ANNUAL MEDICAL GUIDE

78 TOP DOCTORS
in 37 specialties

THE THRILL OF THE ROAD
PASION DRIVES COLLECTORS
OF RARE AND VINTAGE CARS

MERV GRIFFIN’S DREAM HOME
THE $9.5 MILLION LA QUINTA
PROPERTY WAS BUILT TO ENTERTAIN

90 DAYS of SUMMER
NINE CITIES. ONE DESTINATION. NINETY THINGS TO SEE, DO, AND EXPERIENCE.
DR. BOBBY BHASKER-RAO has long been considered the go-to expert in weight loss surgery— and for good reason. With a safety-first approach to patient care, he has performed well over 1,500 successful procedures, with an impressive zero mortality rate.

Known as an innovator and a pioneer in his field, Dr. Bhasker-Rao continually pushes acceptance of new technologies to help improve patient care and outcomes. With that in mind, “Dr. Bobby,” as his patients fondly call him, now offers cutting-edge robotic weight-loss surgery.

For the last several years, Dr. Bobby has been performing these procedures with a minimally invasive approach of laparoscopy. However, robotics has now added a finer touch to the concept of minimally invasive surgery. “With the help of 3-dimensional imaging, additional degrees of freedom to manipulate and dissect tissues, and more precision suturing, we are able to further improve the quality of surgery for our obese population,” says Dr Bobby.

Utilizing the da Vinci surgical system, Dr. Bobby performs gastric bypass, sleeve gastrectomy, and Lap-Band procedures, as well as revisional procedures. He is the first and only surgeon in Southern California to offer a comprehensive robotic bariatric surgery program. “We are excited about offering this new superior technology to our patients, with the ultimate goal of obtaining safer and superior outcomes,” says Dr. Bobby.
We treat our patients like family and it is a privilege to experience their transformation into healthier, happier individuals.

A GIFTED SURGEON, A COMPASSIONATE PHYSICIAN.

As the first bariatric surgeon to offer safe and comprehensive weight-loss solutions to patients throughout the Coachella Valley, Dr. Bobby is both an exceptionally gifted surgeon and a dedicated and compassionate physician. In 2008, he was awarded the Center of Excellence Surgeon and Center of Excellence Practice designations by Medicare and the American Society for Metabolic and Bariatric Surgery. In 2010 he was nationally recognized as “Best of the Best” among Bariatric Surgeons. In 2010 & 2011 he was awarded the “Patient Choice Award” and “Americas Most Compassionate Doctor” Award.

While weight loss surgery can offer dramatic benefits in terms of a patient’s improved appearance and self-esteem, Dr. Bobby emphasizes that the health benefits can be equally impressive. “Several studies have proven that weight-loss surgery is the only effective means of sustained weight loss,” he explains. “Additionally, surgical weight-loss procedures have been shown to result in overnight resolution of Type 2 Diabetes and hypertension, and eventual resolution of health problems such as obstructive sleep apnea, GERD, and other co-morbidities like cardiovascular disease and cancer.”

TREATING PATIENTS LIKE FAMILY.

At Lite Life Surgery, all prospective patients begin with a thorough consultation, including an informative seminar and workshop. All presurgical patients are encouraged to attend at least one support group session, where they will meet and be encouraged by 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 surgical candidates.

Dr. Bobby employs one of the desert’s most knowledgeable, friendly, and compassionate teams of medical professionals. “We treat our patients like family; and it is a privilege to experience their transformation into healthier, happier individuals,” he says.

Lite Life’s support staff includes Kate Ostby, MS, RD., a registered dietitian whose job it is to focus on disease prevention, health promotion, and comprehensive nutritional support. Patients meet with Ostby before and after surgery to receive a complete nutrition plan, education, and behavioral support to ensure long-term success. Ostby oversees the practice’s nonsurgical medical weight-loss program, which means there are weight-loss options to fit those who are not surgical candidates. She also provides “tool management counseling” customized for each patient and is the author of *Thin Times*, the practice’s monthly newsletter focused on post-surgery success.

“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,” says Ostby. Indeed, it is this kind of support and post-surgery follow-up that contributes greatly to Lite Life’s high success rates.

“Patients actually need the most help after weight-loss surgery,” notes Dr. Bobby. “With our comprehensive support program, they are able to obtain lasting weight-loss results that exceed expectations.”

“Patients have to change their mindset from ‘live to eat’ to ‘eat to live,’” the doctor continues. “Surgery is the first step in getting the weight off, but the quality of the after-care is what helps keep it off.”

SKILL, TRAINING, AND CREDENTIALS YOU CAN COUNT ON.

Dr. Bobby’s impressive training and credentials are a testament to his exceptional skill, dedication, and experience. Fellowship trained and board-certified, he holds memberships in the American Society for Metabolic & Bariatric Surgery, College of Surgeons, Society of American Gastrointestinal Endoscopic Surgeons, and American Medical Association.