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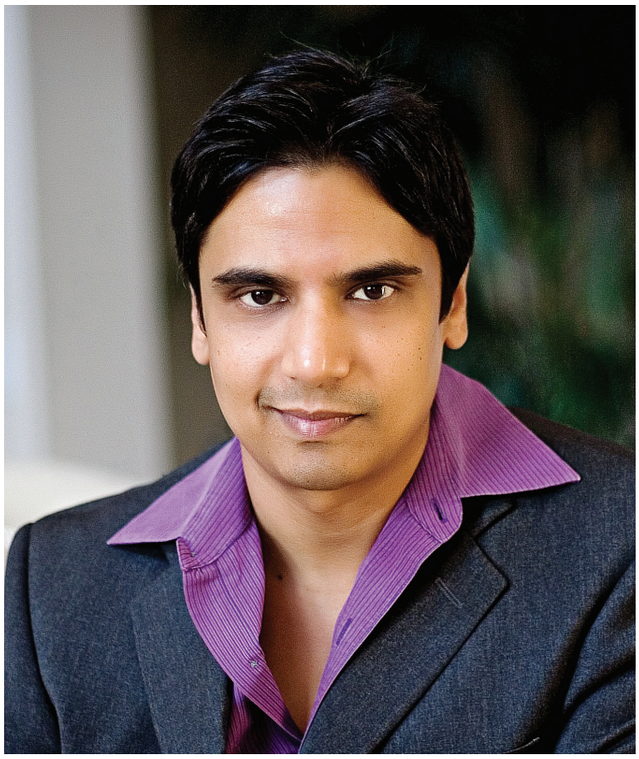
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Bobby Bhasker-Rao, M.D., F.A.C.S., F.A.S.M.B.S.

Laparoscopic Bariatric Surgery Specialist

Promoting New Approaches in Surgical Weight Loss for Better Patient Results

By Trudie Mitschang



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

When it comes to attributes that define an exceptional surgeon, many qualities spring to mind. An exceptional surgeon is an innovator and a pioneer, someone who continually pushes acceptance of new technologies to help improve patient care and outcomes. An exceptional surgeon is respected by peers and co-workers alike. Academic achievement and recognition would also make the list, as would the physician's bedside manner. Does the doctor stay connected with patients and show concern before, during, and after surgical procedures? Certainly for patients seeking something as personal and complex as surgery for massive weight loss, these are all essential qualifications.

As the first bariatric surgeon to offer safe and comprehensive weight-loss solutions to patients throughout the Coachella Valley, Dr. Bobby Bhasker-Rao is both an exceptionally gifted surgeon and a dedicated, compassionate physician who embodies all of these essential qualifications. In 2010, he received national recognition as the "**Best of the Best"** among bariatric surgeons. And while weight-loss surgery can offer dramatic benefits in terms of a patient's improved appearance and self esteem, Dr. Bhasker-Rao emphasizes that the health benefits are equally impressive.

"Several studies have proven that weight loss surgery is the only effective means of sustained weight-loss," says Dr. Bobby, as he is known by his patients. "Most importantly, surgical weight-loss procedures have been shown to result in overnight resolution of type 2 diabetes, hypertension, obstructive sleep apnea, GERD, and several other co-morbidities. These procedures also result in significant reduction of the risk of developing cardiovascular disease and cancer, translating into increased longevity and decreased mortality."

THE WEIGHT-LOSS SURGERY GO-TO EXPERT

Dr. Bobby 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 1,000 successful procedures, with an impressive zero mortality rate. It comes as no surprise that Dr. Bobby was awarded the "**2010 Surgeon of the Year"** Award as well as 2010 Patient Choice Award, a distinction that highlights his exceptional skill level with patients. Of course, the awards and recognition don't stop there: in 2008 Dr. Bobby was awarded the Center of Excellence Surgeon and Center of Excellence Practice designations by Medicare and the American Society for Metabolic and Bariatric Surgery.

Always on the leading edge of his field, Dr. Bobby is highly skilled using minimally invasive laparoscopic procedures for weight-loss surgery. No large incisions means less pain and shorter hospital stays, which also means you can lose the weight and get on with your new life even faster. Dr. Bobby performs various types of weight loss surgical procedures including **Laparoscopic Gastric Bypass, Laparoscopic Sleeve Gastrectomy**, and the **Lap-Band**.

During your comprehensive consultation, Dr. Bobby and his staff will determine which procedure is right for you. They will explain all of your options so that you feel empowered to make an informed decision about reaching your weight-loss goals.

LITE LIFE SURGERY

555 E. TACHEVAH DRIVE, SUITE 2E-101, PALM SPRINGS, CA 92262, 1-760-778-5220, WWW.LITELIFESURGERY.COM

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A TEAM APPROACH FOR LONG-TERM SUCCESS.

Dr. Bobby understands that successful weight-loss surgery is only the first step when it comes to keeping weight off. There are also lifestyle changes that must be made, which is why a team approach to patient care is so essential. 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," says Ika Beres, patient coordinator for Lite Life Surgery

At Lite Life Surgery, all prospective patients begin with a thorough consultation, including an informative seminar and workshop. All pre surgical 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.

Lite Life's support staff includes Kate Ostby, M.S., R.D., 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 also oversees the practice's nonsurgical medical weight-loss program, which means there are weight-loss options to fit almost everyone.

"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.

Ostby provides what the practice dubs "tool management counseling" that is customized for each patient. She is also the author of *Thin Times*, the practice's monthly newsletter designed to help patients optimize post-surgery success.

"Surgery is only a tool, not a cure-all," says Dr. Bobby. "Patients actually need the most help after weight loss surgery. With our comprehensive program that treats the whole patient, 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. At Lite Life, we're not all about simply doing the surgery. We're about making the surgery work for each individual patient."

IMPRESSIVE CREDENTIALS, EXPERIENCE YOU CAN TRUST

Fellowship trained and board-certified, Dr. Bobby's 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. ■

"WE'RE NOT ALL ABOUT SIMPLY DOING THE SURGERY. WE'RE ABOUT MAKING THE SURGERY WORK FOR EACH INDIVIDUAL PATIENT."

— Dr. Bobby



Kate Ostby, M.S.,R.D.
Bariatric Dietitian

DR. BOBBY'S TEAM



Zulema Pimental, M.A.
Patient Coordinator

Liliana Espino, M.A.
Patient Coordinator

Ika Beres, M.A.
Patient Coordinator

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