

# your health matters

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## Love Your Heart: Heart-Healthy Meals for the Whole Family

Stress Incontinence:  
You Don't Have to Live With It

Is Weight-Loss Surgery  
Right for You?



# Heart-Healthy Meals for the Ones You Love

## Foods play a big role in heart health.

Indeed, the right food choices can help prevent heart attack and stroke, as well as help effectively manage weight, cholesterol and high blood pressure. And perhaps there's no better time than February—American Heart Month—to put into practice the latest research on heart-healthy eating and nutrition.

“Some people think of heart disease as a problem faced by adults only. But it's important to remember that kids need a healthy start in life, and that heart disease develops over the course of a lifetime,” said Peter McKnight, MS, RD, Norwalk Hospital Clinical Nutritional Services administrative manager. “Heart-healthy meals can appeal to all ages.”

Norwalk Hospital nutrition specialist Barbara Schmidt, MS, RD, suggests these five ways to immediately start putting heart-healthier meals on the table:

**1** Replace red meat with a few ounces of fatty fish, such as salmon. Research suggests the oil in fish may steady the heart's rhythm and lower triglycerides—a blood fat linked to heart disease.

**2** Season food with herbs and spices, rather than salt. Eating too much sodium increases the chances of developing high blood pressure. Limit yourself to



less than 2,300 mg a day, the amount in about 1 teaspoon of table salt.

**3** Steer clear of processed foods, which are high in sodium. Instead, include plenty of fruits and vegetables—especially potassium-rich ones, such as leafy greens, grapes, and carrots. While sodium can raise blood pressure, potassium helps lower it.

**4** Cook with olive oil instead of butter or polyunsaturated vegetable oils, such as corn oil. Olive oil can lower low-density lipoprotein (LDL),

or “bad,” cholesterol and boost high-density lipoprotein (HDL), or “good,” cholesterol.

**5** Snack on walnuts, almonds, and other unsalted nuts instead of chips. Nuts are high in alpha-linolenic acid, a substance that helps regulate heart rhythm.

**»» Norwalk Hospital's “Kids Healthy Weight” program provides families with practical, kid-friendly eating, exercise, and weight-loss strategies. Turn to page 7 for registration details.**

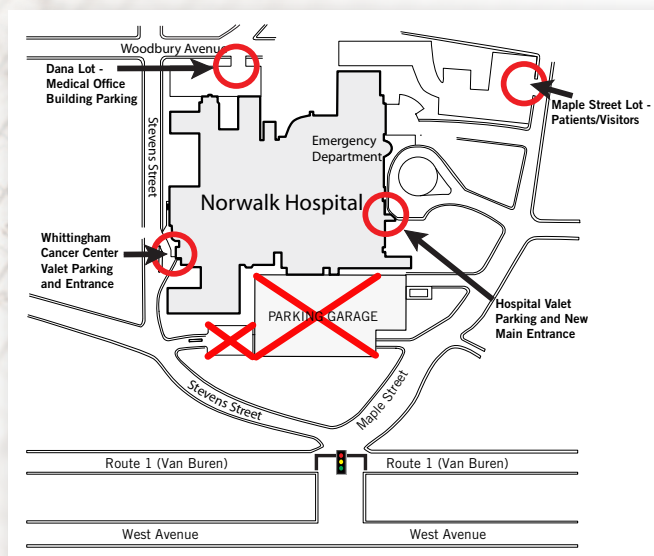
## Hospital Has New Main Entrance

Norwalk Hospital has closed its parking garage and main entrance due to construction. Until construction is complete in 14 months, all Hospital patients and visitors should use valet parking located at the new Main Entrance on Maple Street, next to the Emergency Department, or park in the Maple Street Lot.

All Hospital patients and visitors should enter the Hospital through the new Main Entrance, which is the former Ambulatory Care Entrance.

Whittingham Cancer Center patients should continue to use the Cancer Center's valet parking and entrance located on Stevens Street. Medical Office Building (MOB) patients should continue to park in the Dana Lot and use the MOB entrance on Stevens Street.

See the map at right for locations of valet parking, new Main Entrance and parking lots.



# 10 Ways to Slash Your Stroke Risk

Strokes kill more than 150,000 Americans each year and leave many more disabled. They happen when the brain doesn't get enough blood, either because an artery burst or a clot blocked the blood flow.

Some risk factors, such as getting older and being male, can't be changed. But researchers have found at least 10 risk factors that can, said Norwalk Hospital neurologist Daryl Story, MD.

**1 High blood pressure.** Stroke risk is four to six times higher in those with high blood pressure. "Annual preventive exams can detect the earliest signs of high blood pressure," Dr. Story explained. "The doctor and patient can then work together to get it under control."

**2 Diabetes.** High blood sugar damages blood vessels in the brain. People with diabetes have triple the stroke risk of those without the disease. Norwalk Hospital offers an Outpatient Diabetes Self-Management Education Program that has been recognized by the American Diabetes Association for providing patients with the knowledge and skills needed to successfully manage this potentially life-threatening condition. To contact a certified diabetes educator at the Hospital, call 203-852-2181.

**3 Heart disease.** A misshapen heart or irregular heartbeat could contribute to stroke. Thus, regular exams, and treatment for those with cardiovascular conditions, are essential stroke preventives.

**4 Abnormal cholesterol.** High levels of LDL or "bad" cholesterol and low levels of HDL or "good" cholesterol clog arteries. Have cholesterol checked at least once every five years.

**5 Waist-to-hip ratio.** Being heavy contributes to all four of the previous risk factors.

**6 Unhealthy diet.** Studies show that people who eat a Mediterranean diet—rich in fish and fruits—have the lowest stroke risk. So load up daily on fruits, vegetables, whole grains, and lean proteins.

**7 Not exercising.** Working out keeps blood flowing and the heart strong. Aim for 30 minutes a day, five days a week. Even 10 minutes offers health benefits.

**8 Smoking.** All forms of tobacco can cause blockages in the artery leading to the brain. Nicotine also raises blood pressure and thickens the blood. "Kick the habit, and your stroke risk will drop immediately," stressed Dr. Story, who practices with Neurology Associates of Norwalk.

**9 Drinking alcohol.** Binge drinking thins blood, increasing bleeding risk. Limit alcohol to one drink a day for women and two for men.

**10 Stress.** Constant psychological pressure may damage artery walls. "To calm down, try positive self-talk. Don't think, 'I can't do this,'" Dr. Story recommended. "Instead, tell yourself, 'I'll do the best I can.' Then, do it."



## NORWALK HOSPITAL RATED TOP IN STATE FOR STROKE CARE

If you're having a stroke, no Connecticut hospital provides higher-quality care than Norwalk Hospital.

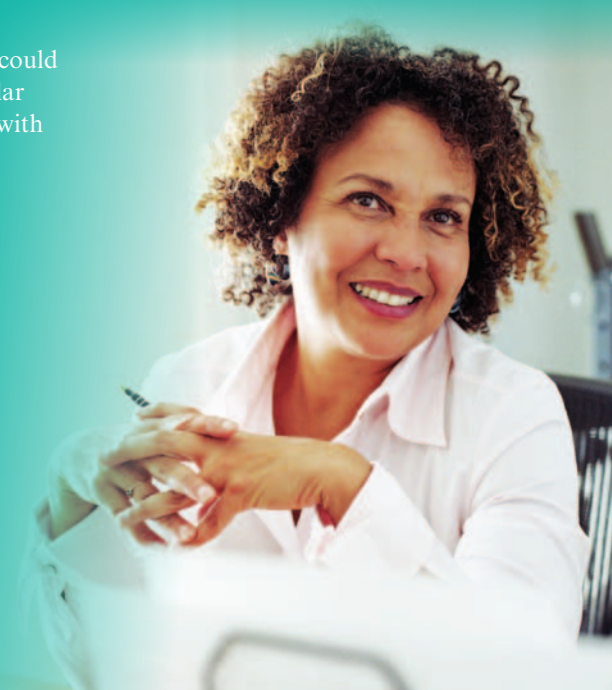
The independent HealthGrades healthcare ratings organization has ranked Norwalk Hospital's stroke program as number one among hospitals in Connecticut, as well as among the top five percent of hospitals nationwide. Norwalk Hospital's stroke care team also received HealthGrades' Stroke Care Excellence Award for the fourth consecutive year.

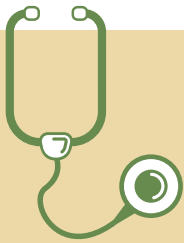
Norwalk Hospital treats an average of 200 stroke patients a year.

"We are very proud of this ranking by the nation's leading healthcare rating organization and our stroke team," said Hospital President and CEO Dan DeBarba, adding that the Connecticut Department of Public Health has also recognized Norwalk Hospital for consistently demonstrating the ability to rapidly diagnose and treat stroke. In addition, Norwalk Hospital is certified by The Joint Commission as a primary stroke center for meeting national standards of excellence in stroke care.

This prestigious award comes just one year after HealthGrades gave Norwalk Hospital its Distinguished Hospital Award for Clinical Excellence, placing the Hospital in the top five percent of all hospitals nationwide for clinical excellence as determined by HealthGrades.

»» To find out more about Norwalk Hospital's nationally recognized stroke program, visit [www.norwalkhospital.org](http://www.norwalkhospital.org).





## Ask the Doctor: Breast Surgeon Jeanne Capasse, MD

**Q.** Is it best to have reconstructive surgery to rebuild the shape and look of the breast at the same time as a mastectomy, or to wait?

*Jeanne Capasse, MD, surgical director of Norwalk Hospital's Smilow Family Breast Health Center, said women considering immediate breast reconstruction should discuss this issue with their breast surgeon, and a plastic surgeon, as far in advance as possible:*

"Whether a woman has breast reconstruction done at the same time as her mastectomy, or waits, can depend on whether additional cancer treatments are needed. Studies that have looked at the benefits of immediate versus delayed reconstruction have drawn mixed conclusions. What we know for sure, however, is that reconstruction works best on tissue that hasn't been damaged by radiation therapy. Immediate reconstruction also means less surgery.

"Some women don't want to think about reconstruction at the same time they're coping with a breast cancer diagnosis. Others feel they need to get everything done at the same time, as a way to help them heal and move on. A woman and her surgical team should make this decision together. We encourage all women having a mastectomy to meet with a plastic surgeon as early in the process as possible to discuss all available options.

"Women who choose Norwalk Hospital for breast surgery can feel confident that in addition to providing excellent and timely breast care, we are committed to making sure every woman fully understands her options; is given the opportunity to ask questions and discuss concerns; and receives the support and counseling needed to meet her individual needs. The patient and medical team work together to decide both the best approach and timing. Our goal is to guide every woman step-by-step through what can often be a frightening and confusing process."

**»» For more information about the comprehensive breast health services at Norwalk Hospital's Smilow Family Breast Health Center, call 203-852-2300. To find a breast surgeon on staff at the Hospital, visit [www.norwalkhospital.org](http://www.norwalkhospital.org) or call 1-866-NHB-WELL.**



Jeanne Capasse, MD



## NORWALK HOSPITAL FIRST IN STATE TO OFFER NEW PROSTATE CANCER DRUG

Norwalk Hospital recently became the first hospital in Connecticut—and one of only 50 in the nation—to offer a newly approved, and potentially breakthrough, drug that uses a man's own immune system to fight advanced prostate cancer.

Approved by the U.S. Food and Drug Administration in April, Provenge is the first in a new class of drugs called autologous cellular immunotherapies. It is being used in patients with asymptomatic or minimally symptomatic prostate cancer that has spread to other parts of the body and is resistant to standard treatments.

What makes Provenge unique is that each dose is manufactured specifically for each patient, using his own immune cells, explained Richard Frank, MD, research director at the Hospital's Whittingham Cancer Center.

"The fact that Norwalk Hospital was chosen to be one of the first hospitals in the U.S. to offer this pioneering new treatment option is very exciting, and further cements our reputation of offering the latest therapies to our patients in a convenient community hospital setting," Dr. Frank said.

**»» To learn more about Provenge, contact Norwalk Hospital's Whittingham Cancer Center at 203-852-2996 or 203-852-3063.**

## FELLOWSHIP-TRAINED BREAST SURGEON JOINS HOSPITAL

Fellowship-trained breast surgeon Mandy Sher Greenberg, MD, has joined the Norwalk Hospital Medical Staff, enhancing the comprehensive breast care the Hospital provides. A graduate of St. George's School of Medicine, Dr. Greenberg completed a general surgery residency at Stamford Hospital and the Columbia University College of Physicians and Surgeons. She then went on to complete a breast surgery fellowship at St. Luke's/Roosevelt Hospital-Beth Israel Medical Center. Results of studies she has conducted have been published in the *Journal of Oncology*, among other publications, as well as presented at Washington, D.C., and New York-based scientific meetings.



Mandy Sher Greenberg, MD

**»» Dr. Greenberg sees patients at 761 Main St., Suite 203, Norwalk. Call 203-325-3238.**

# No Need to Suffer from Stress Incontinence

**Women who leak urine when they cough, sneeze, laugh, stand, or lift something heavy should not be embarrassed to speak with their doctor about the condition, asserted Norwalk Hospital Urogynecology Chief Scott Serels, MD.**

Available treatments—including several that Dr. Serels pioneered—can provide a permanent fix for stress incontinence, a condition that statistics show affects as many as 30 percent of American women 15 to 64 years old.

“Many women—older women especially—wrongly believe that urinary leakage is something they have to live with,” explained Dr. Serels, who in addition to being a Norwalk Hospital Medical Staff member practices with Urology Associates of Norwalk. “But that is not the case. The procedures available today can correct the condition completely, which improves a woman’s quality of life.”

Stress incontinence occurs when bladder muscles that control the release of urine become weak, damaged, or injured. Two or more vaginal child-



“Many women—older women especially—wrongly believe that urinary leakage is something they have to live with.”

—Scott Serels, MD

pelvic surgery are among the most common causes. The resulting urine leakage—accompanied by embarrassment,

skin irritations, and disruptions of work, social, or family activities—leaves many women feeling angry and frustrated.

A urologist can perform specialized urodynamic tests that assess bladder function. Treatment options generally range from behavioral therapies, such as limiting fluid consumption or scheduling toilet trips, to surgical procedures designed to repair or strengthen bladder muscles.

A nationally recognized pioneer in bladder control surgery, Dr. Serels is not just responsible for helping to develop one of the most widely used stress incontinence treatments—a procedure called the single incision sling—but for teaching other surgeons how to perform it.

“The innovative treatments available today are highly successful, extremely safe, and have very little risk of complications,” Dr. Serels added. “And the results are amazing. The sling, for example, provides relief immediately. There is no reason for any woman to suffer with stress incontinence.”

» Dr. Serels and Urology Associates of Norwalk are based at 12 Elmcrest Terrace, Norwalk. Call 203-853-4200 to make an appointment.

## HOSPITAL OFFERS NEW PROCEDURE FOR PEOPLE WITH ACID REFLUX

Norwalk Hospital’s Center for Digestive Diseases now offers a new, state-of-the-art procedure for patients with moderate to severe gastroesophageal reflux disease (GERD). Called transoral incisionless fundoplication (TIF), this breakthrough and minimally invasive procedure is performed jointly by Director of Advanced Endoscopy Seth A. Gross, MD, and Director of Minimally Invasive Surgery Neil Floch, MD.

“We believe TIF will make a huge improvement in the quality of life of GERD patients,” Dr. Gross said. “While medications like Nexium, Prilosec and Prevacid can help relieve GERD symptoms, they don’t solve the underlying problem. This procedure does.”

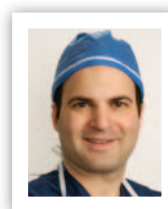
TIF involves the insertion of a tiny device called EsophyX that helps surgeons reconstruct the valve, or sphincter, located at the juncture of the esophagus and stomach. When shaped correctly and working properly, this valve prevents GERD by keeping stomach acids from rising into the esophagus.

Managing GERD generally involves a combination of medication and diet changes. TIF, however, can actually correct the underlying cause of the condition, allowing patients to stop taking

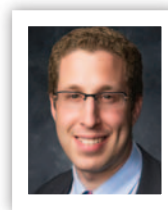
daily medications. Rather than work through a skin incision, surgeons perform this minimally invasive, laparoscopic procedure transorally, meaning through the open mouth. Because there is no incision, there is minimal pain, no scarring, and only a short recovery period.

Patients with GERD who turn to Norwalk Hospital’s Center for Digestive Diseases are cared for by an experienced and widely recognized team of gastroenterologists, who specialize in diagnosing and treating the condition.

» Check out GERD treatments or Norwalk Hospital’s Center for Digestive Diseases by visiting the Hospital web site, [www.norwalkhospital.org](http://www.norwalkhospital.org). To schedule an appointment with Dr. Gross, call 203-852-3454.



Neil Floch, MD



Seth A. Gross, MD

# New Techniques Help Lead to Healthy Babies

**Advances in reproductive medicine** are helping couples at risk of passing on an inherited genetic disorder achieve a healthy pregnancy and baby.

Preimplantation genetic diagnosis (PGD) is recommended to couples when one or both partners are carriers of a genetic disease. This procedure can help fertility experts determine whether embryos produced by in-vitro fertilization (IVF) carry genes for specific genetic diseases. With PGD, a diagnosis can be made before embryos are transferred back to the uterus. “This reduces the risk that a couple will pass the disease on to their child,” said Norwalk Hospital Section Chief of Reproductive Medicine Spencer Richlin, MD.

Comprehensive chromosome screening (CCS) is a new technology in which all 23 pairs of chromosomes from a biopsy of the embryo are analyzed. Only healthy

embryos that show 23 pairs of normal chromosomes are transferred back to the uterus. Embryos with abnormal chromosome complements are not transferred.

This technology significantly increases implantation and pregnancy rates over

“PGD has the ability to identify hundreds of familial diseases that couples are at risk of transmitting to offspring.”

—Spencer Richlin, MD

conventional IVF. With CCS, reproductive specialists can also limit the number of embryos transferred and, therefore, reduce the multiple pregnancy rate.

Both procedures involve performing a biopsy when the embryo is in the blastocyst stage, meaning it is fertilized and ready to implant in the woman’s uterus. Results are known on the morning of the embryo transfer, five days after egg retrieval. Any extra, normal embryos may be

frozen for future embryo transfers.

“Prior to the availability of PGD, couples at high risk for passing on genetic illnesses had to wait until they became pregnant to test for a potential problem. If a significant genetic problem was found, parents were then faced with the incredibly difficult decision of whether to continue or terminate the pregnancy. PGD changes this,” said Dr. Richlin.

“PGD has the ability to identify hundreds of familial diseases that couples are at risk of transmitting to offspring, including sickle cell anemia, Turner’s Syndrome, Huntington’s disease, polycystic kidney disease, retinoblastoma, spinal muscular atrophy and Fragile X Syndrome, to name a few,” Dr. Richlin said. “In addition, CCS allows fertility specialists to pinpoint and transfer a single healthy embryo, which decreases the risk of a multiple pregnancy.”

» Dr. Richlin is in practice with Reproductive Medical Associates of Connecticut, 10 Glover Avenue, Norwalk. Call 203-750-7400.

## NEW INTEGRATIVE MEDICINE PROGRAM FOCUSES ON HEALING

How one feels emotionally is just as important as how one feels physically.

That’s why along with standard medical treatments, Norwalk Hospital now offers an Integrative Medicine Program for patients in the hospital, as well as for individuals on an outpatient basis. This progressive program provides proven, scientifically based holistic therapies to help support conventional medical treatments and to promote healing, relaxation, and overall well-being.

Integrative medicine therapies have also been shown to effectively help relieve side effects from medical treatment. Focused on caring for the mind, body, and spirit, integrative medicine therapies and expert consultations are personalized for each individual and performed by licensed and certified practitioners. Services include:

- Massage therapy
- Reiki therapy

- Acupuncture
- Meditation
- Guided imagery
- Tai chi
- Nutrition counseling
- Herb and supplement counseling

“Our goal is to give all patients access to these programs and our expert staff, as well as to create an environment that promotes relaxation and healing,” said Norwalk Hospital Integrative Medicine Program Medical Director Kirsten Marcus, MD, PhD. “These aren’t alternative therapies to be used in place of traditional medicine, but rather complementary ones that can enhance, and be used in conjunction with, the excellent medical care Norwalk Hospital provides.”

Norwalk Hospital inpatients can request to receive integrative medicine therapies or counseling bedside. Outpatients are seen in a quiet, comfortable



therapy room in the Hospital’s Smilow Family Breast Health Center.

» Visit [www.norwalkhospital.org](http://www.norwalkhospital.org) for more information about Norwalk Hospital’s Integrative Medicine Program, or call 203-852-CALM (2256).

# NORWALK HOSPITAL PROGRAMS



**☎ To learn more or to register for a class, please call [1-866-NHB-WELL \(642-9355\)](tel:1-866-NHB-WELL) or the number provided. All programs are free and take place at Norwalk Hospital, 34 Maple St., Norwalk, unless otherwise noted. For a complete list of programs and events, visit our website at [www.norwalkhospital.org](http://www.norwalkhospital.org).**

## HEALTH LECTURES

### Understanding and Managing Cancer Treatment Side Effects

Presented by oncology clinician Bridget Debartolomeo, APRN, and breast health specialist Mary Heery, APRN, as part of Norwalk Hospital's Cancer Survivorship Special Speaker Sessions.

**Wednesday, March 2, 6 pm, Whittingham Cancer Center Conference Room, Norwalk Hospital. Registration required. Call 203-852-2148 or e-mail [sandra.fiorella@norwalkhealth.org](mailto:sandra.fiorella@norwalkhealth.org).**

### Insomnia

Presented by Ian D. Weir, DO, director of Norwalk Hospital's Insomnia Center and associate director of the Hospital's Sleep Disorders Center.

**Tuesday, March 22, 7 pm, Richard S. Perkin Auditorium, Norwalk Hospital.**

## WEIGHT CONTROL

### Free Weight-Loss Expo

Join Norwalk Hospital for a special night devoted to the comprehensive weight-loss services available at the Hospital. Featured will be healthy, low-calorie cooking demonstrations and taste-tests, exhibits on the numerous weight-loss and exercise programs and support groups offered, along with information on integrative medicine services and weight-loss surgery. The expo will conclude with a free seminar on weight-loss surgery provided by Neil Floch, MD, director of the Hospital's nationally accredited Surgical Weight Loss Center of Excellence.

**Thursday, March 24, 6 pm, Richard S. Perkin Auditorium, Norwalk Hospital. Call 203-852-3100 to register.**

### Bariatric Surgery Seminars

Free, informational seminars for those considering gastric bypass or gastric banding surgery. Members of Norwalk Hospital's nationally accredited Surgical Weight Loss Center present an overview of the procedures and program. To register or receive more information, call **203-852-3100** or visit [www.goodbyeBMI.org](http://www.goodbyeBMI.org).

Upcoming dates include:

- **Tuesday, March 1, 5:45 pm, Richard S. Perkin Auditorium, Norwalk Hospital**
- **Wednesday, March 9, 5:45 pm, Stamford Italian Center, 1620 Newfield Ave., Stamford**
- **Saturday, March 19, 9:15 am, Richard S. Perkin Auditorium, Norwalk Hospital**
- **Tuesday, April 5, 5:45 pm, Richard S. Perkin Auditorium, Norwalk Hospital**

### Kids Healthy Weight

Three-week program offers children and their parents practical, kid-friendly eating, exercise, and weight-loss strategies. A Spanish translator is available. Sponsored by the Hospital's Clinical Nutritional Services Department. **Tuesdays, 6 to 7 pm. Fee: \$72. Call 203-855-3548 or e-mail [nutrition@norwalkhealth.org](mailto:nutrition@norwalkhealth.org) for upcoming dates.**

## PARENTING AND CHILDBIRTH

Registration is required for the following programs offered by the Norwalk Hospital Childbirth Center. Call **1-866-NHB-WELL**.

### Beginnings Early Pregnancy Program

Designed for women in their first trimester and includes fetal growth and development; how to manage pregnancy discom-

forts; and potential risks and problems.

**Fourth Tuesday of each month, 7 to 9 pm.**

### Breast-Feeding Your Newborn

A certified lactation consultant helps parents prepare to care for their new baby. **First Saturday of the month. Fee: \$25. Please call 1-866-NHB-WELL for times.**

### Prepared Childbirth Class

Certified childbirth educator teaches Lamaze-style breathing, relaxation techniques, and stages of labor and delivery. **Four Wednesdays or four Thursdays in a row, 7 to 9 pm, or one Saturday, 9 am to 4:30 pm. Fee: \$175.**

## WEBE 108–Norwalk Hospital Kids Fest Offers Fun for Families

Celebrating its 20th year, this event will feature family-friendly entertainment, health education and information on family-oriented businesses. As event cosponsor, Norwalk Hospital will conduct blood pressure screenings; weight and height checks; offer information on health education programs available to children, adolescents and parents; host ambulance tours; provide information on the Heimlich Maneuver, phoning 9-1-1 preventing traumatic brain injury; and more. Norwalk Hospital physicians and staff will also be present to talk with children and their parents. **Sunday, April 17, 10 am to 4 pm, Wilton High School Field House, 395 Danbury Road, Wilton**



# Is Weight-Loss Surgery for You?

## *Hospital's Team Is Region's Most Experienced*

Those having a hard time sticking to New Year's resolutions to lose weight shouldn't feel bad about themselves. Instead, they should consider the weight-loss tool that will soon be available to twice as many Americans, said Neil Floch, MD, a bariatric surgeon and Norwalk Hospital's director of minimally invasive surgery.

A U.S. Food and Drug Administration panel voted in December to lower the obesity level, or body mass index (BMI), patients must meet to medically qualify for the gastric banding form of weight loss surgery. Previously, a patient needed to be categorized as "extremely obese" with a BMI of 40 or higher, or have a BMI of 35 or higher along with a serious related medical condition, such as diabetes or high blood pressure, to be a candidate.

### FDA Guidelines Changed

New FDA guidelines, expected to take effect in March, lower weight-loss surgery requirements, making anyone with a BMI of 35 or higher—or a BMI of 30 with a serious, related medical condition—eligible for this potentially life-saving procedure.

"This means that twice as many people will now be medically viable candidates for gastric banding surgery, which has benefits that go far beyond cosmetic," Dr. Floch said. "Coupled with healthy habits like eating nutritious foods and regularly exercising, weight-loss surgery can alleviate, or prevent, countless life-threatening conditions, including diabetes, high blood pressure, heart disease and sleep apnea."

### Stomach Reshaped

Lap-Bypass and Lap-Banding are the most common forms of weight-loss surgery offered at Norwalk Hospital's nationally accredited Surgical Weight Loss Center of Excellence. A third form, called gastric sleeve surgery or gastric sleeve restriction, has also recently become an option, explained Norwalk Hospital bariatric surgeon Craig Floch, MD. The procedure involves removing roughly 85 percent of the stomach and reshaping it to look like a tube or sleeve. As with Lap-Bypass and Lap-Banding surgery, patients can only eat a few tablespoons of food before becoming full.

Nationally recognized by the American Society for Metabolic and Bariatric Surgery as a "Bariatrics Center of Excellence" since

2006, Norwalk Hospital offers the most established and experienced weight loss surgery team in the region. Drs. Neil and Craig Floch have performed more than 2,700 bariatric surgeries, including more Lap-Banding procedures than any other group in New England. Norwalk Hospital's state-of-the-art operating rooms also offer patients the most advanced bariatric equipment and technology available.

Three years after having Lap-Band surgery at Norwalk Hospital, Michael Ross no longer suffers from high blood pressure or sleep apnea, and can keep up with his kids.

"There were so many things I couldn't do when I was heavy," said Mr. Ross, 52. "But then I lost more than 200 pounds, and for the first time was able to go on amusement park rides with my kids. The whole weight-loss experience has been great. I have as much energy as I did in my 20s. Having weight-loss surgery at Norwalk Hospital was the right decision."

» To attend one of Norwalk Hospital's free, weight-loss educational seminars, call 203-852-3100 or visit [www.goodbyeBMI.org](http://www.goodbyeBMI.org).



**BEFORE**



**AFTER**

Michael Ross lost 200 pounds with weight-loss surgery at Norwalk Hospital.