

Losing Weight with LAP-BAND®

For as long as she can remember, Raritan resident Eva Maraspin, 39, has struggled with her weight. She tried every diet, from counting points to counting carbs, but could not seem to find the right solution to help her lose weight and, most important, keep it off.

Along with rising cholesterol and blood pressure levels, Eva was finding it difficult to enjoy her life with her family and friends. “I felt embarrassed about my weight and always avoided being in photos,” she says. “I knew I had to take action and change my life, so I made it my New Year’s resolution.”

With a little inspiration from an unlikely source — Rex Ryan, the head coach of her beloved New York Jets, had recently undergone weight-loss surgery — Eva discovered LAP-BAND®, a minimally invasive weight-loss procedure. After researching it some more, Eva decided to consult her primary care physician.

Her physician referred Eva to Jersey Shore University Medical Center bariatric surgeon Seth Kipnis, M.D. “Dr. Kipnis explained the details of the procedure in a way that made me feel very comfortable,” she says. “I made my decision during that first visit.”

“The LAP-BAND is an adjustable and completely reversible procedure that is 10 times safer than any other weight-loss procedure,” explains Dr. Kipnis. “It doesn’t require any cutting or stapling, unlike other bariatric procedures.”

According to Dr. Kipnis, Eva made the right decision at the right time. “When I first met Eva, she was fairly healthy,” he says. “Rather than waiting for certain diseases to emerge, the goal is to take action and prevent them from developing.”

In April 2010, Dr. Kipnis performed Eva’s procedure. Several hours after surgery, Eva was cleared to head home. She was back at work just a week later. Now, two years have past, and Eva has gone from 322 pounds to 187 pounds, and she couldn’t be happier: “I’ve just become so much more confident in myself. For once, I look forward to doing things because I know that my weight won’t hold me back.”

She visits Dr. Kipnis a few times each year for quick adjustments and often shares her story to encourage others considering the procedure. “This has been one of the greatest decisions of my life, and there’s no reason for anyone to be fearful, especially if their surgery is with Dr. Kipnis.” ● — *Kris Tranquilino*



Die-hard New York Jets fan Eva Maraspin shows her team spirit in a photo taken before she had weight-loss surgery at Jersey Shore University Medical Center in 2010. Today, photographed in her cowboy hat outside a friend’s home, she’s 135 pounds lighter, a lot more confident — and still a Jets season ticket holder.



Seth M. Kipnis, M.D.
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Leaning Towards LAP-BAND? Save the Date!

1 Don’t miss your chance to hear Dr. Kipnis discuss this innovative procedure, as well as other surgical weight-loss options, on September 5 or October 3. Turn to page 25 for full details.