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Bariatric Surgery



MONMOUTH MEDICAL CENTER DESIGNATED AS A CENTER OF EXCELLENCE FOR BARIATRIC SURGERY

MONMOUTH MEDICAL CENTER

been named an American Society for Metabolic and Bariatric Surgery (ASMBS) and Bariatric Surgery Center of Excellence (BSCOE)—a prominent designation that recognizes surgical programs with a demonstrated track record of exceptional patient outcomes in bariatric surgery.

Monmouth Medical Center is in its 15th year of performing bariatric surgery and has received the

designation for the maximum three-year term, reserved for applicants who exceed the requirements for full approval. To earn a Center of Excellence designation, the medical center underwent a site inspection during which all aspects of the New Jersey Bariatric & Metabolic Institute at Monmouth's surgical processes were closely examined and data on health outcomes was collected.

"Our outstanding quality of care,

low complication rate and high level of surgical experience distinguish our bariatric surgery program," says Frank Borao, M.D., FACS, FASMBS, director of minimally invasive esophageal and gastric surgery.

According to the ASMBS, centers are given this designation if they "can demonstrate an ongoing commitment to excellence in the care of bariatric surgical patients at the highest levels of the medical staff."

ASMBS is the largest society for this specialty in the world. The vision of the Society is to improve public health and well-being by lessening the burden of the disease of obesity and related diseases throughout the world.

Recognized as a serious disease that compromises quality of life and increases the risk of death, morbid obesity is characterized by individuals having a Body Mass Index (BMI) greater than 40, which equates to being about 80 pounds overweight for a female and 100 pounds overweight for a male. Severe obesity can lead to life-threatening diseases including diabetes, hypertension and pulmonary compromise.

More than one-third of U.S. adults are obese, according to the Centers for Disease Control and Prevention, which estimates there are 200,000 weight-loss surgeries nationwide each year, an upswing from pre-recession levels. Faced with clinical evidence that the most experienced bariatric surgery programs have the lowest rates of complications, the ASMBS Centers of Excellence Program was created to recognize bariatric surgery centers of high quality.

"Surgeons reviewed by ASMBS must have performed enough successful cases to merit the designation," says Steven Binenbaum, M.D., FACS, another laparoscopic, fellowship-trained bariatric surgeon at Monmouth "It is a comprehensive assessment and an honor to have our program recognized."

The main surgical procedures performed at Monmouth Medical Center for obesity are laparoscopic

gastric banding, sleeve gastrectomy and the Roux-en-Y gastric bypass. With the gastric bypass, the size of the stomach is reduced and a portion of the small intestine is bypassed, and with the sleeve gastrectomy, a portion of the stomach is removed, restricting the amount of food that can be eaten. Gastric band is an implanted device that restricts the amount of food a person needs to feel full.

Monmouth Medical Center is the leader in minimally invasive surgery, and was the first in New Jersey to perform laparoscopic gastric bypass and is among the highest experienced centers in the tri-state area.

"Monmouth offered the first bariatric surgery center in the region, and Dr. Borao and Dr. Binenbaum have vast experience and have compiled the lowest complication rate in New Jersey for bariatric surgery, and one of the lowest in the nation, at less than 1 percent," says Mark K. Hirko, M.D., FACS, chairman, Department of Surgery at Monmouth. "Because of their level of skill, Monmouth has been recognized

as one of the outstanding bariatric surgery centers in the state."

Michael A. Golfarb, M.D., FACS, program director and immediate past chair of surgery at Monmouth, notes that as rescue surgeons, Dr. Borao and Dr. Binenbaum have laparoscopically operated successfully on bariatric patients with complications from other surgeries performed elsewhere. Additionally, he notes that upon successfully completing hundreds of bariatric surgical procedures, they began to apply their advanced laparoscopic skill set to the removal of diseased portions of stomach and esophagus, and that they have the largest series of hiatus hernia operations completed in the region.

"All cases have been scrutinized regarding outcomes and complications," he says. "The intense outcome reviews for all surgery at Monmouth Medical Center has been part of our patient safety program since 1998."

To achieve ASMBS Center of

Excellence designation, a facility must also show that they have a program that provides cross-functional team support to bariatric surgery patients.

In addition to bariatric surgery, Monmouth Medical Center offers a multidisciplinary comprehensive approach to weight loss, which was factored into the analysis by the ASMBS.

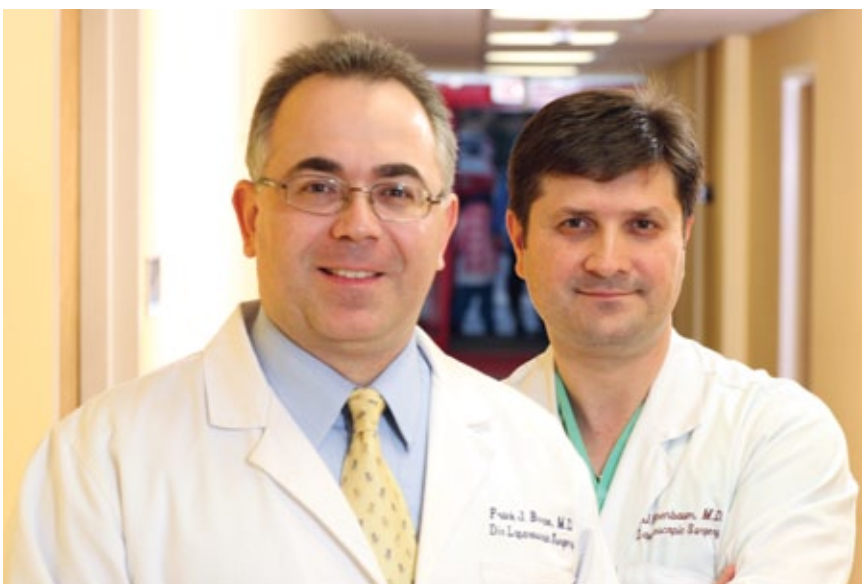
"We provide a full complement of services that support patients before, during and after surgery," explains Dr. Binenbaum. "You have to have a lifelong commitment to the weight-loss process and we provide the resources patients need for a successful long-term outcome."

The Bariatric Surgery Center of Excellence partners with the Barnabas Health Obesity and Weight Management Center to provide support programs. The Obesity Center was developed to assist with lifestyle management before and following gastric bypass surgery. Individualized treatment plans include: nutrition counseling, supervised exercise programs monitored by exercise physiologists, psychotherapy, support group participation, and integrative therapies such as acupuncture, massage and hypnosis.

Monmouth Medical Center established its New Jersey Bariatric & Metabolic Institute by combining the services provided by the Bariatric Surgery Center of Excellence and the Medical Weight Management outpatient services to provide individualized comprehensive weight management strategies and support programs for all patients. Individualized treatment plans include nutrition counseling, supervised exercise programs, psychotherapy and support group participation and integrative therapies.

◀ Frank Borao, M.D., FACS, Left, with Steven Binenbaum, M.D., FACS.

"OUTSTANDING QUALITY OF CARE, LOW COMPLICATION RATE AND HIGH LEVEL OF SURGICAL EXPERIENCE DISTINGUISH OUR BARIATRIC SURGERY PROGRAM."



OCEAN RESIDENT UNDERGOES TRANSFORMATION FOLLOWING WEIGHT LOSS SURGERY

FOR A SELF-PROCLAIMED emotional eater like Sally Dillon, 51, of Ocean, the decision to undergo bariatric surgery for weight loss was an extremely difficult one. At 6-feet tall and with a body mass index of 57—a number putting her in the super morbidly obese category—she knew the process would be a significant lifestyle change, and she wanted to do it the right way.

Initially, Sally began attending new patient weight loss lecture sessions and support group meetings at Monmouth Medical Center for those considering weight loss surgery to seek guidance. Due to requirements from her insurance company, Sally also began meeting with Samar (Sam) Habiby, MPH, a Registered Dietitian at Monmouth's New Jersey Bariatric & Metabolic Institute.

Through her work with Sam, Sally began losing weight, but after 15 months, she still had a ways to go.

"It was a big decision for me to determine if I wanted to go through the risk of the procedure. I went to a number of the support group meetings at Monmouth Medical Center before and after making my decision," says Sally. "I liked being around people who were in the same boat and there's a big mental piece to WLS and how to deal with a new way of eating. This isn't anything anyone should take lightly."

It was then Sally met with Steven J. Binenbaum, M.D., FACS, weight loss and minimally invasive surgeon at Monmouth Medical Center, to discuss surgical options.

"I suffered from hypertension,

high cholesterol and gastro esophageal reflux disease (GERD). I also had a lot of weight to lose. Dr. Binenbaum explained the options and percentagewise, I'd lose more with the bypass. It was also a better solution for GERD. This was a one-shot deal for me, and I wanted to get it right," said Sally.

"Gastric bypass, often called the 'gold standard' of bariatric surgery, involves dividing the stomach, resulting in restriction of the amount of food you can eat, and rerouting the digestive system, resulting in malabsorption of certain vitamins, minerals and iron," said Dr. Binenbaum. "Surgically changing the anatomy is what ultimately creates the weight loss and resolution of certain co-morbid conditions, typically type 2 diabetes, hypertension, GERD and sleep apnea."

In performing the surgery, Dr. Binenbaum made small incisions in Sally's abdomen. He then inserted a tiny camera, or laparoscope, and thin surgical instruments through the incisions to perform the surgery—allowing for a faster recovery.

Gastric bypass surgery patients lose between zero to two pounds per week, which can average up to 80-85% of excess weight in over the next 12 – 24 months after surgery.

Just more than two years post-

surgery, Sally did get it right. She successfully lowered her BMI to 24 and now wears a size 4/6, down from a size 34. She continues to attend support group meetings, incorporate exercise to her life on a daily basis, a habit she started while working with Sam before she had surgery

"I thought it was important to continue meeting with Sam," says Sally, who still meets with Sam monthly. "It was a huge lifestyle change for me. Having the ability to touch base with someone that cares and understands what you're going through really helps me. That's also why I enjoy going to the group meetings – I've made so many good friends there. It's amazing to see people shrink in front of your eyes and blossom."

Sally's weight loss and bypass procedure were so successful, she even recently underwent a tummy tuck and body lift to remove excess skin with plastic surgeon Aaron Capuano, M.D. When she expressed to Dr. Capuano she hoped to lose an additional 20 pounds, she was shocked at his response. "He said to me, 'you don't have any fat on your stomach, you are thin'—I was so surprised. I've never had anyone, let alone a doctor, say that to me before. If I lose any more weight, it's just from exercising and eating right, which is something I actually enjoy doing now!" For Sally, surgery was just a tool and certainly not the easy way out.

"I still had to change the way I was eating, exercising and thinking, but the surgical team was there any time I had issues. Through the whole process, Dr. Binenbaum, Dr. Borao and the entire staff were wonderful. They always explained what was going on. Any time I had an issue that was related, they were very concerned and kind," said Sally.

Following Sally's tummy tuck, Dr. Binenbaum stopped by to check in on her. "I didn't even know he knew I was there. It's amazing actually. I was just one of so many patients he had, more than two years ago at that, and he continues to keep track."



◀ Ocean Township resident Sally Dillon.

WEIGHT LOSS SURGERY HELPS MONMOUTH MEDICAL CENTER PET THERAPY VOLUNTEER LOSE THE WEIGHT FOR GOOD

FOR 63-YEAR-OLD FRED WEST, a lifetime of struggling to lose weight only to inevitably regain it resulted in an expansive wardrobe, only outdone by his waistline. The Ocean Township resident and retired high school assistant principal has a background in health and exercise physiology, but having the knowledge did not guarantee successful weight loss results.

"I remember my mom taking me to Fisch's department store on the west side of Asbury Park in August of 1960 to get some school clothes, and that when the salesman told Mom that 'husky' pants were a new offering, her joy was complete," Fred said. "At about the same time I began to realize that when my Aunt Rose referred to me as 'butterball' it was not really the loving compliment I thought it was. I belonged to a big Italian family where pasta and pastries were part of the home furnishings, and I think I was overweight for my age by my 6th birthday."

As an adult, Fred said he tried to stay as active as possible throughout his life, even completing the New York City Marathon in 1978 at 200 pounds. A subsequent knee injury during a 10k run put an end to his long-distance running.

"Thereafter, I began to gain four or five pounds a year, resulting in my owning more husky trousers, while embracing the pendulum of losing a few and gaining back several," he said. "Subsequently, it reached a point where knee surgery forced me to ride in a golf cart while the rest of my foursome could walk the course. My weight had become a major threat to the quality of my life."

Although he had heard of weight loss surgery, it wasn't until Fred's neighbor underwent a vertical sleeve gastrectomy procedure in February 2013 that he began to research the

sleeve himself.

"I was way heavier than my 40-something neighbor, and became very interested in the procedure because he came through it so well," he said. "So I entered into my research mode and read and watched videos of the surgery and studied post-op patient forums online. When I understood that most of your stomach is removed and what's left is a very small sleeve holding no more than 4 oz., I actually said out loud to myself, 'now that's portion control!'"

Fred asked his neighbor where his procedure was done and reached out to that same practice, making made an appointment with bariatric surgeon Frank J. Borao, MD, FACS, the chief of minimally invasive surgery at Monmouth Medical Center.

Fred was familiar with Monmouth Medical Center, where he volunteers twice a week visiting patients with his golden retriever therapy dog, Quincy. He would become even more familiar with the hospital and staff while undergoing a six-month pre-surgical medical screening.

"I've come to learn how friendly the staff is, and that Monmouth exudes a confidence that earns your trust," he said. "And Dr. Borao's enthusiasm, experience and confidence assured me that this was the man and this was the place to have bariatric surgery. He explained everything in detail—his patience is remarkable; nothing is too much trouble for him."

Once his surgery with Dr. Borao was scheduled with 10 weeks to go, Fred started increasing his frequency of exercise, hoping that if he improved his overall physical condition, it might result in a quicker recovery. He lost 10 pounds in nine weeks, bringing his pre-surgical weight to 286 pounds.

During surgery, Dr. Borao removed

► Ocean Township resident Fred West and his dog, Quincy.



more than 80 percent of Fred's stomach in a laparoscopic vertical sleeve gastrectomy procedure. By removing a majority of the stomach—including the part that sends hunger signals to the brain—the procedure enforces portion control, as the new, smaller stomach limits the amount of food a person can eat.

"After surgery, I had absolutely no pain—I was able to get up and move around as much as I wanted, and my recovery was complication-free, quick and smooth," he said. "Dr. Borao lifted all my restrictions three weeks post-op, allowing me to resume physical activity."

Just two-and-a-half months after surgery, Fred had lost nearly 60 pounds and significantly lowered his BMI and body fat percentage. The procedure also eliminated Fred's knee and hip pain and greatly enhanced the quality of his life.

"I look forward to exercise now, which makes it more enjoyable and therefore more sustainable," said Fred. "With the sleeve controlling how much you can eat, forever, you have to lose weight—you are consuming less than 1,000 calories daily; it's pure mathematics. It has been a life-altering experience with nothing but great results. Hopefully I can turn my 30-pack into a six-pack."

"I have been blessed with a wonderfully loving wife and family and now an enhanced level of health and wellness thanks to the great work being done at Monmouth Medical Center by Dr. Borao and his team," Fred adds.



ANJELICA'S THRIVES POST SANDY

Nearly a year after being crushed by Superstorm Sandy, Anjelica's—the iconic restaurant in Sea Bright known for its signature dishes the Angry Lobster and the two-pound, double-cut veal chop—reopened its doors and has been bustling ever since.

As the restaurant prepares to celebrate its 18th year, there's one thing that's certain—Anjelica's is here to stay. Ray Lena, owner, credits the ability to prevail through the most challenging times to the overwhelming support he's received from his staff, the community, his clientele and the commitment he feels to them. He says his restaurant is a very tight-knit group in an industry that typically experiences high turnover; the loyal staff—from servers to cooks and busboys—has stayed on for 12 years and more.

This loyalty—not only to his employees, but to the entire community—was evident at Anjelica's opening night attended by dozens of loyal restaurant patrons and community members. "People

gave us a standing ovation," said Ray. "The whole place erupted—it was like the crescendo." Even after a nearly year-long wait, every person who worked for Ray came back after the storm. "It was comforting for all of us to be intact," he continued.

Flashback to Superstorm Sandy. Ray recounts how they weren't able to get into the town for weeks. When Ray, his daughter Anjelica, whom the restaurant is named after, and Matias Britos, restaurant manager, set foot into the restaurant for the first time to see the devastation, they cried. Anjelica's was completely destroyed. Only three things in the restaurant remained: the front door, a brick wall and a mirror. Nothing else. No ceilings. No walls. Everything was submerged under 6 feet of water.

Ray says their first thought was, "It was a not a matter of what are we going to do, but are we going to be able to do this?" After months of serious discussion and weighing the pros and cons, they decided they weren't going to give up. The family put a sign over

◀ Restaurant namesake Anjelica Lena and manager Matias Britos hold the restaurant's American flag that was shredded during Hurricane Sandy. It was later found nearby and returned to her and her father, who had it framed for display in the restaurant.

what was left of their restaurant: "No Retreat ... No Surrender"—a reference to Bruce Springsteen's song "No Surrender."

Now, Anjelica's is back in business and busier than ever. "People in Sea Bright, especially the town council and other business owners, really encouraged us to come back. We're blessed to be one of the cornerstone businesses of the town," said Ray.

As if the rebuilding process wasn't stressful enough, the Lena family dealt with another extreme hardship—Phyllis, Ray's wife and mother of Anjelica, became very ill and passed away after a long and courageous battle with cancer, just two months before the opening. "We felt very blessed and supported by our customers throughout everything," said Anjelica. "The first couple of nights we opened were spectacular—but bittersweet without my mom. She would have loved it. I give my dad so much credit for all the effort he put into the rebuilding process."

The brand new Anjelica's is now a little bigger and brighter but has the same warmth as before. It features a more industrial feel with galvanized steel lights made from old funnels from a grain silo, used reclaimed barn wood for wall paneling and a Tuscan rustic décor in the dining room. The brick wall still remains to help maintain familiarity. The family recently installed a high-tech acoustical ceiling that offers the unique look of a tin ceiling but absorbs sound. "I'm especially proud of my daughter. She did all of the design work," said Ray.

"The front door managed to survive and that's special to me because it's one of the first things my mom and dad selected when they built the restaurant 18 years ago," said Anjelica.

Now preparing for another summer season, Anjelica's puts meaning behind the refrain "stronger than the storm."

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Anjelica's

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