

Being passionate about fitness and nutrition comes naturally for surgeons Michael Sofronski, MD and Scott Bovard, MD of the Delmarva Bariatric Center in Salisbury, Maryland.

Doctors Sofronski and Bovard specialize in the Lap Band procedure. The Lap Band procedure is the least invasive and safest procedure available for weight loss. The Lap Band is performed as an outpatient procedure at Peninsula Regional Medical Center. In the operating room, under the guidance of a specialized team, a small silicon band is placed around the top of the stomach which leads to early fullness and satisfaction. It offers the added benefit of being the only adjustable and reversible weight loss procedure being performed. Patients usually return to work the week following surgery.

Currently, Doctors Sofronski and Bovard are performing over 30 Lap Band procedures a month at Peninsula Regional, with excellent results. Peninsula Regional supports this specialized surgery, and other bariatric operations performed by Doctors Sofronski and Bovard, through the purchase of special surgical instruments and cameras, surgical tables capable of supporting the weight of the patients, specialized wheelchairs, beds and supplies when needed, and a surgical staff of two scrub technicians and a registered nurse for each operating room case.

While Delmarva Bariatric Center prides itself on a technically superior procedure, it focuses first and foremost on supporting the lifestyle changes of patients through fitness programs, diet plans and weekly educational sessions. Their new office features a 3000 square foot gym filled with state of the art equipment, and a personal trainer on staff. A conference room for seminars and nutrition classes augments the lifestyle changes that each patient undertakes. The atmosphere is positive and encouraging, which facilitates the maintenance of a healthy way of life.

After surgery at Peninsula Regional, patients are entered into a highly structured twelve month aftercare program at Delmarva Bariatric's office and aftercare center. The aftercare program includes the fitness center, personal training sessions, nutritional consultations and classes, as well as weekly educational/support meetings. The group meetings are facilitated by a registered nurse, who is also a Lap Band patient herself.

Doctors Sofronski and Bovard offer a free educational seminar every week for people interested in learning about the Lap Band procedure. Additionally, the Delmarva Bariatric Center has a website where you can obtain more information at <http://www.delmarvabariatric.com/>. For questions, or to reserve a spot at their free Lap Band seminar, just call the office at 410-341-6180.



*Caption: Doctors Scott Bovard, foreground left, and Michael Sofronski, foreground right, perform the Lap Band procedure at Peninsula Regional Medical Center.*