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FOR IMMEDIATE RELEASE WITH PHOTO
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LOCAL PHYSICIAN LOSES WEIGHT, GAINS MUCH

EUPORA, Miss.—As a physician, David Booth, D.O., of Eupora Medical Clinic knew the toll diabetes could take on him.

“As a doctor, I know what obesity and uncontrolled diabetes can do to shorten lives and cause really unfortunate health complications,” he said. “I knew that the clock was ticking and all those health problems were waiting around the corner for me.”

When taking insulin and three different medications failed to control his diabetes, he investigated weight loss surgery and a new lifestyle of healthy eating and exercise.

Weighing His Options

Dr. Booth attended an education seminar by Terry Pinson, M.D., a general and bariatric surgeon who serves as medical director for North Mississippi Medical Center’s Bariatric Center in Tupelo. Dr. Pinson performs three types of bariatric (weight loss) procedures—laparoscopic Roux-en-Y gastric bypass, laparoscopic adjustable gastric band surgery and laparoscopic vertical sleeve gastrectomy.

The most common weight loss surgery, gastric bypass creates a very small upper stomach pouch—less than one ounce—by transecting the stomach. Because it doesn’t take much food or liquid to fill the new, small pouch, the person enjoys eating a lot less. In addition, food is not absorbed as well as it once was, contributing to rapid weight loss.

Laparoscopic vertical sleeve gastrectomy generates weight loss by restricting the amount of food that may be consumed without bypassing the stomach or a portion of the small intestine. A portion of the stomach is removed and a new stomach pouch is formed. This particular procedure helps to reduce the sensation of hunger by possibly eliminating some of the gastrointestinal hormones responsible for the hunger pains. The stomach is reduced in volume but functions normally so most food items can be consumed but only in smaller portions.

After discussing the options with Dr. Pinson, Dr. Booth opted for the laparoscopic adjustable gastric band surgery in November 2008. In this procedure, a silicone band is placed around the upper part of the stomach and filled with saline. This creates a new, smaller stomach pouch that can hold only a small amount of food. The gastric band is the least invasive of the

three procedures, as it does not require stomach cutting and stapling or gastrointestinal re-routing to bypass normal digestion.

Now that he has lost 85 pounds, he no longer needs medicine to control diabetes. And while his blood sugar, cholesterol and heart rate are well below normal, his energy level and zest for life are higher than ever.

“I can run, climb, swim, bike or anything else I want to do,” Dr. Booth said. “One of the most pleasurable moments of my life was the day that I could actually fit into the car for a roller-coaster ride with my daughters.”

Dr. Pinson tells his patients that weight loss surgery is only a tool; losing the weight still takes determination and hard work on their part. “I run three to four miles every day and work out daily with plenty of energy to spare,” Dr. Booth said. “My resting heart rate is actually in the range of a well trained athlete. I used to think that I didn’t have time to exercise, but I realize now that I don’t have time not to exercise. I can get so much more done in less time since I am in good physical condition.”

With the extra weight gone, Dr. Booth can focus on following his own advice. “I am really health conscious now, focusing on eating non-processed foods and regular exercise,” he said. “My message for myself and my patients is that health is what we do for ourselves, and this allows healing to come from God.”

Why Weight

Dr. Pinson and his staff will present “Weight Loss Surgery Options” from 6-8 p.m. Tuesday, Oct. 26, at MedNOW, located in the Premier Health Complex, 1207 Hwy. 182 West in Starkville.

Topics will include weight loss surgery’s health benefits and risks; different types of weight loss surgery; who is a good candidate; questions to ask a physician; what to expect before, during and after surgery; advanced techniques and technologies; and insurance coverage. A question-and-answer session will follow. To register for the free program or for more information, call (662) 377-SLIM (7546) or 1-866-908-9465.

