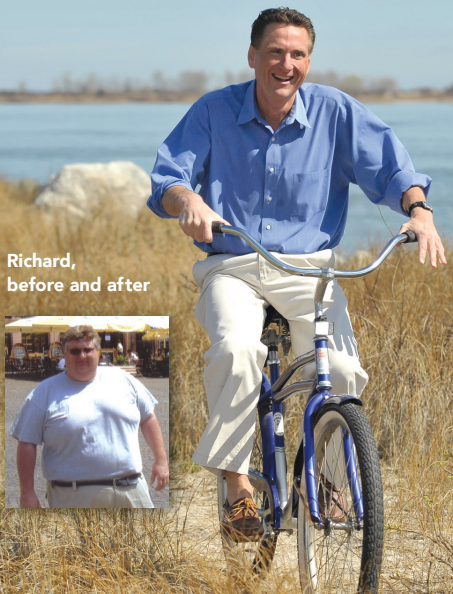


“Bariatric surgery reversed my diabetes, my sleep apnea, my obesity, and saved my life. My only regret is not having done it earlier.”

—Donald, reduced blood glucose level from 205 to 116

“There are so many things in life to enjoy. I learned to scuba dive. I went zip lining. I ride my bicycle everywhere. I feel like I’m free—free to enjoy life.”

—Richard, lost 226 pounds



Richard, before and after

DIABETES RESPONDS TO BARIATRIC SURGERY

Studies* show that approximately 75 percent of bariatric surgery patients experience remission of their diabetes following surgery.

Center of Excellence in Metabolic and Bariatric Surgery™

Center of Excellence in Robotic Surgery

Center of Excellence in Bariatric Surgery

Also offering IntraGastric Balloon, Obalon®, and Orbera®.

*Published in the American Journal of Medicine (2009) and JAMA (2004).

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World-Class Weight-Loss Surgery Reverses Diabetes

His accomplishments read like a weight-loss surgery hall of fame: one of the most experienced fellowship-trained bariatric surgeons on Long Island; first surgeon in Suffolk County to perform laparoscopic gastric bypass and robotic-assisted gastric bypass; first in New York to perform single-incision gastric bypass; first on Long Island to perform single-incision Realize® gastric banding—all with a record of success that trumps world-class centers.

“Weight-loss surgery is a minimally invasive procedure that can revolutionize a person’s life, increase longevity, and resolve a host of related conditions like diabetes, high blood pressure, and sleep apnea,” says Dr. Arif Ahmad.

Dr. Ahmad has performed more than 5,000 bariatric procedures in the past 17 years, making him one of the most experienced fellowship-trained bariatric surgeons on Long Island.

In the process, he has helped a vast number of patients reverse their diabetes, lowering their blood glucose levels to the point where they no longer require medications to control it.

Dedication to Excellence

Dr. Ahmad’s program for surgical weight loss partners with John T. Mather Memorial Hospital to form a Center of Excellence in Metabolic and Bariatric Surgery™. For more than 14 years, Dr. Ahmad’s primary bariatric patients have experienced no mortalities related to surgical procedures, earning the program one of the most impressive success rates in the country.

It begins with an exemplary long-term commitment to patient care, with a comprehensive program that utilizes the knowledge and training of four full-time



Arif Ahmad, MD, FACS, FRCS, FASMBS

nutritionists and two psychologists and draws upon committed pulmonary and cardiology groups working under the same roof.

Dr. Ahmad offers the full range of laparoscopic approaches and notes that sleeve gastrectomy is one of the fastest-growing surgical procedures in the United States. It does not require placement of a foreign body into the abdominal cavity, nor does it involve any adjustments following surgery. There is no rerouting of the intestinal tract and only minimal risk of malabsorption of nutrients.

Arif Ahmad, MD, FACS, FRCS

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