

**Permanent Weight Loss for Seniors
LEADING SURGEON PUBLISHES
“AGING INDIVIDUALS AND OUTPATIENT WEIGHT LOSS SURGERY”**

Is weight loss surgery safe for those over 60? According to obesity expert and renowned bariatric surgeon Dr. Kent Sasse, for many senior citizens, being seriously overweight is much riskier, shortening an individual’s lifespan and affecting his or her quality of life.

In his new e-book, **“AGING INDIVIDUALS AND OUTPATIENT WEIGHT-LOSS SURGERY: A Sasse Guide,”** obesity expert and renowned bariatric physician Dr. Kent Sasse provides overweight seniors and those who care about them with comprehensive information to aid in making the best decision.

The book focuses on the unique needs and concerns of the older weight loss patient. Sasse draws the reader in with a focus on making decisions today that will extend the healthy lifespan of an overweight senior.

While Sasse believes that bariatric surgery is an appropriate tool for many obese seniors, he does not try to persuade readers. Instead, Sasse emphasizes the importance of individual decision-making and asks patients to consider a number of factors in determining whether or not weight-loss surgery is the right choice for them. He discusses the newest, minimally invasive surgical procedures and what a senior considering them can expect to experience.

“AGING INDIVIDUALS AND OUTPATIENT WEIGHT-LOSS SURGERY: A Sasse Guide” discusses short and long term health risks of weight gain in older patients. He also discusses the quality of life experienced by seniors who are seriously overweight, and devotes substantial space to exploring who is and isn’t a candidate for a weight loss surgical procedure.

Sasse also covers issues important to any potential weight-loss patient, such as the types of weight-loss surgery and how to determine which is right for you; whether or not to keep the surgery a secret; the vagaries of insurance coverage. And specific to the senior patient, the book is honest about the difficulty that a Medicare patient may have in finding a surgeon.

“AGING INDIVIDUALS AND OUTPATIENT WEIGHT-LOSS SURGERY: A Sasse Guide” is a must-read for seriously overweight senior citizens and those who care about them. Sasse thoroughly covers issues unique to aging patients in a matter-of-fact yet empathetic manner. Packed with information and written in clear, positive and easy to understand language by one of the field’s leading authorities, it can help seniors make crucial decisions about the best path to safe and sustained weight loss – one that will lead to success in reaching and maintaining a normal weight and living a longer, healthier and more satisfying life.

Kent Sasse, MD, MPH, FACS, is a nationally renowned authority on weight-loss procedures and a leader in the rapidly growing field of bariatric surgery. He is the author of numerous books on weight loss and bariatric surgery and many scholarly and consumer-oriented articles. Dr.

Sasse is founder of the non-profit Obesity Prevention Foundation, which is dedicated to the prevention of adolescent obesity. He is also a founder and medical director of both the iMetabolic International Metabolic Institute and Western Bariatric Institute, a nationally-recognized ASBS Center of Excellence.

AGING INDIVIDUALS AND OUTPATIENT WEIGHT-LOSS SURGERY: A Sasse Guide

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