

CAPSULE

New National Capital PPO Office Opens in Baltimore Market

As National Capital PPO expands its market share and network, we are pleased to announce that we have opened a new office in the Baltimore area. We're located at 8600 LaSalle Road, Suite 700, Towson, Maryland 21286-2001.



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IN-TOUCH

PHYSICIAN UPDATE

PREPARED BY NCPPO FOR PARTICIPATING HEALTH CARE PRACTITIONERS

SUMMER 2004

Obesity

Bariatric Treatment: A Lifelong Commitment to Healthy Living

Weight problems are complex. Overweight and obesity are associated with co-morbidities such as heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems and psychological disorders. And treatment is complex because no two individuals share the same genetic make-up, lifestyle, behaviors and physical activity levels. A successful weight management program has to cover all the bases – medical care, nutrition, diet, exercise and psychological support – in short, a customized, comprehensive approach to a lifelong solution.

While the downside of overweight and obesity are challenging to patients and physicians alike, the upside of long-term weight management is dramatic. According to *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, weight loss, as modest as 5-15% of total body weight in a person who is overweight or obese, reduces the risk factors for some diseases, including heart disease. Weight loss also can result in lower blood pressure, lower blood sugar and improved cholesterol levels. These statistics can be strong motivators for individuals who are seeking treatment for weight-related problems.

"A good bariatric patient is making a lifelong commitment to a new, healthy lifestyle," says Dr. Michael Sofronski, Medical Director at the Delmarva Bariatric Center in Salisbury, Maryland, "and the biggest barrier to success is overcoming a lifetime of bad habits and poor education with regard to healthy eating and living."

Many individuals seeking weight management solutions will respond to a program that incorporates diet and physical activity. Some will need medical treatment for co-morbidities. Others may require surgical intervention to achieve results. All

bariatric patients need a strong support mechanism to achieve long-term success. Dr. Sofronski: "I operate on patients but I treat families."

Lifestyle modification is basically a complete overhaul of an individual's behavioral patterns, environment and lifestyle choices. It requires commitment on the part of the patient – and strong support from the patient's family, friends and even co-workers. "It's healthy living for the rest of your life," says Dr. Sofronski, "It is a tough decision to make and it's even tougher to maintain. I have incredible respect for every bariatric patient who comes into my office ready to make this commitment." ☺



PHYSICIAN SPOTLIGHT



Michael Sofronski, MD

Meet Dr. Michael Sofronski of the Delmarva Bariatric Center

Michael Sofronski, MD is Medical Director of the Delmarva Bariatric Center, a comprehensive practice specializing in lifestyle change. The Center's weight management program combines state-of-the-art medical care, nutrition, diet, exercise and psychological support. Surgical patients enter into a structured

12-month program that combines these essential components in order to optimize and maintain long-term success. Programs also may be structured for patients who are not morbidly obese and do not require a surgical component.

Dr. Sofronski received his medical degree from and

completed his residency at Thomas Jefferson University Hospital in Philadelphia. He is a member of The American Society for Bariatric Surgery.

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