

LIVE LIFE AGAIN

DR. DAVID KIM—CERTIFIED BARIATRIC SURGEON OF EXCELLENCE



Melissa,
Insurance
Specialist at the
Center has lost
114 pounds

"I thought I was a pretty happy fat person. Hiding behind my jokes and laughter, I did not know how much my weight controlled my life. I never knew what true happiness was until I had my surgery. Some people don't like to tell people when they have had weight loss surgery but I tell everyone because I feel everyone deserves to be this happy!" —Melissa F.



Shelley,
Medical
Assistant at the
Center has lost
110 pounds



Lap Band and Bypass Expert

DR. DAVID KIM—CERTIFIED BARIATRIC SURGEON OF EXCELLENCE

by meredith knight



Surgeon of Excellence

Dr. Kim has performed over 10,000 general and vascular operations in his career, but his passion for bariatric surgery drove him to dedicate his practice entirely to this discipline. Since 2002, he has served the Dallas, Fort Worth and Arlington areas, offering his skills as a bariatric surgeon, not only to men and women from these communities, but others who travel to him from around the country. He has performed over 2,000 laparoscopic weight loss surgeries consisting of lap band, gastric bypass, vertical sleeve gastrectomy and bariatric revision surgeries.

In addition to being named a "Surgeon of Excellence," Dr. Kim has received numerous other honors throughout his career. He has been named Physician of the Year and selected as a Top Doc by his peers.

If five percent of the U.S. population contracted the flu, it would be considered an epidemic—a national crisis—and medical experts would scramble in search of a cure. If five percent of us suffered from diabetes, drastic measures would be taken to address the problem.

Yet that same percent of Americans suffer from a disease that can not only trim 10 to 20 years off their lives but greatly diminish the quality of the years they live. That debilitating disease is obesity, and its sheer numbers are alarming. Consider these statistics from The National Center for Health.

- Between 1962 and 2000, the number of obese Americans grew from 13 percent to 31 percent of the population.
- Sixty-three percent of Americans are overweight with a Body Mass Index in excess of 25.0.
- Thirty-one percent are obese with a BMI in excess of 30.0.
- Three point eight million Americans weigh over 300 pounds.
- Serious medical problems can begin when someone is only 60 pounds over his or her ideal body weight.

Those numbers speak of a national crisis—an epidemic of obesity. An obese individual's chance for heart disease increases by 100 percent over someone who's not obese.

- Their chance of a stroke is 200 percent greater.
- High blood pressure is 300 percent greater.
- Diabetes chances are 400 percent higher.
- And their chance of developing breast, ovarian or uterine cancer is 60 percent greater.

In addition, they're far more likely to suffer from hypertension, high cholesterol, arthritis, incontinence, reflux, sleep apnea and depression. To David Kim, M.D., F.A.C.S. of the Live Life Again Center, this pandemic of obesity is something that must be addressed. "There's a misconception among the general population that morbidly obese people should be solely blamed for their condition," he said. "This couldn't be further from the truth. Genetics, compounding health problems and lifestyle all add to the problem of obesity."

"Most of my patients have tried dieting and exercise for years," he said. "They experience some success then regain the weight. I've had patients tell me, 'I've lost 100 pounds—but I've gained 200.' On average, by the time patients come to me for weight loss surgery, they have researched their options for months—if not years. Obesity causes depression and isolation. It can cause life-threatening health problems like diabetes and high blood pressure. Shortness of breath and

back and joint pains are daily reminders of their physical limitations. They're missing out on life. For them, weight loss surgery is a last hope."

Weight loss surgery—also known as bariatric surgery—offers the morbidly obese a chance to live a normal, healthy life—to do things they haven't done in years or perhaps never done. Dr. Kim has witnessed over two thousand success stories—people who find they're able to walk away from their blood pressure medicine, daily insulin for diabetes and other debilitating conditions and begin living the life they were created to live.

"Bariatric surgery does not only correct the problem of obesity but by allowing the patient to finally lose the weight that has kept them from being healthy and happy, it can free them from any number of life-threatening conditions at once," Dr. Kim said. "It allows patients to be better parents—better husbands and wives. Patients are given better job opportunities after successful weight loss because discrimination toward those who suffer from weight problems is all too common."



Dr. Kim's staff includes Certified Bariatric Nurse Pam Katekaru, Harvard-trained Dietician and Weight Loss Specialist David Kellenberger, Psychologist Jane Counts and a dedicated support staff eager to answer your questions and educate you about nutrition choices and lifestyle changes that will empower you to make your surgery a success. Dr. Kim has even operated on Shelley, his medical assistant, and Melissa, insurance specialist at the Center. Both serve as bariatric surgery patient advocates.

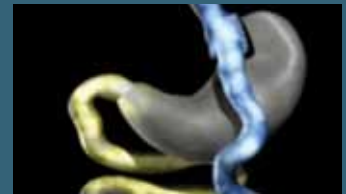
Dr. Kim and the staff at the Live Life Again Center want you to know you're not alone. It's not your fault. There is hope for you to live a full, active and happy life "I can't think of anything I'd rather wake up and do every day," Dr. Kim said. "It's such a tragedy to be merely alive but not to live. Bariatric surgery allows us to give people the opportunity to live life again."

Other Recent Appointments

- Designated a Bariatric Surgeon of Excellence by the American Society for Bariatric Surgery in 2006 and recertified in 2007 through 2009
- First surgeon to perform laparoscopic gastric bypass in Fort Worth, 2003
- Director of the Bariatric Surgery Program at several hospitals in the Dallas/ Fort Worth area.
- The only practice in Tarrant County offering lap band, realize band, vertical sleeve gastrectomy, gastric bypass and laparoscopic weight loss revision surgery.

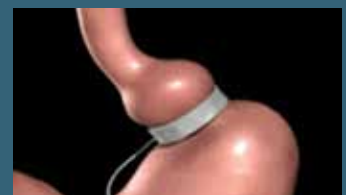
What is Gastric Bypass Surgery?

Gastric bypass surgery is a procedure in which a small gastric pouch is created which actually causes food to bypass the rest of the stomach. Not only does the patient feel full sooner and therefore eat less but, because part of the intestine is bypassed, fewer calories are absorbed.



What is Lap-band and Realize Band Surgery?

Lap-band Surgery and Realize Band Surgery is a less-invasive procedure where a prosthesis known as a lap-band or realize band is placed around the upper stomach to create a smaller stomach pouch which limits the amount of food an individual can fit into his or her stomach causing the patient to feel full and stop eating sooner.



What is Vertical Sleeve Gastrectomy?

In Vertical Sleeve Gastrectomy (VSG) Dr. Kim removes 75 percent of the stomach creating a tube or "sleeve" while maintaining the openings into and out of the stomach. This procedure is ideal for patients who deem gastric bypass too drastic yet have personal reasons for not wanting a band.



At age 33 Clayton Brown received some alarming news. His doctor told him that, if he didn't lose weight, he might not see his fortieth birthday. At six-feet-four Clayton weighed 380 pounds. He suffered from chronic diabetes and sky-rocketing blood pressure, cholesterol and triglycerides.

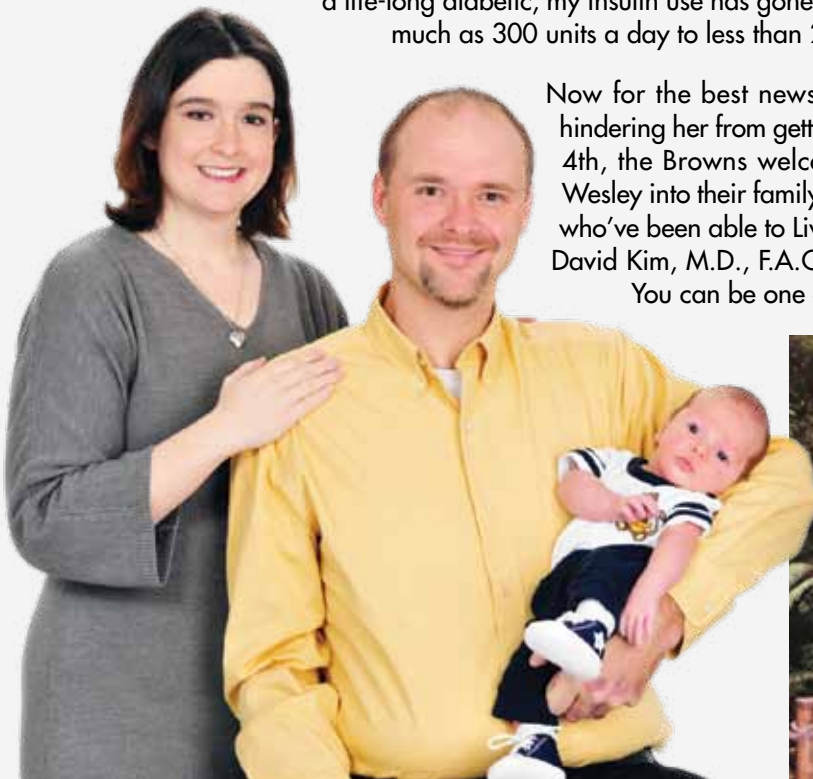
Clayton and his wife, Amber, were hit with a double whammy when Amber visited her doctor. "For eleven years, we'd been trying to have a baby," Clayton said. "We'd been through two rounds of fertility treatment, had every test imaginable, endured harsh medications—everything. The doctor finally told Amber that, if she didn't lose a dramatic amount of weight, there was no use continuing to try to get pregnant. Between us we'd already tried every diet and exercise plan known to man without success."

That's when the Browns turned to Dr. Kim and the Live Life Again Center. "We attended one of his monthly seminars," Clayton said. "We met people just like us who had gone through the procedure. Their stories were amazing. They showed us pictures of themselves before and after the operation and we were sold."

In February 2007, Clayton underwent gastric bypass. Amber followed with lap band surgery that April. "The weight started coming off right away," he said. "I lost 140 pounds in seven months. Amber lost the same amount in 11 months. Dr. Kim made sure we knew that the operation was only a catalyst. It makes it possible to lose the weight, but the education and training we received from Dr. Kim and his staff were just as important. They taught us how to eat right. They encouraged us to stick to an exercise program. They invited us to join Dr. Kim's support group where we could get answers to questions we'd have throughout the process."

At 240 pounds, Clayton found he no longer had to worry about high blood pressure. His cholesterol and triglycerides were at healthy levels. "Although I'm a life-long diabetic, my insulin use has gone from as much as 300 units a day to less than 25."

Now for the best news of all. Once Amber lost the weight that was hindering her from getting pregnant, she did conceive and on December 4th, the Browns welcomed a beautiful, healthy boy named Conner Wesley into their family. Amber and Clayton are only two of the patients who've been able to Live Life Again thanks to premier bariatric surgeon David Kim, M.D., F.A.C.S. There are thousands more stories like theirs. You can be one of them.



What is Revision Surgery?

Revision surgery is performed when a previous weight loss surgery procedure did not produce the desired results or a complication has occurred with a lap band. Dr. Kim can switch a failed operation into a successful one using the laparoscopic method. Patients come from all over the state of Texas to ask Dr. Kim to convert their previous failed weight loss procedures into successful ones.

The only bariatric surgery practice in Fort Worth to earn recognition as a Center of Excellence. The only bariatric surgeon in Fort Worth to be awarded the title of Surgeon of Excellence. Both by the American Society for Metabolic and Bariatric Surgery, the leading organization of bariatric professionals in the country.