



New Option for Gastric Bypass Patients Who Regain Weight

with Dr. Mark Colquitt

Of the more than 100,000 Americans who will undergo gastric bypass surgery for the treatment of obesity this year, approximately 20 percent are likely to regain weight due to the stretching of the stomach, according to the American Society for Metabolic and Bariatric Surgery (ASMBS). A new option called the ROSE (Restorative Obesity Surgery Endolumenal) procedure offers these patients a second chance at weight loss and helps reduce the risk for obesity-related conditions such as high blood pressure, diabetes and cardiovascular disease.

Dr. Mark Colquitt, a bariatric surgeon who practices at the Blount Memorial Weight Management Center, explains. “The ROSE procedure is an incision-free weight loss option for gastric bypass patients who have regained weight following surgery,” Colquitt says. “Using instruments inserted through the mouth, we are able to reduce the size of a patient's stomach pouch and the opening to the small intestine to post-gastric bypass proportions, and to help patients achieve weight loss again.”

The ROSE procedure is performed using a small, flexible endoscope and other surgical tools used to reduce the size of the stomach pouch without the need



for incisions. The lack of incisions means that patients have reduced risk of infection, less post-operative pain, faster recovery time and no abdominal scars.

“Ideal candidates for the ROSE procedure are patients who were initially successful at losing weight following gastric bypass but are now regaining weight,” Colquitt adds. “After an initial screening, potential patients undergo a series of evaluations including nutritional and dietary counseling, a full medical exam and endoscopy to determine if this option would be the best choice for them.”

While results vary with each patient, most people who have the ROSE procedure begin to lose weight immediately. They eat less due to the return of the early feeling of fullness created by the new, smaller pouch. As with any bariatric or weight loss procedure, a lifelong commitment to exercise and strict nutritional guidelines is required to achieve long-term success.

The ASMBS has certified the Blount Memorial Weight Management Center a Bariatric Surgery Center of Excellence. For more information about the ROSE procedure or the surgical options available at the Weight Management Center, call 865-977-4673 or toll-free at 866-300-8644.

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