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July 2010

Bobby Bhasker-Rao, M.D., F.A.C.S., F.A.S.M.B.S.

Laparoscopic Bariatric Surgery Specialist

The Valley's First and Leading Provider of Safe, Surgical Solutions
for Long-term Weight loss and Improved Health

By Trudie Mitschang



Bobby Bhasker-Rao, M.D., F.A.C.S., F.A.S.M.B.S.
with daughter Serena.

As the first bariatric surgeon to offer safe and comprehensive weight-loss solutions to patients in the Coachella Valley, Dr. Bobby Bhasker-Rao is both an exceptionally gifted surgeon and a dedicated and compassionate physician. For patients seeking something as personal and complex as surgery for massive weight loss, these are essential qualifications.

“Obesity is considered a chronic disease, according to the National Institutes of Health, and is the leading cause of many health problems, such as hypertension, diabetes, cardiovascular disease, obstructive sleep apnea, and cancer,” says Dr. Bobby, as he is known by his patients. “We find that with surgery, many of these problems significantly improve or completely resolve.”

EXPERIENCE AND SKILL YOU CAN TRUST

While many surgeons still opt for the conventional approach to weight-loss surgery, Dr. Bobby is considered a go-to expert on minimally invasive laparoscopic procedures. No large incisions mean less pain and shorter hospital stays, which also means you can lose the weight and get on with your new life even faster. Recently, Dr. Bobby added single-incision laparoscopic surgery to his menu of services — an ideal choice for those seeking an especially discreet surgical outcome. He is also trained in the advanced robotic-assisted technique, a testament to his advanced education and training. Since it was established six years ago, his Lite Life Surgery practice has become a recognized center of excellence. Dr. Bobby has performed nearly 1,000 successful procedures to date, with an impressive zero mortality rate.

Dr. Bobby performs what the medical profession considers the gold standard of weight-loss surgery: Laparoscopic Roux-en-Y gastric bypass. This technique is special because it helps you lose weight in two ways. First, it reduces the size of your stomach, thus limiting the amount of food you can eat. Second, it achieves “malabsorption,” which means your body absorbs fewer calories. These two effects combine to make it easier to lose weight and keep it off for good. According to both the American Society for Metabolic and Bariatric Surgery and National Institutes of Health, Roux-en-Y gastric bypass surgery is the most popular and effective bariatric surgery in the United States.

While the Roux-en-Y procedure can produce incredible results, Dr. Bobby recognizes that not all patients are candidates. For some patients, Dr. Bobby offers Laparoscopic Gastric Band Surgery (the Lap Band). Laparoscopic banding is the only weight-loss surgery that’s adjustable and reversible. In this procedure, an adjustable band is securely placed around the upper portion of the stomach, creating a small pouch and a narrow passage into the larger stomach.

Banding restricts food intake without interfering with your body’s normal digestive processes. Because the pouch can hold only about three or four ounces of food, the quantity of food eaten is greatly reduced, making it easy to feel full. No matter which procedure you choose, Dr. Bobby and his team provide follow-up care to help you obtain long-term success.

LITE LIFE SURGERY

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COMPREHENSIVE CARE BEFORE, DURING, AND AFTER SURGERY

Dr. Bobby understands that successful weight-loss surgery always utilizes a team approach to patient care. That’s why he oversees a dedicated team that includes a registered staff dietician to focus on disease prevention and health promotion and provide the framework of comprehensive nutrition support.

“Each patient meets with me before and after surgery to receive a nutrition plan, education, and behavioral support to ensure long-term positive outcomes,” says Kate Ostby, MS, RD.

“The best part of my job is seeing the role nutrition plays in improving the quality of life, health, and self-esteem of an individual.”

Prospective patients begin the process with a comprehensive consultation, starting with an informative seminar and workshop. All pre surgical patients are encouraged to attend at least one support group session, where they will have an opportunity to receive encouragement and support from former patients who have begun their weight-loss journey. Patients being considered for surgery will also undergo psychological counseling and extensive health screenings to ensure they are in fact good candidates.

“The presurgery screening was so thorough, I knew right away I was in good hands,” says Janet Wright, a former patient. “It is rare today to find a doctor who really listens to you. Dr. Bobby has a level of sincerity and compassion that makes all the difference.” Janet went from a size 18 to a size 8 and improved her overall health, energy, and vitality — results she says have been life-changing.

“The whole process is extremely thorough to ensure the safety and well-being of each surgical candidate,” Dr. Bobby explains. “Our patients are like family to us, because we follow their results and offer a lifetime of after-care support. The surgery is the first step in getting the weight off, but the quality of the after-care is what helps keep it off.”

BOARD-CERTIFIED CARE, CREDENTIALS YOU CAN COUNT ON

Fellowship trained and board-certified, Dr. Bobby receives many accolades from satisfied patients.

His impressive training and credentials are a testament to his exceptional skill, dedication, and experience. Dr. Bobby holds memberships in the American Society for Metabolic & Bariatric Surgery, American College of Surgeons, Society of American Gastrointestinal Endoscopic Surgeons, and American Medical Association. ■

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— Dr. Bobby



Kate Ostby, MS, RD
Bariatric Dietitian



Ika Beres, MA
Patient Coordinator



Jessica Godinez, MA
Patient Coordinator



Zulema Pimental, MA
Patient Coordinator



Woody Germany, CPT
Exercise Physiologist

DR. BOBBY'S TEAM