

Princeton Health



Edie Pannone Overcame Diabetes with Bariatric Surgery

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- Princeton House Helps Men Cope With Trauma

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Princeton Health is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785.

Entire publication
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Princeton Health is published under contract by The Nautilus Publishing Company
www.nautiluspublishing.com
T: 662.513.0159

Curing Diabetes: Is Metabolic Surgery Right for You?

Edie Pannone used to avoid having her photograph taken with her two children, Kristi and Jessi. Dangerously obese, a condition that led to her developing diabetes, she was always tired and struggled to keep up with work and family demands.



"I travel a lot with my job, and it was tiring just getting in and out of the car," recalls Pannone, of New Egypt.



She had no success losing weight with dieting and lifestyle changes, and by early 2014 she was taking three oral medications, plus insulin, and worried diabetes was putting her at risk for vision and other health problems. In March, Pannone decided to pursue weight loss surgery with Lisa Dobruskin, MD, FACS, (pictured left) Co-Director of Metabolic and Bariatric Surgery at University Medical Center of Princeton (UMCP).

Metabolic and Bariatric Surgery

While bariatric surgery, now also known as metabolic surgery, has long been proven to help people lose considerable amounts of weight, more and more studies are showing it is also an effective way to treat obesity-related diseases, including diabetes, high blood pressure, high blood cholesterol and obstructive sleep apnea.

"Because of the surgery's impact on these metabolic disorders, we have

moved in recent years to referring to it as metabolic and bariatric surgery," says Dr. Dobruskin, who is board certified in general surgery and fellowship trained. "Our hope is this new focus will appeal to more patients, especially men, who often have more severe obesity-related diseases but are less likely than women to pursue treatment."

Patients qualify for bariatric and metabolic surgery based on their body mass index, or BMI, as well as any obesity-related health conditions. UMCP offers a comprehensive program to help patients achieve sustained weight loss, with surgical options that include gastric sleeve, gastric bypass and adjustable gastric banding. Most insurance companies, including Medicare, cover all three procedures for patients who qualify.

The Center for Bariatric Surgery at University Medical Center of Princeton (UMCP) has been accredited as Comprehensive by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint program of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

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UMCP Earns Hospital Recognition Award

The safety and quality of care at University Medical Center of Princeton (UMCP) has earned a recognition award from Horizon Blue Cross and Blue Shield of New Jersey (BCBSNJ) for the fourth consecutive year.



The \$234,700 Hospital Recognition Award was presented recently to Barry S. Rabner, President and CEO of Princeton HealthCare System, which includes UMCP.

“This recognition demonstrates our organizational commitment to exceptional patient care,” says Rabner. “It is the talent and passion of our dedicated physicians, nurses and staff members that makes great results possible. That passion is reflected in the outstanding quality of care we provide and also in our patient satisfaction results, which are among the highest in the country for inpatient services.”

Horizon BCBSNJ’s recognition awards reflect hospital performance on surveys by The Leapfrog Group, a Washington, DC-based coalition working to improve the safety, quality and affordability of healthcare.

Earlier this year, UMCP received an “A” grade in The Leapfrog Group’s most recent bi-annual Hospital Safety Score, which is based on data related to preventable errors, injuries, accidents and infections. UMCP has consistently earned an “A” since the grading began in the spring of 2012.

Horizon Blue Cross Blue Shield of New Jersey (BCBSNJ) presents its Hospital Recognition Award to University Medical Center of Princeton.

Pictured, left to right: Kathleen Ryan, Director of Nursing and Peri-operative Services, Princeton HealthCare System (PHCS); Jill Van Rooyen, Horizon BCBSNJ Network Hospital Specialist; Michelle Merchant, Manager, Horizon BCBSNJ Network Relations; Barry S. Rabner, PHCS President and CEO; James Albano, Vice President of Network Management and Horizon Healthcare Innovations, Horizon BCBSNJ; Dr. Steven Peskin, Senior Medical Director Clinical Innovations, Horizon Healthcare Innovations, Horizon BCBSNJ; and Dr. Eliane Schwartz, Horizon BCBSNJ Medical Director.

Curing Diabetes: Is Metabolic Surgery Right for You? (continued from page 2)

Feeling Stronger, Healthier

Pannone chose sleeve gastrectomy, a minimally invasive procedure intended to reduce the amount of food a person can eat, as well as his or her desire to eat.

“Sleeve gastrectomy or ‘gastric sleeve’ is the most common procedure performed for weight loss today,” says Dr. Dobruskin. “It reduces the size of the stomach to less than one-third of its original size and also reduces the level of ghrelin, a hormone that stimulates hunger.”

Pannone was back to normal activities within a month. Within the first three months she lost 70 pounds and her diabetes began to improve. She now sleeps better, has tremendous energy and has the stamina to interact more with her children.

“I am done with diabetes medications,” she says. “I even posed for photographs for my daughter’s prom.”

To find a bariatric surgeon on staff at Princeton HealthCare System, please call 1800.FINDADR (1.800.346.3237).



See **page 8** for an upcoming program on bariatric and metabolic surgery.