

Louisiana's

Health & Fitness

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Job Burnout
Cliff Diving
Protein Diet

David C. Treen, Jr, MD

Surgical Clinic of Louisiana

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DRS. TREEN AND BELOTT

DR. DAVID TREEN, JR.

Surgical Clinic of Louisiana

In New Orleans, the quality of food we serve is considered by many to rank among the highest in the country. Unfortunately, our city ranks among those with the highest rates of obesity as well.

In 2005, approximately 30% of adults in Louisiana were obese. In 2007, a mere two years later, that number jumped to 50%. This year, the number will likely climb to 60-65%. And obesity contributes to 300,000 deaths in America each year through hypertension, diabetes, and other obesity related ailments. Left unchecked, the escalation of obesity and the costs of treating the associated health problems will literally bankrupt the country. Morbid obesity is an epidemic in our state and nation, and at the Surgical Clinic of Louisiana, Dr. David Trean, Jr. has made it his mission to lead the fight to reverse this killer trend.

Over the last 40 years, bariatric surgery, also known as weight-loss surgery, has evolved into the most effective means to achieve substantial and lasting weight reduction, and has a safety profile equal to that of simple outpatient surgical procedures. Along with his partner, Dr. Todd Belott, Trean has established one of the region's premier bariatric surgical practices, and their Surgical Clinic of Louisiana has been awarded the distinction of being certified as a Bariatric Surgery Center of Excellence practice.

Many of Dr. Trean's patients come into the office after lengthy battles with weight gain. Most have tried all sorts of diets and have entered numerous programs. In the short term, many of these diets and programs produce results, but for most, the commitment is not sustainable, and the vast majority of patients not only regain the weight they lost, but end up heavier than

when they started. After multiple weight loss attempts, and repeated failures, many patients turn to bariatric surgery as their final hope. Dr. Trean says one of his favorite quotes is from Albert Einstein, who once said, "Doing the same thing over and over again and expecting different results is the definition of insanity." Trean sees this recurring theme on a daily basis. While Dr. Trean is a bariatric surgeon, his focus isn't just on the surgery itself, it's on educating his patients on how to become healthier individuals after the surgery. "Our objective," said Trean, "is to establish within each patient the realization that they need a more healthy relationship with food."

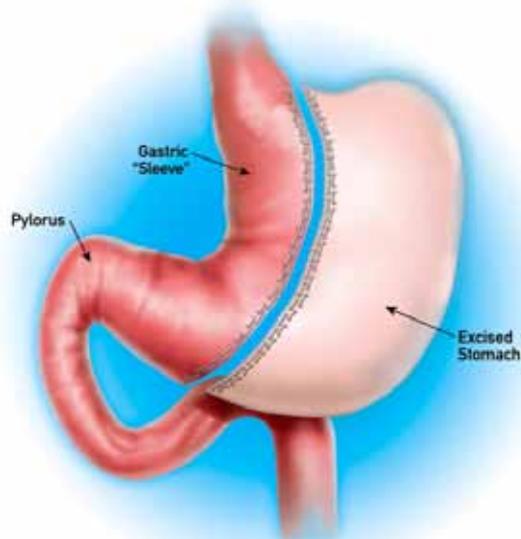
Dr. Trean educates patients about proper nutrition, exercise, and portion control and teaches them about where they made their mistakes in the past regarding their eating habits. Patients are encouraged to attend

free support groups with other patients before and after their surgery. This education is crucial to living a healthy lifestyle in New Orleans. “We know that just doing surgery on people is not enough,” said Treen, “We need to retrain them. Let’s face it, in New Orleans, we’re passionate about everything we do. And everything we do has food attached to it. All the parties end up in the kitchen.” With proper education, improved eating, and exercise habits, Treen believes that living in a culinary culture like New Orleans doesn’t have to be an insurmountable obstacle. “You can enjoy life in New Orleans and still be healthy.”

For those individuals who have not succeeded in keeping their weight under control, bariatric surgery is often the ultimate solution. Dr. Treen and his dedicated staff believe in treating each patient as an individual, and everyone is treated with compassion and respect. Patients are encouraged to ask questions about the procedures and are given thorough education on what to expect both before and after their surgery. For people who wonder whether or not bariatric surgery is the right option for them, the Surgical Clinic of Louisiana regularly holds free informational seminars for the general public.

Drs. Treen and Belott currently perform bariatric surgery at West Jefferson Medical Center in Marrero, as well as at Omega Hospital in Metairie. Treen notes that “as our patient base expanded from the Westbank to include the entire greater New Orleans region, including Omega Hospital as a second opportunity for patients seeking bariatric surgery is more convenient for many Eastbank patients, as well as a very attractive alternative to the traditional hospital setting.” As one of the most personalized patient care facilities in the region, Omega Hospital places privacy and comfort as high as its dedication to excellence in patient care and surgical results. “All of our patients at Omega are impressed with the boutique hotel feel in their private suites,” said Treen, noting the accommodating features including the flat-screen television, internet access, robes, microwave, minibar, and a Murphy bed for in-room family members.

Over the years, there have been many advances in bariatric surgery. Currently, the latest procedure, Vertical Sleeve Gastrectomy, is rapidly becoming the most popular and may prove to be the safest and most effective operation available. With this procedure, 80% of the stomach is removed, including the portion that produces ghrelin, a powerful appetite stimulant hormone. With this hormone virtually eliminated, patients hardly ever get hungry between meals and sometimes even have to remind themselves to eat. With the LapBand procedure, many patients still have to fight hunger between meals. With sleeve gastrectomy, there’s no device that has to be adjusted as with the LapBand. There’s also no rerouting of the intestines (like in a gastric bypass), reducing the risks of complications during and after the surgery, and often shortening the recovery time.



VERTICAL SLEEVE GASTRECTOMY



Photo By: AbbyPhoto.LLC

Dr. Treen has been performing bariatric surgery since 2003, accounting for about 60% of his practice. He has been a general surgeon for over 25 years. What keeps the work fresh and exciting for him are the interactions with patients. Being able to offer this operation, and witnessing the dramatic change that occurs after bariatric surgery make his work consistently rewarding. “It literally gives them their lives back,” Dr. Treen said.

For most morbidly obese individuals, simple activities, ones that people take for granted, like climbing stairs, become impossible. Many suffer from severe hip, knee, and back issues because of the extra weight they carry on a daily basis. One patient of Dr. Treen’s had always wanted to take her children to Disney World, but her obesity had rendered her unable to do that because airplane seats were too narrow for her. Within a few months after her surgery, she was finally able to enjoy Disney World with her children.

So if you or a loved one are suffering from obesity, have tried to lose weight many times in the past, only to see the weight come back with a vengeance, stop by one of the Surgical Center of Louisiana’s free informational seminars or give Dr. Treen’s office a call and schedule an initial appointment. It could literally change your life.

Dr. David Treen, Jr. is a bariatric surgeon with Surgical Clinic of Louisiana. His main office is at 1111 Medical Center Blvd. Ste. South 860 in Marrero. He also has an office at Omega Hospital at 2525 Severn Ave. in Metairie. For more information, or to schedule an initial appointment, visit his website at www.sclaweightloss.com or call (504)349-6860.