

LOS ANGELES, Jan. 13, 2014 /PRNewswire/ -- Following a stint on the currently running season of *the Biggest Loser*, Ruben Studdard stopped by *the Wendy Williams Show* to promote his new album. However, his comments on the talk show last month have left many in the [weight loss surgery](#) community reeling. When asked if he'd ever get a procedure like the [gastric sleeve](#) to supplement his 112-pound weight loss, Mr. Studdard replied that "taking the easy route [sic] out is not something that I should do." The board certified bariatric surgeons of Beverly Hills Physicians would disagree with this sentiment, believing that a gastric sleeve or [lap band surgery](#) is never a light decision.

As the weight loss surgeons of BHP have seen, a bariatric surgery always requires hard work and dedication to sustain a healthy weight. Most people suffering from obesity don't have the resources that Mr. Studdard has at their disposal. This includes his time at the *Biggest Loser* ranch, where Mr. Studdard and his fellow contestants are allowed to dedicate all day, every day to losing weight, including access to physical trainers, healthy food, and an added financial incentive to lose weight. Of course, with all that assistance, it can seem like the easy way out is surgery. Nonetheless, it's more complex than that.

What weight loss surgery helps with is give patients who have tried diet and exercise a valuable tool to conquer obesity. The lap band and the sleeve gastrectomy both help patients feel fuller faster and curb hunger, stopping the overeating cycle that causes obesity. Even though they have assistance with their appetite, patients still must eat healthy, nutritional food and exercise regularly in order to lose sufficient weight. Beverly Hills Physicians knows that this is by no means easy, often requiring a completely new relationship with food, exercise, and health. To help patients learn this new way of eating, the BHP team provides constant assistance, including help from nutritionists, psychologists, and support staff.

For those suffering from the many issues caused by obesity, an elective surgery is never the easy way out. However, a surgery is often more appealing than a lifetime suffering from morbid obesity. Overweight and obesity-related problems include higher risk for coronary heart disease,

high blood pressure, type 2 diabetes, sleep apnea, infertility in women, and even some cancers. This is in addition to the mental toll and seemingly constant discomfort of being overweight in our society. A bariatric procedure helps keep weight off long-term, eliminating these conditions that can shorten and reduce the quality of a person's life.

At Beverly Hills Physicians, bariatric surgeons make it their duty to provide weight loss solutions through the least invasive means. The choice of procedure—gastric sleeve, lap band, etc.—is custom-tailored to the patient's lifestyle and goals. Then, the board certified doctor performs the operation using a laparoscope, which minimizes scarring, pain, and surgical risk.

If you're considering weight loss surgery, where you go truly matters. Your surgery should be performed by experts at the top of their fields who will guide you and support you through every step. This includes education before the procedure, top-notch surgical skill during it, and a dedicated support staff post-surgery to help you acclimate to your new body. These helpful, qualified professionals are the Beverly Hills Physicians difference. To learn more about BHP, including financing and insurance options, call today at 800-788-1416 or visit them on the net at www.beverlyhillsphysicians.com

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