



Health Options For Obesity

Dr. Frantzides and "The Gentler Surgery"TM - Tiffany Topcik's Story

By Tiffany Topcik

I had been obese my entire life; it is something I struggled with and felt was out of my control. I tried every diet plan out there and was a vegetarian for six years. Even with an extremely healthy diet and exercise regimen the weight would not come off.

Seeking solutions

I visited an endocrinologist who convinced me to go back to a carnivore diet, stating that I was not getting enough protein. So I started eating meat again and my weight spiked. I felt worse than I did before and my health was deteriorating.

It was time to do take control

A business colleague of mine had recently had weight loss surgery and I watched the pounds melt away. His confidence and vigor were contagious. I gave him a call and he walked me through the process, recommended some books, and introduced me to www.obesityhelp.com.

The website was extremely resourceful and when I saw Dr. Frantzides' picture, I knew that he was the one to perform my surgery. I could sense his confidence and aura from the picture, not to mention his tremendous credentials.

My first appointment with Dr. Frantzides

The sense of confidence and aura for me was apparent the first time I met Dr. Frantzides and his entire team. Their help allowed me to evaluate the options clearly, kindly and thoroughly.

Something that sets Dr Frantzides apart

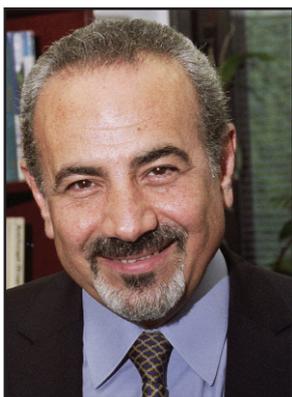


from other physicians is that every individual has his full attention. Although he is often running late, it's worth it because, when he's with you, you are his world. We talked about each type of weight loss surgery, as well as their pros and cons. By the end of the appointment I had a surgery date for laparoscopic gastric bypass three months later. I knew it was a drastic step but I was 38 years old at the time and ready to take my life in a different direction. At 18 months post-op, I know that the surgery is one of the biggest and best decisions I've ever made. My life has dramatically changed and I am a different person.

If you are considering weight loss surgery

It is important to do your research and to not be afraid of what's ahead. Another important point to note is that the surgery is a tool, not a solution. Nutritional and psychological counseling post-surgery is essential to staying on track. Often, obesity comes into people lives for different reasons. It's important that each person identify what issues are fostering their obesity and make sure that they deal with them so that they can be successful.

Visit: <http://www.obesityhelp.com/morbidobesity/bariatric+surgeon+testimonials+Constantine+T+Frantzides+MD+PHD+FACS+gqp.htm>



Constantine T. Frantzides
M.D., Ph.D., F.A.C.S.

Dr. Frantzides

is the Director of the Chicago Institute of Minimally Invasive Surgery, Director of the Minimally Invasive Fellowship Program at Evanston Northwestern Healthcare, and Professor of Surgery at Northwestern University. His experience in laparoscopic gastrointestinal surgery is one of the most extensive in the U.S.

He has traveled internationally to perform and teach laparoscopic operations. During the last 16 years, he has organized 31 laparoscopic courses through which 331 surgeons were trained in laparoscopic surgery, he has made more than 200 contributions to medical literature and has published 2 books on laparoscopic surgery. Dr. Frantzides has been the recipient of several awards and honors, as well as grants from the National Institutes of Health (NIH) and from the surgical industry. He is also credited with inventing two surgical instruments used in laparoscopic surgery. Because of his academic activities in laparoscopic surgery, as well as his surgical skills, he was given the "Achievement award for advanced laparoscopic surgery" by the American Society of General Surgery. See complete curriculum vitae for Dr. Frantzides at www.laparoscopicexperts.com.

Laparoscopic Procedures Performed by Dr. Frantzides

BARIATRIC SURGERY

Laparoscopic Gastric Bypass (Weight loss surgery)

COLON/RECTUM/SMALL INTESTINE

- Laparoscopic Enterectomy (Resection of small bowel)
- Laparoscopic Ileocecectomy (Resection of small intestine and cecum)
- Laparoscopic Colectomy
- Laparoscopic Low Anterior Resection of the rectosigmoid colon
- Laparoscopic Abdominoperineal Resection
- Laparoscopic Total Proctocolectomy
- Laparoscopic Rectopexy
- Laparoscopic Appendectomy

ESOPHAGUS

- Laparoscopic Fundoplication (Gastroesophageal Reflux Surgery)
- Laparoscopic Hiatal Hernia Repair with or without mesh
- Laparoscopic Esophagomyotomy (Heller Myotomy - For the treatment of Achalasia)
- Laparoscopic Esophagectomy
- Laparoscopic Transgastric Esophageal Mucosal Resection (For the treatment of severe dysplasia)

Hernia

- Laparoscopic Inguinal Hernia Repair
- Laparoscopic Ventral/Incisional Hernia Repair
- Laparoscopic Femoral Hernia Repair
- Laparoscopic Diaphragmatic Hernia Repair (Congenital or Traumatic)

Kidney/Adrenal

- Laparoscopic Nephrectomy (Kidney removal)
- Laparoscopic Donor Nephrectomy
- Laparoscopic Adrenalectomy

LIVER/BILE DUCTS/GALLBLADDER

- Laparoscopic Cholecystectomy (Removal of the gall bladder)
- Laparoscopic Common Bile Duct Exploration
- Laparoscopic Liver Biopsy
- Laparoscopic Hepatectomy (Removal of a segment of the liver)
- Laparoscopic Liver Cyst Drainage/Removal
- Laparoscopic Radiofrequency Ablation of Liver Tumors

Pancreas

- Laparoscopic Pancreatectomy (Resection of a segment of pancreas for benign/malignant disease)
- Laparoscopic Pseudocystojejunostomy/ Pseudocystogastrostomy (Drainage of Pancreatic Cyst)

SPINE

- Laparoscopic Anterior Spinal Fusion

SPLEEN

- Laparoscopic Splenectomy

STOMACH

- Laparoscopic Highly Selective Vagotomy (For treatment of duodenal ulcers)
- Laparoscopic Truncal Vagotomy and Pyloroplasty
- Laparoscopic Gastrectomy Partial/Total (Resection for benign and malignant disease)
- Laparoscopic Gastrojejunostomy
- Laparoscopic Gastrostomy

OTHER

- Diagnostic Laparoscopy
- Laparoscopic Peritoneal Dialysis Catheter Placement
- Laparoscopic Mesenteric/Retroperitoneal Lymph Node biopsy
- Laparoscopic Omental Flap

CHICAGO INSTITUTE OF MINIMALLY INVASIVE SURGERY



For more information
visit: www.cimis.info

To Make an Appointment Please Call:

847-676-2200