

# Bariatric Surgery: Paving the Road to Weight-loss Success

In October, Phyllis Oppenheimer ran her first half-marathon, crossing the finish line in Atlantic City after running 13.1 miles in just over three hours.

“Running a marathon was a goal I set for myself, and I was determined to reach it,” says the Lawrenceville woman, who has lost nearly 100 pounds since having LAP-BAND® (gastric banding) surgery in 2008.

Battling a weight problem since her teens, Oppenheimer tried various weight-loss plans and diets over the years, but always gained back the weight. As her weight increased, she developed heart palpitations, shortness of breath, and high blood pressure. The turning point, she says, was when she boarded a plane for a business trip and could not buckle the seatbelt.

“I thought, ‘This is terrible. I have to do something,’” Oppenheimer (pictured left) recalls.

After researching her options, Oppenheimer turned to



The Bariatric Surgery Center of Excellence at University Medical Center at Princeton (UMCP), where doctors determined she was a candidate for gastric bypass or LAP-BAND® surgery. She chose the LAP-BAND® because of the shorter recovery and a desire to return to work quickly. Four days after the procedure, she was back on the job.



## Finding a Procedure That Fits

“Finding the right procedure for the patient is a key to a successful outcome. Phyllis was an excellent candidate for the LAP-BAND®, and has done extremely well as a result,” says Wai Yip Chau, MD, (pictured above) a board certified surgeon specializing in bariatric surgery who also performs the latest gastric sleeve procedures.

“The surgery definitely saved my life, but I always tell people it’s just part of the process,” says Oppenheimer, who works with the UMCP nutritionist and works out three to four times a week to help maintain her weight loss. “I’m extremely happy about where I am now, but I work at it every day. That’s part of the process.”

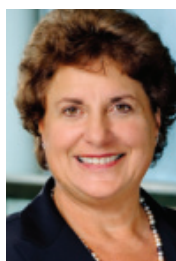
UMCP is one of the few hospitals in New Jersey designated as a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery. Recognized as providing superior bariatric surgery care and meeting or exceeding national standards for equipment, staffing, training, safety and patient outcomes, UMCP has been a Bariatric Surgery Center of Excellence since 2005.

UMCP’s Bariatric Surgery Center of Excellence now participates with most commercial insurance plans, as well as Medicare. For more information, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org/bariatricsurgery](http://www.princetonhcs.org/bariatricsurgery).

## UMCP’s Breast Program Earns New National

**University Medical Center at Princeton (UMCP) has earned national accreditation recognizing the excellence of its full spectrum of breast care, from preventive services such as mammography to the most advanced cancer treatments.**

The National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons, recently awarded the three-year full accreditation to the breast care services provided at UMCP and the UMCP Breast Health Center in East Windsor. UMCP is the first Mercer County facility to earn NAPBC accreditation. Nationwide, accredited centers include breast centers operated by prestigious institutions such as the Mayo Clinic, the University of Chicago, and the Cleveland Clinic.



“We are proud to be among this select group,” says Linda F. Sieglen, MD, MMM, (pictured left) Senior Vice President of Medical Affairs for Princeton HealthCare System (PHCS), which includes UMCP and the UMCP Breast Health Center. “This designation demonstrates the comprehensive, state-of-the-art care we are able to provide, thanks to the skill and commitment of our physicians, nurses and employees.”

Accreditation is available only to programs that voluntarily undergo a rigorous evaluation and demonstrate compliance with NAPBC standards for treating women and men who