

# Ready to slim down in six months without surgery?



## The gastric balloon:

an FDA-approved, results-proven device for weight loss assistance available in Chicago, led by Dr. Darrien Gaston.

“Obesity, along with its serious health challenges and the anguish of low self-esteem it produces, continues to be a major problem,” says board-certified gastroenterologist Darrien Gaston, MD, FACP, FACG.

“I have long wanted to provide a nonsurgical option that would help patients kick-start and manage a successful weight loss program, but it needed to be one with a high safety profile that made sense to me as a specialist in the digestive system.”

After carefully following the evidence-based results that were being obtained with the gastric, or weight loss, balloon, Dr. Gaston added it to his services at Metropolitan Gastroenterology Consultants. The soft balloon is placed into the stomach via an endoscopic procedure and promotes portion control, a vital key to successful weight loss. In tandem with a healthy diet and an exercise program, patients can lose 30 to 40 percent of their weight in just six



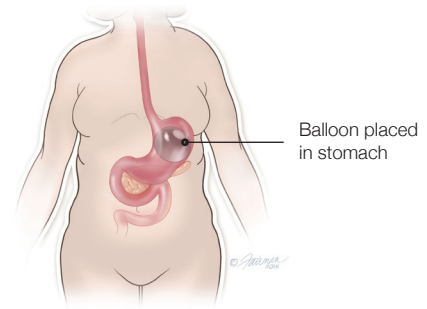
months, after which the balloon is removed. Adherence to the eating and exercise program keeps weight off and can produce additional loss. When further assistance is needed, the

balloon may be reinserted after three months.

## Why lose the weight?

An upcoming wedding where a smaller-sized dress or streamlined tux is your dream? A school reunion where you want to show up looking as svelte as your classmates remember you? Wishing to start a family?

Understandable motivators, but Dr. Gaston wants to remind you of the medical implications of obesity: It increases the risk of developing a multitude of health problems, including diabetes, high blood pressure, infertility, sleep apnea, depression, and various cancers, including colon cancer. Weight loss is not only cosmetic; it can be life-saving.



## Why a gastroenterologist?

Experts in the digestive system, gastroenterologists use endoscopic procedures routinely to diagnose and treat digestive ailments.

“The gastric balloon is both introduced to the stomach and removed endoscopically while the patient is under light sedation, which can be done right here in our office with the patient returning home soon after,” says Dr. Gaston. “We have instituted comprehensive nutritional support and exercise encouragement that will help patients lose weight quickly and safely. We are here for our weight loss patients long-term.”

Dr. Gaston is currently offering a **FREE** consultation to learn more about the weight loss balloon procedure and to find out if you are a candidate. Start your journey to a healthier, slimmer you by calling 773-238-1126.

Scan to visit  
Dr. Gaston's website  
for more information.



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