

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

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WELCOME LETTER

WE ARE COMMITTED TO YOUR HEALTH

THE NUMBER OF AMERICAN ADULTS CONSIDERED overweight or obese has increased substantially in the last two decades. With obesity comes a number of health issues, including the increased risk of Type 2 diabetes, heart disease and stroke.

At Monmouth Medical Center, we understand that the struggle with obesity is often complex and can be influenced by physical, environmental, social, economic and psychological factors.

Permanent weight loss requires lifelong changes and commitment. In this issue of *Monmouth Health & Life*, we introduce you to four members of our community who have had remarkable weight loss success thanks to the comprehensive approach taken by our Bariatric Surgery Program.

In addition to surgeons, Monmouth Medical Center's weight-loss team includes nutritionists, clinical psychologists and a bariatric coordinator. Additionally, our support groups are designed to help you through your journey, as we provide the highest quality care before, during and after surgery.

Our long-term commitment to your health features a detailed treatment plan, beginning with education and lasting through recovery and post-surgical support. Our surgeons and staff are some of the most experienced in the state, and we have outstanding success rates. Our post-surgical care and support result in an ongoing relationship to promote a successful long-term outcome for each patient.

As president and CEO of Monmouth Medical Center, it is so gratifying to me to know how our programs and services are transforming lives. For us at Monmouth, "Let's Be Healthy Together" is more than our tag line—it is our mission.

BILL ARNOLD
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER AND THE
UNTERBERG CHILDREN'S HOSPITAL



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IN GOOD HEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

LOST & FOUND

FOUR MONMOUTH MEDICAL CENTER BARIATRIC SURGERY PATIENTS ENJOY FREEDOM FROM CHRONIC DISEASES AFTER LOSING WEIGHT.

FOR MANY, WEIGHT LOSS IS NOT JUST A means to look good at a reunion or fit into a favorite pair of jeans. For the nearly one in four New Jerseyans who are obese, it is a matter of life or death.

Obesity is influenced by physical, environmental, social, economic and psychological factors and puts people at high risk for serious conditions, including type 2 diabetes, heart disease, stroke, joint damage and even certain cancers. To address this complexity, Monmouth Medical Center (MMC) created the New Jersey Bariatric & Metabolic Institute and Weight Loss Surgery Center, where a team of experienced medical experts offers a comprehensive approach to weight loss.

Because weight loss is a journey, not a destination, the teams at MMC include nutritionists, clinical psychologists and bariatric coordinators. They also run support groups to emotionally assist patients. Thanks to this comprehensive approach, MMC has been the site of life changing procedures that not only helped countless patients look and feel better, but helped them live longer, happier, less complicated lives.



TO LEARN MORE ABOUT WEIGHT-LOSS SURGERY AT MONMOUTH MEDICAL CENTER OR FOR A SCHEDULE OF NEW PATIENT LECTURES,

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LYNNETTE AND MICHAEL MARTIN »

Lynnette and Michael Martin of Middletown knew that getting healthy again would be an uphill battle, but with the help of weight-loss surgery, they faced the challenge together.

When the couple married nearly 30 years ago, Lynnette, an administrative coordinator for a local engineering firm, weighed 100 pounds. But after having two children, the life of a busy working parent often meant eating on the go and little time for exercise.

By 2017, Lynnette, now age 54, was 5'1" and weighed 262 pounds with a body mass index (BMI) of 48. She suffered from sleep apnea and hypertension. Lynnette's 6-foot-tall husband Michael, now age 51 and working in telecommunications, weighed 420 pounds with a BMI of 57. He also had sleep apnea.

In addition to the obesity-related medical conditions, the extra pounds interfered with the Martins' lifestyle. The couple enjoyed traveling with their two children—Jessica, 23, and Michael, 21—but they were having an increasingly difficult time keeping up with them. "We do an annual pilgrimage to Disney, and on our last two trips I had to rent a Rascal (mobility scooter)," Lynnette says. "It was the only way I could get around. I felt awful, so it was time to say this can't continue. Michael and I were both at the point where we saw all the limitations of the weight gain."

The Martins began to research weight-loss surgery, and in January 2017, they attended one of MMC's new patient lectures, where they met Frank J. Borao, M.D. Dr. Borao is board certified and fellowship trained and has been the director of Minimally Invasive Surgery and Bariatric Surgery at MMC since 2001. "We see patients coming in who are morbidly obese with diabetes and high blood pressure, taking multiple



Frank J. Borao, M.D.

medications and having issues with vision and losing sensation in their extremities," says Dr. Borao. "By performing a procedure that can remedy these issues, we can change their lives



and give them more longevity. Most patients live 15 to 20 years longer."

"When we met Dr. Borao, we immediately felt at ease," Michael recalls. "He embraced us as a couple. Dr. Borao is very thorough and patient. We felt very informed and well prepared for our surgeries."

Dr. Borao was frank with the Martins, particularly with Michael. "Dr. Borao said to me, 'how many 425-pound 65-year-old men do you see walking around?' And that clicked."

In July 2017, Lynnette underwent sleeve gastrectomy, a procedure that creates a vertical "sleeve" of the stomach that is about the size of a banana. The rest of the stomach is removed. Three months after surgery, Lynnette had lost 50 pounds and her BMI was reduced to 40.

Two weeks after his wife's surgery, Michael's sleeve gastrectomy was performed. At his three-month follow-up visit, his weight was down by 85 pounds.

The surgeries were done laparoscopically through four puncture holes the size of mosquito bites and a one-inch incision. The surgery typically requires an overnight hospital stay, and patients are expected to be totally back to their normal routines in about four weeks.

To date, Michael has lost 125 pounds and Lynnette lost 77 pounds. "We lost a combined weight of more than 200

pounds—that's like losing a whole other large person!" Michael says.

Dr. Borao says every patient at the MMC Bariatric & Metabolic Institute and Weight Loss Surgery Center is treated like family and they only make recommendations they would to their own families. "When a patient first comes to see us, we spend quite a bit of time going over the actual problem and looking at the best option to maximize a good outcome," Dr. Borao says. "This is not just a one-time encounter [with the patient] and then the operation. It's a multi-disciplinary approach. Many members of this team are going to be a part of the patient's care—the operating room team, the floor nurses and ancillary services. Over the years, we've established an excellent team at MMC."

Weight-loss work continues for the Martins. They have flipped the script on how they approach food, from living to eat to eating to live. They also continue follow-up visits with their medical team, attend support groups and meet with nutritionists to ensure their long-term success.

"Doing this surgery together was lifesaving," Michael says. "Doors are opening to things we were restricted from doing for 20 years. I feel like I am getting to be the person that's always been inside me."

continued



« LUANNE TRPISOVSKY

About two years ago, Middletown grandmother and hairstylist Luanne Trpisovsky was taking medication for high blood pressure and high cholesterol. She had been suffering from lupus since 2011 and battled breast cancer in 2015. At 62, Luanne was 5 foot tall, weighed 221 pounds, and her BMI was 43.

"I finished my last radiation treatment for breast cancer in June 2016, and decided I wanted to change my life," she says. "I was tired of being fat and unhealthy."

Trpisovsky's best friend had weight-loss surgery, and she was inspired to explore that option for herself. She attended a new patient lecture at MMC and met Steven J. Binenbaum, M.D. "Dr. Binenbaum was fantastic," she recalls. "He discussed my lupus and told me that gastric bypass was the better weight-loss surgery option for me because of that illness."

"The bariatric weight loss surgery [a patient] will end up with can be a difficult decision," Dr. Binenbaum says. "Patients can expect total honesty from me on what I think is the best option. We discuss, come to an agreement and get on the same page about what option will give the patient a prolonged life."

Dr. Binenbaum is board certified and fellowship trained. He started his career with MMC during his general surgery residency in 2007. Here, he went on to serve as chief surgical resident and earn the Dr. Cyril S. Arvanitis Memorial Award, given to the surgical resident who epitomizes the important virtues of dependability, efficiency and promptness in the conduct of his work.

Gastric bypass surgery reduces the stomach's functional volume and response to food, dividing it into a smaller, upper pouch and a larger, lower portion. Both sections are then connected to the small intestine.

One year and 100 pounds after her surgery, Trpisovsky no longer needs to take any medication related to high blood pressure and cholesterol. What's more is that her lupus is in remission. Now, Trpisovsky is working to maintain her weight loss. "I eat everything in



Steven J. Binenbaum, M.D.

moderation—cottage cheese, yogurt and protein shakes—and I make sure I take my vitamins," she says.

Trpisovsky is enjoying life with her husband, Charles, and their children and says she wishes she had the surgery sooner.

PHILLIP TSAMBAZIS »

At 53 years old and weighing 336 pounds, Phillip Tsambazis of Toms River was facing a health crisis. The 6-foot-1 father of three adult sons suffered from sleep apnea, chronic obstructive pulmonary disease (COPD), atrial fibrillation (AFib) and edema in his legs. He was on multiple blood pressure pharmaceuticals and a high dosage of cholesterol medication. Tsambazis also worked a high-pressure job as a supervisory officer with the Department of Homeland Security. Tsambazis' cardiologist, pulmonologist and primary care physician all were concerned that if he didn't lose weight, the outcome could be fatal. His doctors advised that he explore bariatric surgery and recommended he meet with surgeon Steven J. Binenbaum, M.D.

"The circumstances were so difficult to comprehend," Tsambazis says. "Right up until the surgery, I couldn't believe I was actually going to do it. I was afraid I'd never wake up and was very concerned about my parents and children if something went wrong during surgery."

Tsambazis took comfort in Dr. Binenbaum's care. "He was phenomenal," says Tsambazis. "Dr. Binenbaum has the best bedside manner and goes the extra yard to make sure everything was explained to me properly. I trusted him so much that I came back to have him fix my hernia. The staff at MMC was outstanding. It is the most courteous, kindest and professional staff on the planet."

Not only did Tsambazis survive, he is now thriving. After the surgery, Tsambazis lost 130 pounds and hasn't been at his current weight since he was in high school in 1979. And his health has significantly improved. Tsambazis no longer has sleep apnea, COPD or edema and was able to come off of his prescription medications.

"The most rewarding part [of what I do] is that I get to have an immediate impact on someone's disease," Dr. Binenbaum says. "I get to see patients getting better right in front of my eyes instead of continuing to treat them on a chronic basis with medication. Patients walk out of the hospital not needing their medication and that is the biggest reward."



A FELLOWSHIP IN THE ART OF RECONSTRUCTION

AN EXCLUSIVE FELLOWSHIP THROUGH MONMOUTH MEDICAL CENTER HELPS ORAL AND MAXILLOFACIAL SURGEONS COMBINE SURGICAL PROWESS WITH STATE-OF-THE-ART AESTHETIC TECHNIQUES.

LIKE MODERN DAY RENAISSANCE MEN

and women, surgeons have to be fluent in both the art and the science of their practice. That is why Manolis Manolakakis, M.D., developed an innovative cosmetic fellowship to train oral and maxillofacial surgeons to take a multidisciplinary approach to maximize patient results.

Ten years ago, Dr. Manolakakis had the drive and foresight to follow up his oral and maxillofacial surgery (OMS) training with a cosmetic surgery fellowship. Dr. Manolakakis feels the experience truly helped him to fully develop his skills in this area of expertise. Today, he is presenting this same opportunity to others as director of the Facial Cosmetic and Reconstructive Surgery Fellowship at Monmouth Medical Center (MMC).

"We in the OMS specialty are experts in everything from the neck up, and more than capable of reconstructive facial surgery," Dr. Manolakakis says. "We are attuned to the aesthetic components. We have to be. Nobody wants unnecessary scarring and nobody wants to look like they've been put back together. That's a big reason I added a cosmetic surgery fellowship to my training—to take these skills to the next level. I want to be able to combine surgical prowess with state-of-the-art aesthetic techniques for the very best outcomes in reconstructive and elective facial surgery."

The Facial Cosmetic Surgery Fellowship at MMC emphasizes all aspects of facial cosmetic and reconstructive surgery within Dr. Manolakakis' successful private practice. Over a 12-month period, fellows receive highly focused, graduated responsibility in all aspects of cosmetic and reconstructive facial surgery. This prestigious fellowship is



Dr. Manolis Manolakakis, right, and Dr. Jeremy May.

one of the only two CODA accredited oral and maxillofacial clinical cosmetic fellowships in the country, so it is in high demand. Dr. Manolakakis reports that he has applicants from all over the world for this incredible opportunity.

"The fellowship provides advanced training as a facial specialist in aesthetics and surgery," Dr. Manolakakis says. "It is designed to give the applicant broad exposure and experience in the full range of facial cosmetic surgery, such as reconstructive surgery, including facial trauma, jaw surgery and cleft lip/palate correction. Non-surgical options include injectables, various lasers and medical skin care."

Jeremy May, M.D., who completed a maxillofacial residency at Yale New Haven Hospital, was the first fellow and com-

pleted the program on June 28. "I feel extraordinarily privileged to train with Dr. Manolakakis," he says of his experience. "I gained extensive hands-on experience in cutting-edge technologies in Botox, fillers, lasers and facial cosmetic surgery, including facelifts, eyelid rejuvenation, rhinoplasty and other procedures. In my eyes, this is easily the most exciting new facial cosmetic fellowship opportunity in the country across specialties."

Dr. Manolakakis has more than a decade of experience in academic, clinical and private practice setting. In 2006, he founded Advanced Facial Surgery, a private practice in Shrewsbury. He is certified by the American Board of Oral and Maxillofacial Surgery and American Board of Facial Cosmetic Surgery.

TO LEARN MORE ABOUT SURGICAL OPTIONS AT MONMOUTH MEDICAL CENTER, CALL 888.724.7123.

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