

# AtlanticView

at Overlook | Spring 2018

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## A BETTER LIFE THROUGH WEIGHT LOSS

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# A BETTER LIFE THROUGH WEIGHT LOSS





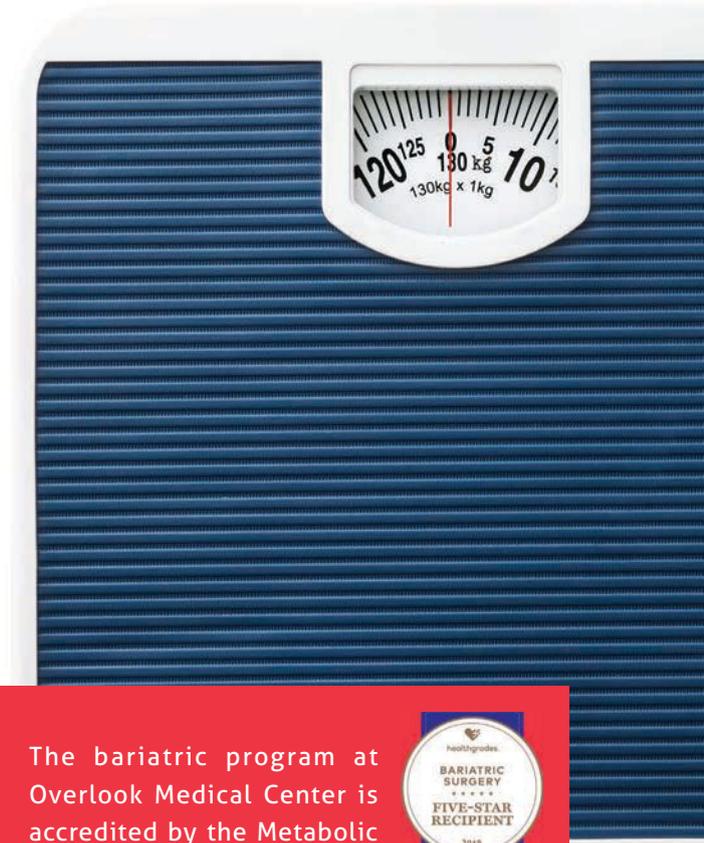
## Bariatric surgery provides an effective pathway to health and wellness

**W**hen Kathleen Magalhaes-Jardim looks in the mirror these days, she sees half the person she used to be, and all of the person she has worked so hard to become.

For years, Kathleen – like so many people – watched as the numbers on the scale grew larger and her world became smaller. “I wasn’t able to play games with my kids, and they started to ask questions about why I couldn’t do certain things,” she says. “That broke my heart.” It was not that she did not want to run around with her son and daughter; rather, at 250 pounds, her weight was holding her down.

In December 2015, Kathleen underwent bariatric surgery at Atlantic Health Weight & Wellness Center at Overlook Medical Center, where Joao Lopes, MD, performed a laparoscopic gastric sleeve. By removing part of the stomach and joining together the remaining portions, the surgeon forms a sleeve that is a fraction of the size of the former stomach. This smaller stomach means patients feel full much faster than they did prior to surgery, and are therefore unable to eat as much. Additionally, the part of the stomach that produces ghrelin, “the hunger hormone,” is removed during surgery.

“Most diets don’t work,” says Dr. Lopes. “People gain back the weight or even gain more weight. But with bariatric surgery, we recalibrate the stomach so it’s smaller, and we also reset the metabolism. We give patients the tools they need in order to succeed,



The bariatric program at Overlook Medical Center is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint accreditation program between the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery. The multidisciplinary program is recognized as No. 1 in New Jersey for quality and volume, and Overlook received a Healthgrades® award for bariatric surgery, ranking it among the top 5 percent in the country.



**For more information about bariatric surgery, call 908-598-6517.**

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– Kathleen Magalhaes-Jardim

but they still need to commit to making lifestyle changes.”

Prior to her surgery, Kathleen was dealing not only with obesity but with sleep apnea, and she teetered on the borderline of diabetes. She knew that if she did not take this step, then her health would continue to decline. In fact, reports Dr. Lopes, complications from obesity are now the second leading cause of death in the United States.

For Kathleen – who has lost more than 100 pounds and has gained newfound energy – her only regret is that she did not have surgery sooner. “I’m completely a new person,” she says proudly, noting that she can now ride bikes with her kids, Nichollas, 10, and Nathallia, 9. “I can participate in their activities. I used to tell them, 'Go from here to there' – but now I actually go with them. This is the new me!” ▲