

Severely Obese Benefit from Multifaceted Approach to Weight Loss, Says Dr. Feiz

Written by Australian Business

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While the latest and supposedly greatest diet fads flood the market, promising quick and easy results, Michael Feiz, M.D., F.A.C.S., knows that sustainable weight loss is never quick or easy. In fact, Dr. Feiz promotes a weight loss approach for the severely obese that follows bariatric procedures such as [lap band](#) surgery with behavioral modifications for effective, lasting results.

Dr. Feiz believes that noninvasive weight loss methods should be attempted before bariatric surgery, but for many diet and exercise prove ineffective. In fact, recent studies from The Cleveland Clinic have shown that morbidly obese individuals have a failure rate approaching 100 percent after nonsurgical weight loss attempts. These statistics suggest that more aggressive therapy is needed to address severe obesity; and Dr. Feiz champions procedures that are proven to be effective, such as [gastric sleeve](#) surgery.

Dr. Feiz emphasizes that obesity is not a simple cosmetic problem, but one that is very serious with dire health consequences. Indeed, research from the Cleveland Clinic shows that the life expectancy of a man in his 20s is 13 years shorter if he is more than 100 pounds overweight. With such high failure rates for nonsurgical weight loss treatment among morbidly obese individuals, Dr. Feiz highly recommends bariatric surgery as the route to a happier, healthier and longer life. When deciding between [lap band vs. gastric sleeve](#) surgery, Dr. Feiz considers a number of factors that would make the patient a better candidate for one procedure or the other.

Dr. Feiz has been an innovator in the field of laparoscopic gastric sleeve surgery, which involves the removal of a significant portion of the stomach. The result is that patients are able to feel fuller after eating less. It also reduces the sensation of hunger in the first place; the section of the stomach known as the fundus is removed during a sleeve gastrectomy. The fundus produces a hormone called ghrelin, which is what causes the sensation of hunger. Once ghrelin levels are drastically reduced, patients have control over their cravings and feel satisfied after eating much smaller portions.

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Another key benefit of undergoing lap band or gastric sleeve surgery is the fact that comorbidities resolve once significant weight is lost. In fact, studies show that diabetes goes into remission for as many as two-thirds of patients, and high blood pressure resolves in more than half of bariatric surgery patients.

In addition to the expert surgical skill of Dr. Feiz, he also knows that weight loss surgery is not a magic solution. That's why he takes the comprehensive approach to weight loss, by staffing a team of medical experts to help patients change their poor eating habits and lack of physical activity. To learn more about the holistic approach to weight loss surgery, call Dr. Feiz & Associates today at 800-868-5946. A friendly staff member can set up your FREE consultation with Dr. Feiz and help you start your weight loss journey today!

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