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For Immediate Release

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Sisters Hospital Introduces Non-Surgical Weight-loss Procedure and Program

Managed approach to weight-loss has proven successful

Buffalo, NY – Sisters of Charity Hospital announced that the ORBERA[®] procedure, a non-surgical weight loss procedure is now being offered to adult patients suffering from obesity. **The first procedure in all of Western New York and Rochester, was performed successfully today at Sisters Hospital, St. Joseph Campus.** This procedure and program are for those patients for whom a more permanent bariatric surgical procedure may not be appropriate and for whom diet and exercise or pharmaceutical interventions have not been successful.

The outpatient procedure involves the insertion of a deflated gastric balloon (ORBERA) through the esophagus, which is then inflated with a saline solution until the ORBERA device is roughly the size of a grapefruit. The presence of the balloon enforces meal portion control. Once a target goal weight has been reached, the balloon is safely deflated and removed.

Ramesh Luther, MD and Abha Rani, MD, both gastroenterologists at Digestive Health Associates, are certified to perform the ORBERA[®] procedure. Both doctors perform the procedure at the St. Joseph Campus of Sisters of Charity Hospital in Cheektowaga, NY. The ORBERA[®] procedure is one element in a three-part program that also includes involvement and consultation from the Sisters Hospital Bariatric team and a customized nutrition and fitness plan. Patients that qualify as candidates will work directly with a registered nutritionist from Sisters Hospital and a certified trainer from HIVE Lifespan Center.

“This managed approach to weight-loss is a healthy and safe alternative for patients that have been dieting and exercising, but are not seeing results and aren’t able to lose the weight,” said Dr. Luther. “We wanted to offer a non-surgical weight-loss option and program to patients that may not have the body mass index (BMI) to qualify for traditional bariatric surgery, but would realize significant health benefits from a managed weight loss program.”

After six months, OBERA procedure patients on average can expect to lose more than three times the weight that patients lose with diet and exercise alone. Following the removal of

the OBERA balloon, the patient continues on a customized diet and exercise program in order to maintain a healthy weight.

Sisters of Charity Hospital is a leader in medically assisted weight-loss with a comprehensive and fully accredited bariatric program that includes nutritional counseling, physical therapy, support groups, and a range of minimally invasive surgical services.

ORBERA[®] is clinically tested and a proven weight loss solution that has helped people in over 80 countries for over 20 years and is now available in the U.S.

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