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DR. SHEY DITTO GUIDES PATIENTS TO A LIFETIME OF HEALTH THROUGH BARIATRIC AND COSMETIC SURGERY.

Austin's Dr. Shey Ditto is grateful for the work he does, motivated by the life-changing impact his services have on patients. A fellowship-trained surgeon specializing in bariatric surgery, Dr. Ditto oversees the personalized care of his patients from initial consultation through surgery and post-surgery cosmetic procedures that instill greater confidence.

"It's important to understand that bariatric surgery is not a cure for obesity," Dr. Ditto says. "Rather, it's a tool, and for patients to be truly successful at losing weight and starting a new, healthier life, they must be highly motivated throughout the pre- and post-surgical process and for the rest of their lives."

Weight Loss Surgery

While there are several types of bariatric surgery, Dr. Ditto most frequently performs gastric sleeve surgery. "The method of any weight loss is simple—you consume fewer calories than you burn. The sleeve surgically makes the stomach smaller and decreases the patient's hunger," he says. "In gastric

sleeve surgery, approximately 60%-70% of the stomach is removed, including the top part of the organ, which decreases the body's release of hunger hormones. The result is not only a smaller stomach, but also decreased feelings of hunger."



Dr. Shey Ditto

Dr. Ditto explains that one of the most exciting benefits of bariatric surgery is the impact on a patient's overall health. Many previously morbidly obese patients with conditions such as Type 2 diabetes, hypertension, and sleep apnea see a reduction—and sometimes the complete resolution—of these conditions.

A differentiator for Dr. Ditto compared to others offering this surgery is his experience of performing the surgery using the technologic advances of a surgical robot. He adds that today's robotic tools are highly advanced and can significantly impact outcomes. "Benefits of robotic surgery for patients include less post-surgery pain, decreased bleeding, and overall shorter recovery times than with the traditional open surgical or even laparoscopic approach," he says.

Another unique aspect of Dr. Ditto's care is that he truly cares for

each of his patients. Prior to becoming a surgeon, Dr. Ditto was a registered nurse in some of the busiest emergency rooms in the Southeast. Prior to that, Dr. Ditto worked his way through nursing school as a patient care technician. His experience working with patients spans over 20 years, and his surgical treatment is provided with compassion and sincerity.

Cosmetic Procedures

Because of his additional training in cosmetic surgery, Dr. Ditto can offer his patients a lifetime of care. He explains that most patients see a plateau in their weight loss approximately one year after surgery. At this time, he can begin collaborating with his patients to complete their body's transformation.

"When weight is lost quickly, excess, saggy skin may result," Dr. Ditto says. "Cosmetic procedures such as tummy tucks, body lifts, and breast lifts can not only improve body image, but can also improve one's lifestyle by making movements easier and more comfortable."

"Following my patients through the entirety of their personal transformations is beyond rewarding, and I'm privileged to play a part in that process."



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