

Experience

Experienced surgeons **Carl Rosati, M.D.**, and **T. Paul Singh, M.D.**, have each performed over 600 bariatric procedures and are skilled in open and minimally invasive surgeries, including gastric banding. Both board-certified surgeons lead a team of committed nurse practitioners, clinical nutritionists, mental health experts and support professionals to help patients achieve their weight loss goals. The team includes clinical nutritionists Sharon Alger, M.D., and Jennifer Lindstrom, M.D., nurse practitioner Nancy Roe, and support group leader Ilana Nardone.

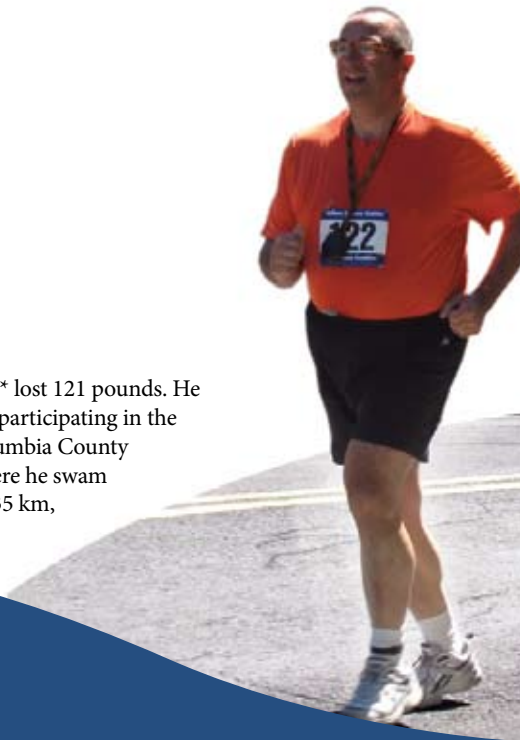
Dr. Paul Singh, Dr. Carl Rosati, and the bariatric team.



Taking the Next Step

For more information about surgery and to determine if you may be a candidate, please call (518) 262-5623.

Our bariatric team will help you make an informed decision and start you on the path to a healthy life.



Tony Scardillo* lost 121 pounds. He is shown here participating in the Northern Columbia County Triathlon, where he swam 500 m, biked 35 km, and ran 8 km.



Weight Loss Surgery Take the First Step

Bariatric Surgery Center at Albany Med

If non-surgical approaches to weight loss have not worked for you, bariatric surgery may be your next step...



Donna Purnomo* lost 190 pounds

But, it's not a quick fix. Long-term results come only with a commitment to education, surgery and lifestyle change.

If you're considering weight loss surgery, this brochure will help you take the first step. Educating yourself and making an informed decision about your surgery is critical to your success.

Established in 1984, the Bariatric Surgery Center at Albany Med has helped over 2,000 obese patients lose weight and lead a healthier lifestyle. On average, our patients lose 70% of their excess weight and see a severe reduction in obesity-related conditions like diabetes and high blood pressure.

For **safety, experience**, and a range of surgical **options**, more people choose Albany Medical Center for bariatric surgery than any other hospital in the region.

Options

The Bariatric Surgery Center at Albany Med performs malabsorbptive and restrictive gastric bypass surgeries, and is the only program in the region to offer laparoscopic gastric banding.

The malabsorbptive gastric bypass operation is performed as an open surgery (resulting in one six-inch incision) or a minimally invasive procedure (resulting in several tiny incisions). This procedure, called **Roux-en-Y gastric bypass**, is performed by dividing the stomach to create a smaller pouch that absorbs food. Patients feel fuller longer, and therefore eat less.

Laparoscopic gastric banding is a minimally invasive restrictive surgical procedure that involves the use of a silicone band to create a smaller stomach pouch. This limits the amount of food one can eat, and allows for slower emptying of the stomach, so the sensation of fullness lasts longer. Because the band is inflatable, it can be adjusted over time to help facilitate weight loss and maintenance.

Safety

The Bariatric Center at Albany Med has been nationally recognized for its safe and successful outcomes. In June of 2006, the hospital was designated an **Accredited Bariatric Surgery Center** by the American College of Surgeons. Albany Med was one of only three hospitals in New York State – and the only one in the region – to achieve this accreditation, which cites its proven record of treating “the most challenging and complex bariatric patients with optimal opportunity for safe and effective outcomes.”