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Clinical Developments and Metabolic Insights in Total Bariatric Patient Care **Volume 5, Number 6 June 2008**

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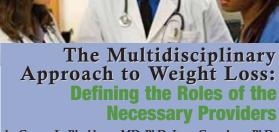
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INSURANCE PERSPECTIVE



by George L. Blackburn, MD, PhD; Isaac Greenberg, PhD; Anne McNamara, RN; Daniel Rooks, PhD, FACSM; Shannon Fischer, MA; and Kristina Day, RD, LD

INTRODUCTION

Obesity has become one of the gravest health concerns in the modern era. Multidisciplinary care aimed at small steps and practical approaches to lifestyle change can be an effective means of treatment for many patients who find it difficult to lose weight. Each member of the team—physicians, dietitians, exercise specialists, behavioral therapists, and nurses—brings a unique set of skills to bear on patient needs. Physicians, for example, address medical issues that might affect weight loss and help patients feel comfortable in a medical setting, while dietitians help patients gradually learn to eat less and incorporate healthier foods into their diets. Exercise specialists teach practical ways to integrate physical activity into dayto-day life; behavioral therapists help patients mentally prepare for the process of lifestyle change and address barriers to change; and finally, nurses, as with physicians, can help patients feel comfortable in a medical setting and assist in the management of medical complications that might affect their ability to lose **Continued on Page 9**



Acute Bleeding After Gastric Bypass

by Candice Jensen, MD; Amir Mehran, MD; and Catherine Lewis, MD

Acute bleeding following laparoscopic Roux-en-Y gastric bypass (LRYGB) is an infrequently reported yet perplexing clinical dilemma, mainly due to the inaccessibility of the excluded stomach and the risks associated with early postoperative endoscopy. In the

present communication, we address early or acute bleeding, defined as clinically significant bleeding within 48 hours of surgery; the incidence, prevention, diagnosis, and treatment options when faced with acute hemorrhage following LRYGB are described.

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