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**NEW INCISIONLESS WEIGHT LOSS SURGERY IMPROVES
SUCCESS RATES FOR OBESE PATIENTS**

-- Doctors Ward and McLean Performed the First and Most StomaphyX Surgeries in NJ --

Morristown, N.J. – (August 4, 2008) – An estimated 4 million Americans are morbidly obese, weighing 100 pounds or more above their ideal body weight. Obesity can lead to many chronic health problems and can even result in death. For those who have struggled to lose weight unsuccessfully for years, surgery may be the path to a healthier life. Surgeons at Allied Surgical Group are experienced in the most advanced laparoscopic obesity surgeries available: LAP-BAND Adjustable Gastric Banding and gastric bypass, as well as a new follow-up treatment called StomaphyX™. Drs. David Ward and Edward McLean have performed the first and the greatest number of StomaphyX surgeries in New Jersey.

The National Institutes of Health (NIH) Consensus Conference on Obesity has stated that surgery is an appropriate treatment for severe cases of this serious and sometimes disabling disease. Obesity is strongly linked to chronic diseases such as diabetes, high blood pressure, high cholesterol, heart disease, gallbladder disease, and breast and colon cancers.

“Weight loss surgery is safe, effective and transformative,” said Dr. McLean, Allied Surgical Group. “Patients gain control over their weight and often report that they have more energy and increased productivity. The medical benefits can also be profound, with many patients reducing or eliminating the need for medications to treat obesity-related diseases.”

Who Is a Candidate for Weight Loss Surgery?

People with a Body Mass Index (BMI) between 40-60 may be good candidates for surgery. It may also be appropriate for those with a BMI between 35-39 if they have other serious obesity-related health problems.

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Types of Weight Loss Surgery

LAP-BAND Adjustable Gastric Banding

The LAP-BAND allows patients to gradually lose weight by reducing the amount of food the stomach can hold at one time. The surgeon places a small adjustable band around the top of the stomach that the doctor adjusts after surgery. LAP-BAND patients need less food to feel full and they stay full longer – so overall food intake is reduced. The procedure takes about an hour and does not require an overnight hospital stay. Most patients can return to work and to normal activities within 3-5 days.

LAP-BAND patients can expect to lose 1-2 pounds each week for 1-2 years following surgery, until the maximum amount of weight is lost. It is a reliable way to support slow, long-term weight loss. This type of surgery offers patients a quick rate of recovery and is reversible if necessary.

Gastric Bypass Surgery

Gastric bypass surgery, also known as bariatric surgery or stomach stapling, is a surgical procedure that reroutes the digestive tract. It is an in-hospital procedure that takes between 1-2 hours. Most patients go home after a two-night hospital stay and return to work in two weeks.

Most patients will lose 20-30 pounds in the first month and continue to lose weight up to six months or a year before stabilizing. Within the first two years, most patients will lose 50-60 percent of the excess weight. Long-term success in keeping the weight off can occur with careful management of diet, nutrition and exercise. Those who attend support groups achieve better results.

StomaphyX Surgery

Those who regain a substantial amount of weight may be candidates for a new follow-up procedure that further reduces the size of their remaining stomach or pouch. StomaphyX is done by reefing the lining of the stomach with stitches, thereby shrinking it. The procedure is safe and is done through the mouth, without an incision.

Patient Experiences

Lee (46), Basking Ridge, Somerset County

Now a development director for the Boomer Esiason Foundation, Lee was a fit student athletic trainer at the University of Maryland with Boomer Esiason. He gained a tremendous amount of weight when he purchased a printing business and shifted priorities from health to work after college. He was 160 pounds overweight at the time of his gastric bypass surgery in May 2008.

Reesheda (33), Parsippany, Morris County

Reesheda's two jobs and night school left her little time to focus on health. She weighed 280 pounds and had a pre-diabetic condition at the time of her gastric LAP-BAND surgery in June 2007. She has lost approximately 90 pounds and is successfully working toward her goal of reducing her weight by 150 pounds over a two-year period.

Ramona (59), Lakewood, Ocean County

Ramona, a certified geriatric nurse educator struggled with weight and weight loss strategies her entire life. She chose to undergo gastric bypass weight loss surgery in 2005 when she was 278 pounds because there was a strong family history of diabetes, including her own. She lost more than 100 pounds in the first year after surgery and she is asymptomatic of diabetes. In June 2008, Dr. Ward performed StomaphyX surgery to further maintain Ramona’s ability to control her eating and weight.

“It is important to understand that weight loss surgery is not a magic bullet and does not guarantee permanent weight loss,” said Dr. Ward. “Success is achieved only in patients who are ready and willing to make a lifelong commitment to behavioral changes and medical follow-up.”

Patients considering weight loss surgery are encouraged to attend an educational seminar at Allied Surgical Group. Seminars are held the first Thursday of each month at 7 p.m. at Allied Surgical Group, 261 James Street, Morristown. Reservations can be made by calling 973-267-6400.

About the Doctors

Edward R. McLean Jr., M.D., F.A.C.S.

Board certified in general surgery and surgical critical care, Dr. McLean is a surgeon at Allied Surgical Group in Morristown, N.J., and an attending physician at Morristown Memorial Hospital, where he is vice chairman of the Department of Surgery. He specializes in vascular, general, advanced laparoscopic and weight loss surgery.

David S. Ward, M.D.

Dr. Ward is a board-certified surgeon and fellow of the American College of Surgeons. He practices at Allied Surgical Group, Morristown, N.J., and is an attending physician at Morristown Memorial Hospital and Somerset Medical Center. He specializes in laparoscopic weight loss surgery, advanced laparoscopic procedures and general surgery.

About Allied Surgical Group

Allied Surgical Group is comprised of eight board-certified surgeons experienced in a wide range of surgical procedures. Areas of expertise include oncology, vascular, advanced laparoscopic, obesity surgery and minimally invasive surgery. Together they care for patients throughout the tri-state region, with compassion and integrity. Allied Surgical Group is located at 261 James Street, Suite 2G, Morristown, N.J. For more information, call (973) 267-6400 or visit www.alliedsurgical.org.

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