scientist, Dr. Spaniolas' research has been presented and published widely. He is a leader in the field who serves on the Emerging Technologies and Procedures Committee of the American Society for Metabolic and Bariatric Surgery (ASMBS), and is a member of the Society for the Surgery of the Alimentary Tract, the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) and the International Federation for the Surgery of Obesity. He currently directs the Surgical Outcomes Assessment Research (SOAR) collaborative for Stony Brook, and has published extensively in the field of bariatric, minimally invasive surgery and type 2 diabetes. Dr. Spaniolas is board certified by the American Board of Surgery and has received the American College of Surgeons (ACS) Resident and Associate Society Leadership Scholarship Award.





**Andrew Bates, MD**, is a specialist in bariatric, foregut and advanced GI surgery. An assistant professor of surgery at Stony Brook Medicine, he is board certified in surgery, performing surgical and minimally invasive procedures since 2010. He is a graduate of Dartmouth College majoring in biochemistry and molecular biology who then served as a research associate at Beth Israel Deaconess Medical Center, Boston. Dr. Bates went on to earn his medical degree from Case Western Reserve University School of Medicine, Cleveland, and completed his residency in general surgery at The Mount Sinai Hospital, New York. His fellowship in minimally invasive surgery and bariatric surgery was completed at Stony Brook Medicine. His surgical research interests include minimally invasive endoscopic procedures in the management of obesity and its related co-morbidities.

**Salvatore Docimo Jr., DO**, is a specialist in bariatric, foregut and advanced GI surgery. An assistant professor of surgery at Stony Brook Medicine, he is board certified in surgery, performing surgical procedures since 2009. Dr. Docimo received his medical degree from New York College of Osteopathic Medicine. He went on to complete a fellowship in surgical critical care at NYU Lutheran Medical Center and a fellowship in minimally invasive and bariatric surgery at Penn State Milton Hershey Medical Center, Hershey, PA. Dr. Docimo's clinical interests include bariatric endoscopy, bariatric surgery, complex abdominal wall reconstruction and robotics. Dr. Docimo's research interest include the use of minimally invasive endoscopic procedures in the management of obesity and its related co-morbidities.



Our dedicated outpatient facility enables patients to make appointments with interdisciplinary providers — all under one roof: surgeons, bariatric medicine specialist, nurse practitioners, psychologist, dietitians and exercise specialist. The facility is located at 23 South Howell Avenue, Centereach.



*Weight loss is a journey — and we're with you all the way.*

## Multidisciplinary Treatment Plan Tailored to You

Our approach at Stony Brook is targeted to your individual needs. Depending on your weight, health, lifestyle and preferences, we will help you develop an effective weight loss strategy. Surgery is often — but not always — part of that strategy. We also may recommend medical management, diet and exercise plans, counseling, behavior modification and group support. We equip you with the tools you need to reach your health improvement and weight loss goals. Then we follow up with the support necessary for long-term success.

Our multidisciplinary team consists of a broad range of experienced and credentialed professionals who consider it a privilege to be part of your journey.

Team members include:

- Adolescent Medicine Specialist
- Anesthesiologists
- Bariatric Surgeons
- Bariatrician
- Diabetes Specialists/  
Endocrinologists
- Dietitians/Nutritionists
- Gastrointestinal Specialists
- Nurse Practitioners
- Orthopedic Surgeons
- Patient Liaisons
- Pediatrician
- Physical Therapists
- Physician Assistants
- Plastic Surgeons
- Program Coordinator
- Psychologists
- Sleep Specialists



### Excellent Facilities for Surgery Patients

Our dedicated inpatient unit offers private and spacious accommodations with comfortable beds and chairs, spa-like bathrooms, high-quality fixtures, and special transport and safety features.

A man with grey hair, wearing a red and white plaid shirt, khaki shorts, and a large black backpack, is hiking on a dirt trail through a forest. He is smiling and holding a blue leash for a black and white dog. The trail is surrounded by lush green trees and foliage.

*Having the strength to explore new activities.*

## Bariatric Procedure Options

Our team works collaboratively with you to tailor an effective weight loss strategy specific to your needs. We are accredited to serve adolescents as well as adults, and offer procedures geared to weight loss goals ranging from 30 pounds to hundreds of pounds.

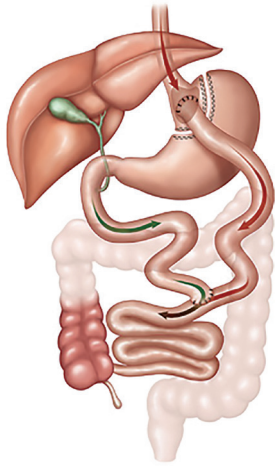
### Am I A Candidate for a Procedure?

Two key factors affecting eligibility for a bariatric procedure are:

- 1 Your Body Mass Index (BMI), which calculates body fat based on height and weight.  
See [bariatrics.stonybrookmedicine.edu/bmi\\_calculator](https://bariatrics.stonybrookmedicine.edu/bmi_calculator).
- 2 Whether you have obesity-related medical problems, which can include diabetes, high blood pressure, high cholesterol, degenerative disk/joint diseases, sleep apnea, GERD (reflux) and heart disease, as well as others.

The national standards for procedure eligibility are:

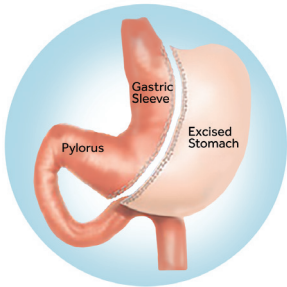
- **Gastric bypass, sleeve gastrectomy and duodenal switch:** BMI of 40 or greater, or BMI greater than 35 plus two or more obesity-related medical problems.
- **Adjustable gastric banding:** BMI greater than 35, or a BMI greater than 30 plus two or more obesity-related medical problems.
- **Intra-gastric balloon:** BMI of 30 to 40.
- **V-bloc®:** BMI between 40 and 45, or between 35 and 40 with obesity-related medical problems.



### Roux-en-Y Gastric Bypass

In this 75-minute procedure, the surgeon creates an egg-sized stomach pouch, using about five percent of the stomach and separating off the rest. The small intestine is attached directly to the pouch. This allows food to bypass several feet of the small intestine. Result: Patients feel fuller sooner and eat less food. At the same time, bypassing a portion of the small intestine means the patient's body absorbs fewer calories.

In our experience, patients typically lose 75 percent of their excess weight in the first year after gastric bypass surgery and usually maintain 85 percent of their excess weight loss over time. After surgery, they generally leave the hospital in one to two days and require a three-week recovery period. Long-term success for this procedure — that is, whether patients keep more than half the weight off — has been about 90 percent for our patients.



### Sleeve Gastrectomy

This procedure restricts the amount of food that can be eaten by removing 85 percent of the stomach. The surgeon creates a small, sleeve-shaped stomach about the size of a banana. The idea is to preserve the basic function of the stomach while significantly reducing its volume and without bypassing the intestines or causing any gastrointestinal malabsorption.

Sleeve gastrectomy is an approximately 45-minute surgery. It involves an average hospital stay of one to two days and a recovery period of two to three weeks. This non-reversible surgery may be a stand-alone bariatric procedure or it may be performed as the first procedure in a two-part treatment for patients with a high BMI. The second part of the treatment for extra weight loss is usually duodenal switch.

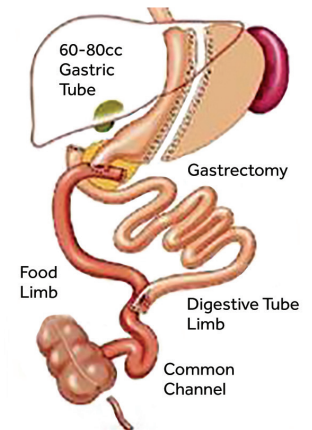
### Adjustable Gastric Banding

A silicone band is surgically implanted to create a small pouch of stomach above the band, with an injection port placed under the skin in the abdomen. When the band is adjusted properly, the patient feels satisfied with less food. Adjustments to the band can be made during office visits using a needle to inject saline solution into the band through the port. On average, patients lose 40 to 50 percent of their excess weight with gastric banding, and it may take up to five years. Banding is usually performed on an outpatient basis or with a one-night hospital stay.



### Duodenal Switch

This nonreversible procedure involves bypassing most of the small intestine and is usually combined with a sleeve gastrectomy. One of the more complex bariatric procedures, the duodenal switch involves an average of three hours operating time, two to three days in the hospital, and three weeks of recovery.



### Did You Know?

Most bariatric procedures make the stomach smaller so the patient feels satisfied with less food, and fewer calories are absorbed. There are several ways to achieve this, with the ideal approach depending on your individual needs.



*A healthier weight means more energy to enjoy life.*

### Novel Procedures

If you're 30 to 75 pounds overweight and you haven't gotten results from diet and exercise alone, you may be interested in one of the newer nonsurgical or surgical procedures recently approved by the FDA.

#### • Gastric Balloons

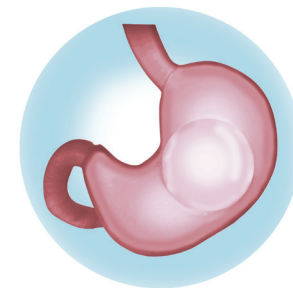
There are several balloon systems to select from, but all gastric balloon devices work by taking up space in your stomach, thereby helping you to eat less, making portion control easier to achieve.

A deflated balloon is placed in your stomach, and then inflated. The inflated balloon device remains in your stomach for six months during which time there are monthly diet and behavior modification sessions.

The balloon and educational sessions are tools to help you form new, healthy habits that help keep the weight off. Six months after the balloon is placed in your stomach, it is removed by endoscopy — but the lifestyle coaching continues for another six months.

All balloon procedures are performed on an outpatient basis. There is no hospitalization and minimal downtime.

Your surgeon will discuss with you the various gastric balloon options offered at Stony Brook, to help you decide which device is best for you.

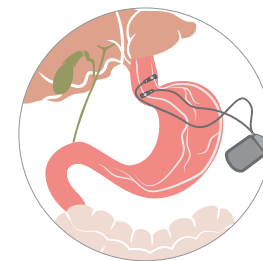


*Intragastric balloon procedures may not be covered by insurance plans.*

*Most patients gain confidence when they lose weight.*

- **Vagus Nerve Stimulator V-Bloc®**

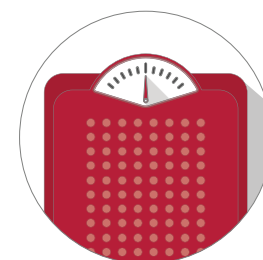
The V-bloc® works as an electrical stimulation device and is placed on the vagus nerve in the abdomen laparoscopically. The pacemaker-like device acts to decrease the feelings of hunger, thereby helping you to eat less food. There is no hospitalization. Approximately 25 percent of excess body weight can be lost with this procedure. V-bloc® currently is not covered by most insurance plans.



- **Other New Devices**

We are currently in clinical trials of other novel devices. Please schedule an appointment with our surgeons to learn more.

**Revisional Surgery.** Our experienced surgeons are skilled in the evaluation of individuals with prior bariatric surgery. For some, revisional bariatric surgery may be needed for health improvement; for others, a medically supervised weight loss program may be appropriate. A comprehensive assessment by the team is completed, with an individualized treatment plan developed and discussed with the patient. Surgery, if indicated, is tailored to specific medical needs and outcomes.



### Forefront of Innovation

Stony Brook Medicine's surgeons and interdisciplinary team are national experts in gastric balloon procedures, having been leaders in the national FDA trials for the Obalon™ gastric balloon system.

Our team remains at the forefront of innovation in weight loss and bariatric surgery. Additional novel procedures may be available to you.

## Before and After Surgery

Bariatric surgery is not an automatic fix. It's part of an ongoing journey toward transforming your health through lifestyle changes. Each expert on our multidisciplinary team is dedicated to providing support for patients, both before and after surgery. We offer a comprehensive monthly multidisciplinary medical weight loss group and sponsor monthly support groups.

Postsurgical recovery time varies, but it is typically between two and three weeks, and much shorter for endoscopic and gastric balloon procedures. All bariatric procedures can help you feel satisfied sooner and with less food, but won't eliminate the desire to eat. To reach your goals, you will need to follow the specific diet and exercise guidelines provided by your healthcare team.

Monthly support groups can help you stay connected with the weight loss team, and enable you to meet and talk with other individuals who have had similar procedures.

### Research and Innovation

Our research is being used to set national bariatric surgery center standards and is often featured in national and international meetings. We're researching advanced laparoscopic bariatric surgery techniques and outcomes; new technologies in surgery and surgical training; and upper GI diseases.

## Why Is Accreditation Important?

National accreditation is a valuable way for patients to verify that a bariatric surgery center has the support and resources necessary to address the entire spectrum of care and needs of bariatric patients, both pre- and post-operatively. The national accrediting organization for bariatric surgery centers is the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). MBSAQIP is the only accreditation program recognized by the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).



Accreditation is awarded in several categories, each with its own criteria that must be met. Some facilities are accredited for only one type of procedure, for example. Others may be accredited only for adult surgeries. MBSAQIP has accredited Stony Brook at the highest possible level — "Comprehensive Center with Adolescent Qualifications."

In other words, the Stony Brook bariatric surgery center is accredited at the highest level for the broadest range of patients and for all procedures available.

## Questions

**For more information or to schedule an appointment, call the Bariatric and Metabolic Weight Loss Center at (631) 444-BARI (2274).**

### About Stony Brook Medicine:

Stony Brook Medicine integrates and elevates all of Stony Brook University's health-related initiatives: education, research and patient care. It includes six Health Sciences schools — Dental Medicine, Health Technology and Management, Medicine, Nursing, Social Welfare, and Pharmacy and Pharmaceutical Sciences — as well as Stony Brook University Hospital, Stony Brook Children's Hospital and more than 90 community-based healthcare settings throughout Suffolk County. To learn more, visit [stonybrookmedicine.edu](http://stonybrookmedicine.edu).

## Getting Started

Learn more about how our weight loss programs can help you.

- 1 Simply take a few minutes to register to **watch our webinar** in the comfort of your own home, or
  - 2 Join us at one of our **FREE live seminars** where you will have the opportunity to ask questions and meet members of our team. *And feel free to bring a supportive friend or family member.*
- To watch the webinar, visit our website at [bariatrics.stonybrookmedicine.edu/webinar](http://bariatrics.stonybrookmedicine.edu/webinar).
  - Or, call (631) 444-4000 to register to attend a monthly educational seminar.
  - For general questions or to schedule an appointment, call (631) 444-BARI (2274).

### Changing Lives

"One of the greatest satisfactions in doing this work is seeing its life-changing impact on patients. Their weight-related health conditions — type 2 diabetes, GERD, respiratory conditions, aching joints, urinary incontinence, high blood pressure and high cholesterol — disappear. They become more active and find themselves doing things they haven't done in years. They feel better, they look better and they're happier. And that's a joy to our entire team."

— Dr. Aurora Pryor

*Feel great and do more with help from Stony Brook Medicine.*



(631) 444-BARI (2274)

**[bariatrics.stonybrookmedicine.edu](http://bariatrics.stonybrookmedicine.edu)**



**Stony Brook** **Medicine**