



ASBP NEWS

from the American Society of Bariatric Physicians

Bariatric Physicians Question FDA Recommendations to Lower BMI Requirements for Lap-Band Surgery

The American Society of Bariatric Physicians (ASBP) is concerned to learn that the FDA advisory panel recently recommended lowering the BMI requirement for lap-band surgery, while the FDA has denied two new obesity medications within the past six months. Bariatric surgery is a drastic and expensive measure that carries higher morbidity and mortality risks than lifestyle interventions or medication^{1,2}. Patients who could have otherwise lost weight in a quality non-surgical medical bariatric program may now be encouraged to skip medical therapy and jump directly to surgery if the treatment qualifications are lowered.

The ASBP recognizes that significant weight loss, whether achieved through bariatric surgery or medical therapies, has metabolic effects that can drastically im-

prove obesity-related diseases. ASBP supports the use of medically-supervised weight loss programs as the treatment of choice for patients with BMIs between 30 and 35, and believes that the recommendation of the lap-band for patients with BMIs of 30 and above is premature and carries risks that have not yet been considered³.

Effective, non-surgical approaches involving structured diet and exercise, behavioral modification and medication when indicated should be considered first for many of those patients who will now be eligible for surgery⁴. Before a patient ever considers surgery, the ASBP advocates that the patient first seek the help of a qualified bariatric physician, who can implement a medical program that starts with a complete patient work-up, ensuring that metabolic and overall health are not compromised. Proper implementation of a medically-managed weight loss program by a bariatric physician can lead to tremendous success, with long term reversal of obesity related co-morbidities equivalent to surgical interventions minus the risks^{5,6}.

Bariatric surgery will continue to be an option for severely obese patients, but it should be noted that patients who have had bariatric surgery require long-term lifestyle changes and nutritional monitoring to ensure a safe and

EASTERN REGIONAL OBESITY CONFERENCE

Earn Up To
30 CME

- Prepare for Board Certification.
- Gain tips on implementing hormone replacement therapy and treating challenging patients.
- Learn about the metabolic aspects of ketone bodies.
- Network with other physicians.

REGISTER NOW!

Visit www.asbp.org or call 303.770.2526.



TABLE OF CONTENTS

January & February 2011

FEATURES

Bariatric Physicians Question FDA Recommendations.....	1
Commentary: Health Care Reform.....	7
The Wonders of Omega-3 Fatty Acids.....	8
Combating Weight Gain During Menopause.....	10

IN EVERY ISSUE

Membership Update.....	6
Obesity Updates.....	12
ASBP Service Advertisements.....	14
New Members.....	16
Website Referrals.....	16