

**Mayo Clinic Medical Edge**  
**Lap Band for Weight Loss**

1:00

**Log**

**Audio**

<p><b>Intro with music</b></p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>AS A NATION WE'RE BIG AND GETTING BIGGER. NOT JUST A LITTLE OVERWEIGHT, BUT OBESE. IT CAN LEAD TO SERIOUS HEALTH ISSUES LIKE DIABETES, HIGH BLOOD PRESSURE AND HEART PROBLEMS. WHILE MANY FACTORS, INCLUDING GENETICS CAN PLAY A PART, MAYO CLINIC DR. JAMES SWAIN SAYS...</p>
<p><b>James Swain, M.D.</b>  <b>Track 1 (17:50)</b></p>	<p>"THE BIGGEST PROBLEM WITH OBESITY IS THE SHEER AMOUNT OF FOOD THAT WE EAT. WE'VE LOST TOUCH WITH WHAT IS ACTUALLY CALLED A SERVING."</p>
	<p>A SURGICAL PROCEDURE CALLED</p>

	LAPAROSCOPIC ADJUSTABLE GASTRIC BANDING ADDRESSES THAT ISSUE. SURGEONS PLACE A BAND AROUND THE STOMACH AND PULL IT TIGHT, BASICALLY SHRINKING THE STOMACH.
<b>Dr. Swain</b> <b>Track 1 (6:30)</b>	“IT’S SOMETHING THAT RELIES SOLELY ON RESTRICTING THE AMOUNT OF FOOD WHICH CAN BE TAKEN IN.”
	SURGICAL WEIGHT LOSS IS NOT FOR EVERYONE. IT’S GENERALLY RESERVED FOR PATIENTS WHO ARE SEVERELY OBESE OR HAVE OTHER WEIGHT-RELATED HEALTH CONCERNS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.