

For Immediate Release

Contact: Joanne McCall

503-642-4191

joanne@teleport.com

**Permanent Weight Loss for Teens
LEADING SURGEON PUBLISHES
*ADOLESCENTS AND OUTPATIENT WEIGHT LOSS SURGERY***

Since weight-loss (bariatric) surgery gained popularity more than 15 years ago, it has become an accepted tool in restoring the health of obese adults. But what about younger patients? As the number of teenagers struggling with significant weight issues reach alarming levels, should they, too, consider bariatric surgery?

In his new e-book, ***ADOLESCENTS AND OUTPATIENT WEIGHT-LOSS SURGERY: A Sasse Guide***, obesity expert and renowned bariatric physician Dr. Kent Sasse provides teens and their parents with comprehensive information to aid in their decision-making.

Whereas weight loss surgery for teenagers was once unthinkable, the number of adolescents with serious weight problems has soared: obesity rates in teenagers have tripled in the past 30 years. Young patients now face serious health problems at much earlier ages than did their parents. At the same time, bariatric surgery has become easier, safer, and more effective. In recent years, a number of leading bariatric centers have begun to treat adolescent patients.

Adolescents and Outpatient Weight-Loss Surgery focuses on the unique needs and concerns of the adolescent reader. The book draws the reader in with a focus on making healthy decisions today that will serve as a foundation for lifelong health and success.

While Sasse believes that bariatric surgery is an appropriate tool for many obese adolescents, he does not try to persuade readers. Instead, he 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.

Dr. Sasse recommends the "LAP-BAND" surgery for one important reason, he says: "Our surgeons feel the procedure needs to be reversible for teenagers. There are rapid advances being made in the field of weight-loss surgery." Sasse cautions against irreversible procedures because of the likely development of even better alternatives.

Adolescents and Outpatient Weight-Loss Surgery is a must-have for teenagers struggling with weight loss issues and their parents. Sasse thoroughly covers issues unique to young patients and their parents 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 teenagers and their parents 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 three books on weight loss and bariatric surgery and numerous 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.

ADOLESCENTS AND OUTPATIENT WEIGHT-LOSS SURGERY: A Sasse Guide

Kent Sasse, MD, MPH, FACS

360° Publishing, LLC

E-book

Price: \$4.95

Publication Date: December 2009