

**LESS THAN HALF THE MAN HE USED TO BE,**

**LOCAL TEAMSTER LOSES 250 POUNDS**

**Took 2 Years to Lose the Weight, But Only Days for Diabetes to Go Away**

**After Gastric Bypass**

**CHICAGO – SEPTEMBER 2007** – Vincent Amatore, 58, a local teamster who weighed 414 pounds only two years ago is now a svelte 163 pounds and is no longer suffering from type 2 diabetes, a deadly disease that affects nearly 21 million people in the U.S.

While it took him two years to reach his ideal weight, it only took a few days for his diabetes to go away after gastric bypass surgery. Amatore, a forklift operator for 32 years, is one of the many people in the Chicagoland area who are choosing to have bariatric surgery more for their diabetes than for anything else, and in most cases, the diabetes is resolving or significantly improving long before the weight comes off.

“Bariatric surgery results in a lot more than weight loss and morbidly obese patients with diabetes are realizing this more and more,” said James M. Kane Jr., MD, Amatore’s bariatric surgeon at Suburban Surgical Care Specialists in Arlington Heights and Elk Grove Village. “More than 80 percent of our patients resolve or improve their type 2 diabetes and this kind of success rate cannot be ignored.”

Amatore had been suffering with type 2 diabetes for more than eight years and has been morbidly obese, or 100 pounds or more overweight, for most of his life. He knew it was unhealthy, but diets never seemed to work for him. The most he ever lost was 20 pounds, which he was quick to regain.

When he turned 50, he was diagnosed with diabetes, a devastating though unsurprising diagnosis for a man who at this point was more than 200 pounds overweight with a body mass index (BMI) of over 55 and a family history of diabetes.

“I knew it was coming, but it was still a hard diagnosis to take,” said Amatore, divorced and a father of two grown children. “I thought this was the beginning of the end.”

For the next eight years, he had to take increasing doses of daily medication, but despite the pills, the diabetes was getting worse, he was gaining more weight and now developing severe joint problems, arthritis and sleep apnea. His knees became so bad he needed knee replacement surgery, but no doctor would perform the procedure because he was too overweight.

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He started to think about bariatric surgery after two co-workers successfully had the surgery and at the urging of his family doctor and daughter, who was extremely worried about her father's diabetes and deteriorating health.

After a lot of research on the Internet, he went to Suburban Surgical Care Specialists where he went through a comprehensive six month screening and evaluation before he was cleared for surgery.

In January 2005, he had laparoscopic gastric bypass surgery, a procedure where the surgeon operates through small incisions to create a small stomach pouch and construct a "bypass" for food. The bypass allows food to skip parts of the small intestine. By skipping a portion of the small intestine, the body cannot absorb as many calories.

Amatore was in the hospital for three days and experienced no complications. His diabetes resolved before he left the hospital. Within a month he lost more than 30 pounds and over the next 11 months he lost an additional 220 pounds. During this time period, his knee and joint pain lessened dramatically and he no longer has sleep apnea. The many years of excess weight did take a toll on his knees. He did still need the knee replacement, which he was able to have seven months after bariatric surgery and he'll have another replacement next year on the left knee.

"I was given a second chance at life," said Amatore. "Without the surgery, I think the diabetes would have continued to get worse and would have eventually killed me. My knees would have gotten worse too. I don't have those worries anymore. I have two wonderful grandchildren and I expect to be around for them."

Amatore says he's back on the job and is working long hours operating the forklift. His co-workers are amazed at the "new" Vinnie. His children are grateful he did something before it was too late.

### **About Diabetes**

According to the U.S. Centers for Disease Control and Prevention (CDC), the number of people diagnosed with diabetes in Illinois has nearly doubled between 1995 and 2005 going from 171,000 to 319,000<sup>1</sup>. The American Diabetes Association (ADA) ranks diabetes as the fifth deadliest disease in the U.S., with an estimated 21 million diabetes sufferers.<sup>2</sup>

Approximately 80 percent of type 2 diabetes cases are associated with being overweight. Studies show a higher body weight and longer duration of obesity significantly increase the risk of developing type 2 diabetes.<sup>3,4</sup> A BMI greater than 35 increases the risk for diabetes by 93-fold in women and 42-fold in men.<sup>5</sup>

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Type 2 diabetes is a result of insulin resistance, combined with a relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes. Insulin is a hormone that helps the body process blood sugar. Complications caused by type 2 diabetes include eye, kidney, and nerve damage, and an increased risk of heart and blood vessel diseases.

### **About Bariatric Surgery**

A 2004 study appearing in the *Journal of the American Medical Association* (JAMA) showed that gastric bypass surgery resolved type 2 diabetes in over 83 percent of people with morbid obesity. Hypertension was resolved in more than 75 percent. Obstructive sleep apnea or sleep-disordered breathing was eliminated in over 85 percent of patients, and high cholesterol levels or hyperlipidemia decreased in more than 90 percent of patients.<sup>6</sup>

Bariatric surgery is intended for people who are 100 pounds or more overweight (with a BMI of 40 or greater) and who have not had success with other, less risky weight loss therapies such as diet, exercise, medications, etc. A person with a BMI of 35 or greater and one or more co-morbid conditions may also be considered for bariatric surgery.

Ethicon Endo-Surgery, Inc. is supporting a public education campaign about morbid obesity and bariatric surgery. More information can be found at [www.BariatricEdge.com](http://www.BariatricEdge.com), a Web site that features actual bariatric patients and their doctors discussing their real life experiences with morbid obesity and bariatric surgery.

### **Potential Complications of Bariatric Surgery**

As with any surgery, there are immediate and long-term complications and risks. Patients should consult with their doctors to discuss these risks and their surgical outcomes. Individual patient results may vary and are not indicative of all outcomes.

### **About Dr. James M. Kane Jr.**

Dr. James M. Kane Jr. is a bariatric surgeon with Suburban Surgical Care Specialists. He specializes in advanced laparoscopic gastrointestinal surgery. Dr. Kane has performed more than 2,000 bariatric surgeries. He is a member of Executive Council of the American Society for Metabolic & Bariatric Surgery (ASMBS), president of the Illinois Association of Bariatric Surgeons, American Association of General Surgeons, American Society of Laparoscopic Surgeons, Association of American Physicians and Surgeons and the Illinois Surgical Society.

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**About Ethicon Endo-Surgery, Inc.**

Ethicon Endo-Surgery, Inc., a Johnson & Johnson company headquartered in Cincinnati, OH, develops and markets a broad portfolio of advanced surgical instruments for less invasive and traditional surgery. Its mission is to help physicians around the world “*transform patient care through innovation.*” The company’s focus is on designing innovative, procedure-enabling devices for the interventional diagnosis and treatment of various diseases and conditions in the areas of general, colorectal, thoracic and bariatric surgery, breast disease, gynecology, and urology. For more information, visit [www.ethiconendo.com](http://www.ethiconendo.com).

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<sup>1</sup> <http://www.cdc.gov/diabetes/statistics/prev/state/tNumberTotal.htm>

<sup>2</sup> <http://www.diabetes.org/uedocuments/2006priorities.021406.pdf>

<sup>3</sup> Pi-Sunyer FX. Health Implications of Obesity. American Journal of Clinical Nutrition, 1991; 53: 1595S-1603S

<sup>4</sup> Mokdad AH, Ford ES, Bowman BA, et al. Diabetes Trends in the U.S.: 1990-1998. Diabetes Care 2000; 23:1278-83.

<sup>5</sup> Jung, R. T. Obesity as a disease. Br. Med. Bull. 53: 307-321, 1997.

<sup>6</sup> Buchwald H, Avidor Y, Braunwald E, Jensen MD, Pories W, Fahrbach K, Schoelles K. Bariatric Surgery: A Systematic Review and Meta-analysis. Journal of the American Medical Association, October 13, 2004, no. 292: 1724-1737

Sources: Suburban Surgical Care Specialists, Ethicon Endo-Surgery, Inc.