

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Obese patients face a very high occurrence of this complication after traditional open surgery

Laparoscopy dramatically reduces the incidence of hernias

Morbidly obese patients face a very high risk of developing an incisional hernia after undergoing traditional open surgery. Such complication occurs when the muscles that were cut do not heal well and separate, leading to a bulge or protrusion of the intestines through an opening in the muscle. Up to 20% of patients suffer from that complication after traditional open surgery or laparotomy. On the other hand, this

complication is dramatically reduced after laparoscopic minimally invasive surgery.

Only 1% of obese patients undergoing laparoscopic operations develop an incisional hernia, explains J. R. Salameh, MD, FACS, a bariatric surgeon and a fellowship trained specialist in minimally invasive surgery. This is one of the primary reasons why we preferentially offer laparoscopy to our patients for all types of abdominal operations including weight loss surgery.

Laparoscopic or “key-hole” surgery began to be performed widely in the United States in the early 1990’s for removal of the gallbladder. It is now used routinely by experienced laparoscopic surgeons for heartburn surgery, bowel resection for cancer, spleen removal, and virtually all other surgeries within the belly. In addition to reducing the incidence of hernias, it allows for less post surgery pain, shorter hospital stay, faster recovery, quicker return



to work and to normal activities and superior cosmetic results.

Modern, State-of-the-Art Hernia Repair at Virginia Hospital Center

Hernias of all types are very common and more than half a million hernia repair operations are performed each year. The most common areas where hernias occur are the groin (inguinal), the belly button (umbilical) and the site of a previous operation (incisional). Some hernias are called “recurrent” when they reform after being fixed once or many times before.

The Virginia Hospital Center Hernia Program was established to help patients with all types of hernias, including the most complicated ones. The surgeons are well-recognized experts with extensive experience in all repair techniques from the traditional “open” surgery to the minimally invasive techniques. They help patients decide which operation is best for them.

Most modern hernia repairs require the use of a mesh to repair the defect and are performed on an outpatient basis. Although hernia surgery is usually straightforward, it has to be done right and by an experienced surgeon in order to ensure the best outcome.

Patients can schedule a consultation by calling 703.717.HERNIA

HEALTHY EATING CORNER

TURKEY LOAF (Calories: 152 - Protein: 29g - Fat: 2g)

- | | |
|------------------------------------|--|
| 1 pound ground turkey | 1/4 cup egg substitute, lightly beaten |
| 2 tablespoons dried parsley flakes | 1 tablespoon dried celery flakes |
| 1 tablespoon dried onion flakes | 1 (6oz) can tomato juice |
| 1 teaspoon pepper | Cooking spray |

Preheat oven to 350F.
Combine all the ingredients in a large bowl.
Coat a baking pan with cooking spray. Mound turkey mixture in center of pan to form a loaf and bake for 1 hour.

