
The ASMBS Textbook of Metabolic and Bariatric Surgery

Stacy Brethauer • Matthew Hutter
Teresa LaMasters • John Morton
Jaime Ponce • Ann Rogers
Editors

The ASMBS Textbook of Metabolic and Bariatric Surgery

Third Edition

Editors

Stacy Brethauer
Department of Surgery
The Ohio State University
Columbus, OH, USA

Teresa LaMasters
Department of Surgery
University of Iowa
West Des Moines, IA, USA

Jaime Ponce
Bariatric Surgery
Weight Loss Center of Chattanooga
Chattanooga, TN, USA

Matthew Hutter
Department of Surgery
University of Texas Medical Branch
Galveston, TX, USA

John Morton 
Bariatric and Minimally Invasive Surgery
Yale School of Medicine
New Haven, CT, USA

Ann Rogers
Department of Surgery
Pennsylvania State University
Middletown, PA, USA

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Foreword

Bariatric surgery is metabolic surgery to induce weight loss in patients afflicted with the disease of severe obesity, often complicated by other aspects of the metabolic syndrome. Metabolic surgery is surgery on a putatively normal organ or organ system to induce a neurohormonal response that cures or mitigates a disease or a disease syndrome. This textbook defines and delineates the disease of obesity; the laudative neurohormonal mechanisms elicited by metabolic/bariatric surgery; the past, present, and potential future metabolic/bariatric procedures; the affirmative outcomes of metabolic/bariatric surgery, its complications, and remedial measures; pharmaceutical and metabolic/bariatric surgery co-therapy; and the quality control and the teaching of the discipline of metabolic/bariatric surgery. The reader can turn to a specific section for insights and instructions, or read this practical anthology from beginning to end, thereby auditing a detailed course in a subject that has offered the first broadly successful therapy for one of the world's major healthcare challenges.

On perusing this text, the reader will realize that metabolic/bariatric surgery is more than a technical innovation. Metabolic/bariatric surgery has created the fourth discipline of the field of surgery. Metabolic/bariatric surgery has initiated massive pharmaceutical therapy and thereby promoted healthcare globally. Metabolic/bariatric surgery has provided basic science knowledge of the human condition, in particular, the ability of the body to initiate disease itself, as well as its innate capacity to heal itself.

The three basic disciplines of the craft of surgery have been incisional, excisional, and reparative. Today, the incisional draining of purulent and other detrimental fluid collections has largely been assumed by invasive radiologists. The era of massive excisions, in particular for cancer, has passed and has been supplemented by minor excisions in a multimodal radiation therapy, hormonal therapy, and chemotherapy oncology service line. Reparative surgery of the heart, joints, and other body structures is still active but is being infringed by endoscopic and transvascular alternatives. Thus, the relatively new advent of metabolic surgery, best exemplified by bariatric surgery, provides not only an extension of a technical craft but a new, possibly the future, major discipline of the field of *hand work* (from the Greek combination of “*khēir*” [hand] and “*ergon*” [work]).

The neurohormonal discoveries by bariatric surgeons, particularly that of the appetite-suppressive and satiety action of the incretin hormone glucose-like peptide-1 (GLP-1), have initiated one of the largest pharmaceutical sales in history. It is estimated that 12% of the US population is currently on long-acting GLP-1 agonists.

Finally, until this time, surgery had never previously been associated with the elucidation of fundamental, textbook knowledge of the workings of the human body. By initiating and exploring the discipline of metabolic/bariatric surgery, surgeons have gained recognition and respect as basic science researchers and, as this volume substantiates, innovators of scholarship for the future of healthcare.

Emeritus, Professor of Surgery and Biomedical Engineering
Owen H. & Sarah Davidson Wangenstein Chair
in Experimental Surgery, University of Minnesota
Minneapolis, MN, USA

Henry Buchwald

Preface

The one constant in the field of obesity management and metabolic and bariatric surgery is change. Over the last decade, new therapies, techniques, technologies, and procedures have become part of our daily practice with the goal of making safe and effective treatment more accessible to patients who suffer from this disease.

More recently, the landscape of metabolic and bariatric surgery has become even more dynamic. The development of more effective medical therapies has been disruptive and, in many ways, permanently changed the paradigm for obesity treatment. Despite these changes, the ASMBS, metabolic and bariatric surgeons, obesity medicine specialists, and our integrated health colleagues have worked together to strengthen our collaborations with a “patient-first” mentality. We believe that the content in this third edition reflects this team approach and brings new knowledge to those who care for patients with obesity and obesity-related comorbidities.

The third edition includes 74 chapters to provide current evidence focused on specific patient populations, emerging technologies, newly endorsed procedures, and the integration of medical management into the bariatric surgery practice. There are also new or updated chapters focusing on quality improvement methodology, enhanced recovery after surgery, patient-reported outcomes, and coding practices. The increasing number of chapters compared to the first (43) and second (56) editions reflects the growing body of high-quality evidence in the field of obesity treatment and metabolic and bariatric surgery. We have developed this text to provide an appropriate mix of comprehensive science-based chapters and shorter “bite-sized” coverage of specific topics. Like previous editions, the chapters in this update are written by internationally recognized leaders in the field and provide the most current evidence as well as many expert perspectives on challenging topics and techniques.

Education is a core mission for the ASMBS, and this book was developed to support the needs of the ASMBS membership, but it will also be a valuable resource for any provider who works in this field. The development of the American Board of Surgery’s Focused Practice Designation (FPD) for Metabolic and Bariatric Surgery in 2022 was a major milestone in the recognition of our field in the house of surgery. To support this ongoing effort, the third edition includes multiple choice questions in each chapter that can be used to prepare for the FPD exam or as part of a training curriculum for fellows, residents, and students.

The third edition provides the most current and comprehensive overview of metabolic and bariatric surgery in a format that is well-written, accessible, and accompanied by outstanding illustrations, figures, tables, and videos. We hope you find this edition to be as helpful to your practice and educational efforts as the first two. The editors specifically want to thank our many contributing authors for their dedication and hard work to complete this project. Enjoy the book!

Columbus, OH, USA
Galveston, TX, USA
Des Moines, IA, USA
New Haven, CT, USA
Chattanooga, TN, USA
Hershey, PA, USA

Stacy Brethauer, MD
Matthew Hutter, MD
Teresa LaMasters
John Morton, MD
Jaime Ponce, MD
Ann Rogers, MD

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Contributors

Qais Abuhasan Department of Surgery, Indiana University School of Medicine, Indianapolis, IN, USA

Shushmita M. Ahmed Department of Surgery, University of California, Davis, CA, USA
Center for Alimentary and Metabolic Science, University of California, Davis, CA, USA

Juan Sebastian Valderrama Alba Department of Bariatric and Metabolic Surgery, IFSO LAC Bariatric and Metabolic Surgery Fellowship Program, Universidad México Americana del Norte, Instituto de Medicina Avanzada, Reynosa, Tamaulipas, Mexico

Mohamed R. Ali Department of Surgery, University of California, Davis, CA, USA
Center for Alimentary and Metabolic Science, University of California, Davis, CA, USA

Ali Aminian Bariatric and Metabolic Institute, Department of General Surgery, Cleveland Clinic, Cleveland, OH, USA

Leo I. Amodu Division of General Surgery, Department of Surgery, University Hospitals Cleveland Medical Center, Cleveland, OH, USA
Department of Surgery, Case Western Reserve University School of Medicine, Cleveland, OH, USA

Roi M. Anteby MGH Department of Surgery, Boston, MA, USA

Imran J. Anwar Duke University Medical Center, Durham, NC, USA

Rachel B. Atkinson Division of Gastrointestinal and General Surgery, Brigham and Women's Hospital, Boston, MA, USA

Dan Ellison Azagury Section of Minimally Invasive & Bariatric Surgery, Biodesign Fellowship Program, Stanford Lifestyle and Weight Management Clinic, Stanford University School of Medicine, Stanford, CA, USA

Fadlullah Ba'th Cleveland Clinic, Bariatric and Metabolic Institute, Department of General Surgery, Cleveland, OH, USA

Wirley Guillén Balza Department of Bariatric and Metabolic Surgery, IFSO LAC Bariatric and Metabolic Surgery Fellowship Program, Universidad México Americana del Norte, Instituto de Medicina Avanzada, Reynosa, Tamaulipas, Mexico

Jessica Bartfield Wake Forest University School of Medicine, Department of Surgery, Atrium Health/Wake Forest Baptist Medical Center, Greensboro, NC, USA

Monica M. Betancourt-Garcia DHR Health Institute for Research and Development, Edinburg, TX, USA
DHR Health, Edinburg, TX, USA

Helmuth T. Billy Ventura Advanced Surgical Associates, Ventura, CA, USA
Department of Surgical Education, Community Memorial Hospital, Ventura, CA, USA

Elad Boaz Department of General Surgery, The Bariatric and Metabolic Institute, Cleveland Clinic Florida, Weston, FL, USA

Alex K. Bonnecaze, MD Department of Endocrinology, Pinehurst Medical Clinic, Southern Pines, NC, USA

Geoff Boyer Grand Strand Medical Center, Department of Surgery, Myrtle Beach, SC, USA

Nadejda Bozadjieva-Kramer Department of Surgery, University of Michigan, Ann Arbor, MI, USA

VA Ann Arbor Healthcare System, Ann Arbor, MI, USA

Lauren Bradley Rush University Medical Center, Chicago, IL, USA

Matthew Brengman Parham Doctors Hospital, Richmond, VA, USA

Stacy Brethauer Department of Surgery, The Ohio State University, Columbus, OH, USA

Guilherme M. Campos Division of Bariatric and Gastrointestinal Surgery, Virginia Commonwealth University, Richmond, VA, USA

Felipe J. Cantú Jr. Department of Bariatric and Metabolic Surgery, IFSO LAC Bariatric and Metabolic Surgery Fellowship Program, Universidad México Americana del Norte, Instituto de Medicina Avanzada, Reynosa, Tamaulipas, Mexico

Jonathan Carter, MD, FASMBS University of California-San Francisco, San Francisco, CA, USA

Kelly Champlin Grand Strand Medical Center, Department of Surgery, Myrtle Beach, SC, USA

Karan R. Chhabra Bellevue Division of Bariatric and General Surgery, NYU Grossman School of Medicine, New York, NY, USA

Maryna Chumakova-Orin Department of Surgery, East Carolina University, Greenville, NC, USA

Benjamin Clapp Department of Surgery, Texas Tech Paul Foster School of Medicine, El Paso, TX, USA

Karine Clément Sorbonne Université, Inserm, Nutrition and Obesities: Systemic Approaches, NutriOmics Research Unit, Paris, France

Assistance Publique Hôpitaux de Paris, Nutrition Department Pitié-Salpêtrière Hospital, Paris, France

Ricard Corcelles Department of Surgery, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, Department of General Surgery, Cleveland Clinic, Cleveland, OH, USA

Daniel Cottam Bariatric Medicine Institute, Salt Lake City, UT, USA

Lillian Craggs-Dino Digestive Disease and Surgery Institute, Cleveland Clinic Florida, Weston, FL, USA

Luke S. Crawford Department of Surgery, McGovern Medical School at UTHealth, Houston, TX, USA

John D. Cull Surgical Critical Care, Prisma Health Upstate, Greenville, SC, USA

Haley J. Daigle UT Health San Antonio, San Antonio, TX, USA

Adrian G. Dan Northeast Ohio Medical University, Rootstown, OH, USA

Weight Management Institute, Summa Health System – Akron City Hospital, Akron, OH, USA

Jerry T. Dang Digestive Diseases Institute, Cleveland Clinic, Cleveland, OH, USA
Department of Surgery, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, Department of General Surgery, Cleveland Clinic, Cleveland, OH, USA

Barham K. Abu Dayyeh Karch Division of Gastroenterology, Department of Academic Affairs, Cedar Sinai Medical Center, Los Angeles, CA, USA

Eric J. DeMaria Department of Surgery, East Carolina University, Greenville, NC, USA

Dan Eisenberg Stanford School of Medicine and Veterans Affairs Palo Alto Health Care System, Palo Alto, CA, USA

Wayne J. English Department of Surgery, Vanderbilt University Medical Center, Nashville, TN, USA

Jeffery Fallah Medical University of South Carolina, Department of Surgery—Metabolic and Bariatric Surgery, Charleston, SC, USA

Daniel M. Felsenreich Division of Visceral Surgery, Department of General Surgery, Medical University of Vienna, Vienna, Austria

Angela Fitch Knownwell, Needham, MA, USA

Mark A. Fleming II Boston Children's Hospital, Department of Pediatric Surgery, Boston, MA, USA

R. Armour Forse DHR Health Institute for Research and Development, Edinburg, TX, USA
DHR Health, Edinburg, TX, USA

James A. Fraser Department of Surgery, University of Texas—Tyler, Tyler, TX, USA

Lynn Marie Frydrych CoxHealth Plastic Surgery, Springfield, MO, USA

Dominick Gadaleta Department of Surgery, North Shore University Hospital and Long Island Jewish Medical Center, Northwell, New Hyde Park, NY, USA
Zucker School of Medicine, Northwell, New Hyde Park, NY, USA

Brennan Gagen Department of Surgery, Baylor College of Medicine, Scott & White Memorial Hospital and Clinic, Temple, TX, USA

Dillon Gasper Golden Valley Healthcare, Clinton, MO, USA

Charmaine Gentles Bariatric Surgery Program, Department of Surgery, North Shore University Hospital and Long Island Jewish Medical Center, Northwell, New Hyde Park, NY, USA

Muhammad Ghanem Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Omar M. Ghanem Department of Surgery, Mayo Clinic, Rochester, MN, USA

Karen E. Gibbs Yale New Haven Health Bridgeport Hospital, Yale School of Medicine, New Haven, CT, USA

Graziella Galvao Goncalves Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Gabriel Gonzalez Department of Surgery, NYU Langone Medical Center, New York, NY, USA

Arielle Grieco American College of Surgeons, Chicago, IL, USA

Victoria J. Grille Hackensack Meridian Medical Group at Jersey Shore University Shore Medical Center, Neptune, NJ, USA

Ido Haimi Department of Surgery, NYU Langone Medical Center, New York, NY, USA

Lisa Hale American College of Surgeons, Chicago, IL, USA

Safraz A. Hamid Yale School of Medicine, New Haven, CT, USA

Monique Hassan Department of Surgery, Baylor College of Medicine, Scott & White Memorial Hospital and Clinic, Temple, TX, USA

Leslie J. Heinberg Cleveland Clinic Lerner College of Medicine, Cleveland, OH, USA

Kelvin D. Higa Department of Surgery, Minimally Invasive and Bariatric Surgery, Advanced Laparoscopic Surgical Associates/Community Health Partners, Fresno Heart and Surgical Hospital, University of California, San Francisco, Fresno, CA, USA

Charles Edward Hill III University of South Carolina School of Medicine Greenville, Prisma Health, Greenville, SC, USA

L. Renee Hilton-Rowe Minimally Invasive Surgery, Bariatric Surgery, Center for Obesity and Metabolism, Digestive Health Center, Department of Surgery, Medical College of Georgia, Augusta, Georgia

Marcelo W. Hinojosa Department of Surgery, Division of Gastrointestinal Surgery, University of California, Irvine Medical Center, Orange, CA, USA

Farah Husain Bariatric Surgery, Oregon Health & Science University, Portland, OR, USA

Matthew Hutter Department of Surgery, University of Texas Medical Branch, Galveston, TX, USA

Thomas H. Inge Ann & Robert H. Lurie Children's Hospital of Chicago, Department of Pediatric Surgery, Chicago, IL, USA

Muhammad Jawad Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Megan Jenkins New York University Langone Health, New York, NY, USA

Kevin John Department of Surgery, McGovern Medical School at UTHealth, Houston, TX, USA

Stephanie B. Jones Department of Anesthesiology, Zucker School of Medicine at Hofstra/Northwell, New Hyde Park, NY, USA

Katerina Jou Department of Surgery, North Shore University Hospital and Long Island Jewish Medical Center, Northwell, New Hyde Park, NY, USA

Calista Kee CUNY School of Medicine, New York, NY, USA

Jason W. Kempenich UT Health San Antonio, San Antonio, TX, USA

Colleen Kennedy Texas Health Resources Presbyterian Hospital Rockwall, Rockwall, TX, USA

Baylor Scott and White Regional Medical Center – Plano, Plano, TX, USA

Leena Khaitan Division of General Surgery, Department of Surgery, University Hospitals Cleveland Medical Center, Cleveland, OH, USA

Department of Surgery, Case Western Reserve University School of Medicine, Cleveland, OH, USA

Jisoo Kim Department of Surgery, East Carolina University, Greenville, NC, USA

Julie E. Kim Department of Surgical Education, Community Memorial Hospital, Ventura, CA, USA

Tammy Kindel Division of Minimally Invasive & Gastrointestinal Surgery, Department of Surgery, Medical College of Wisconsin, Milwaukee, WI, USA

Michelle Cordoba Kisse DHR Health Institute for Research and Development, Edinburg, TX, USA

DHR Health, Edinburg, TX, USA

Daniel Kitner Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Clifford Y. Ko American College of Surgeons, Chicago, IL, USA

Department of Surgery, University of California Los Angeles David Geffen School of Medicine, VA Greater Los Angeles Healthcare System, Los Angeles, CA, USA

Shanu N. Kothari Department of Surgery, Prisma Health Upstate, Greenville, SC, USA

Alexandra Kovar Aspen Valley Health, Aspen, CO, USA

Matthew Kroh Digestive Diseases Institute, Cleveland Clinic, Cleveland, OH, USA

Marina Kurian NYU Langone Health, New York, NY, USA

Theodore K. Kyle ConscienHealth, Pittsburgh, PA, USA

Teresa LaMasters Weight Loss & Wellness Center of Iowa, West Des Moines, IA, USA

Department of Surgery, Roy J. And Lucille A. Carver College of Medicine, University of Iowa, Iowa City, IA, USA

MacKenzie Landin Bariatric Surgery, Banner University Medical Center, Phoenix, AZ, USA

Yung Lee Division of General Surgery, Department of Surgery, McMaster University, Hamilton, ON, Canada

Romulo Lind Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

S. Julie-Ann Lloyd Minimally Invasive and Bariatric Surgery, Michael E. DeBakey Department of General Surgery, Baylor College of Medicine, Houston, TX, USA

Taylor Locklear Grand Strand Medical Center, Department of Surgery, Myrtle Beach, SC, USA

Yang Lu Stanford School of Medicine and Veterans Affairs Palo Alto Health Care System, Palo Alto, CA, USA

Victoria Lyo Department of Surgery, University of California, Davis, CA, USA

Center for Alimentary and Metabolic Science, University of California, Davis, CA, USA

Pearl K. Ma Department of Surgery, Minimally Invasive and Bariatric Surgery, Advanced Laparoscopic Surgical Associates/Community Health Partners, Fresno Heart and Surgical Hospital, University of California, San Francisco, Fresno, CA, USA

Linda Shapiro Manning Meaningful Metabolism, Boulder, CO, USA

Davide Masi Sorbonne Université, Inserm, Nutrition and Obesities: Systemic Approaches, NutriOmics Research Unit, Paris, France

Sapienza University of Rome, Department of Experimental Medicine, Section of Medical Physiopathology, Food Science and Endocrinology, Rome, Italy

Samer G. Mattar Department of Surgery, Weight Management Center, Baylor College of Medicine, Houston, TX, USA

Guilherme S. Mazzini Division of Bariatric and Gastrointestinal Surgery, Virginia Commonwealth University, Richmond, VA, USA

Corrigan L. McBride University of Nebraska Medical Center, Omaha, NE, USA

Will McDonough Department of Surgery, William Beaumont Army Medical Center, Fort Bliss, TX, USA

Felix Durand Mena Department of Bariatric and Metabolic Surgery, IFSO LAC Bariatric and Metabolic Surgery Fellowship Program, Universidad México Americana del Norte, Instituto de Medicina Avanzada, Reynosa, Tamaulipas, Mexico

Emanuele Lo Menzo Department of General Surgery, The Bariatric and Metabolic Institute, Cleveland Clinic Florida, Weston, FL, USA

Marc P. Michalsky Nationwide Children's Hospital, Department of Pediatric Surgery, Columbus, OH, USA

Benjamin T. Miller Center for Abdominal Wall Core Health, Cleveland Clinic, Cleveland, OH, USA

Monali Misra Cedars Sinai Medical Center, Los Angeles, CA, USA

Valentin Mocanu Department of Surgery, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, Department of General Surgery, Cleveland Clinic, Cleveland, OH, USA

Frances L. Morales Massachusetts General Hospital, Department of Surgery, Boston, MA, USA

Joe Nadglowski Obesity Action Coalition, Tampa, FL, USA

Patty Nece Obesity Action Coalition, Tampa, FL, USA

Bradley J. Needleman The Ohio State University Wexner Medical Center, Columbus, OH, USA

Manoel Galvao Neto Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Ninh T. Nguyen Department of Surgery, Division of Gastrointestinal Surgery, University of California, Irvine Medical Center, Orange, CA, USA

Sabrena F. Noria The Ohio State University Wexner Medical Center, Columbus, OH, USA

Christopher Joe Northup Metabolic and Bariatric Surgery, Vanderbilt University Medical Center, Nashville, TN, USA

Department of Surgery, ASMBS, Newberry, FL, USA

Robert W. O'Rourke Department of Surgery, University of Michigan, Ann Arbor, MI, USA
VA Ann Arbor Healthcare System, Ann Arbor, MI, USA

Luis Felipe Okida Advanced Laparoscopic Surgical Associates/Community Health Partners, Fresno Heart and Surgical Hospital, Fresno, CA, USA

Oscar A. Olavarria Department of Surgery, McGovern Medical School at UTHealth, Houston, TX, USA

Jacob Owen Department of Surgery, East Carolina University, Greenville, NC, USA

Julie Parrott Temple University Health System, Metabolic and Bariatric Surgery Program, Philadelphia, PA, USA

University of Sunderland, Faculty of Health Sciences and Wellbeing, Sunderland, UK

Ravi Teja Pasam Division of Gastroenterology, Hepatology and Endoscopy, Brigham and Women's Hospital, Boston, MA, USA

Wentworth-Douglass Hospital, Dover, NH, USA

Robyn Pashby Health Psychology Partners, Washington, DC, USA

Ana Pena Department of General Surgery, The Bariatric and Metabolic Institute, Cleveland Clinic Florida, Weston, FL, USA

Elia Perez-Aguirre General and Digestive Surgery Service, Hospital Clínico San Carlos, Department of Surgery, Complutense University Medical School, Universidad Complutense de Madrid (UCM), IdISSC, Madrid, Spain

Cassandra Peters American College of Surgeons, Chicago, IL, USA

Richard M. Peterson UT Health San Antonio, San Antonio, TX, USA

Anthony T. Petrick Division of Bariatric and Foregut Surgery and The Obesity Institute, Geisinger Health System, Danville, PA, USA

Leah Plumblee Medical University of South Carolina, Department of Surgery—Metabolic and Bariatric Surgery, Charleston, SC, USA

Jaime Ponce Bariatric Surgery, Weight Loss Center of Chattanooga, Chattanooga, TN, USA

Walter J. Pories Department of Surgery, Brody School of Medicine, East Carolina University, Greenville, NC, USA

Shreyash Pradhan Department of Surgical Education, Community Memorial Hospital, Ventura, CA, USA

Gerhard Prager Division of Visceral Surgery, Department of General Surgery, Medical University of Vienna, Vienna, Austria

Rana C. Pullatt Medical University of South Carolina, Department of Surgery—Metabolic and Bariatric Surgery, Charleston, SC, USA

Tiffany Rasaphangthong Department of Surgery, Baylor College of Medicine, Scott & White Memorial Hospital and Clinic, Temple, TX, USA

Kirk Reichard Nemours Children's Hospital, Department of Pediatric Surgery, Wilmington, DE, USA

Daphne Remulla Center for Abdominal Wall Core Health, Cleveland Clinic, Cleveland, OH, USA

Christine Ren-Fielding Department of Surgery, NYU Langone Medical Center, New York, NY, USA

Richard Rieske Department of Surgery, University of South Alabama, Mobile, AL, USA

Marissol Madrigal Rocha Department of Bariatric and Metabolic Surgery, IFSO LAC Bariatric and Metabolic Surgery Fellowship Program, Universidad México Americana del Norte, Instituto de Medicina Avanzada, Reynosa, Tamaulipas, Mexico

Simon Rodier Department of Surgery, Mayo Clinic, Rochester, MN, USA

Nathan Allen Rodriguez University of South Carolina School of Medicine Greenville, Prisma Health, Greenville, SC, USA

Ann Rogers Division of Minimally Invasive and Bariatric Surgery, Penn State Health, Penn State University College of Medicine, Hershey, PA, USA

Mehida Rojas-Alexandre Division of Gastrointestinal and General Surgery, Brigham and Women's Hospital, Boston, MA, USA

Jose L. Romera General and Digestive Surgery Service, Hospital Clínico San Carlos, Department of Surgery, Complutense University Medical School, Universidad Complutense de Madrid (UCM), IdISSC, Madrid, Spain

Michael J. Rosen Northwestern University Center for Abdominal Core Health NU CORE, Northwestern University, Feinberg School of Medicine, Chicago, IL, USA

Raul J. Rosenthal Division of General Surgery, DeDavid Geffen School of Medicine, University of California, Los Angeles, USA

Adriana Ruano General and Digestive Surgery Service, Hospital Clínico San Carlos, Department of Surgery, Complutense University Medical School, Universidad Complutense de Madrid (UCM), IdISSC, Madrid, Spain

J. Peter Rubin Department of Plastic Surgery, University of Pittsburgh, Pittsburgh, PA, USA

Miguel A. Rubio Endocrinology and Nutrition Service, Hospital Clínico San Carlos, Complutense University Medical School, Universidad Complutense de Madrid (UCM), IdISSC, Madrid, Spain

Ruben D. Salas-Parra Department of Surgery, North Shore University Hospital and Long Island Jewish Medical Center, Northwell, New Hyde Park, NY, USA

Jennifer L. Salluzzo Division of Bariatric and Gastrointestinal Surgery, Virginia Commonwealth University, Richmond, VA, USA

Sarah Samreen University of Texas Medical Branch, Galveston, TX, USA

Andrés Sánchez-Pernaute General and Digestive Surgery Service, Hospital Clínico San Carlos, Department of Surgery, Complutense University Medical School, Universidad Complutense de Madrid (UCM), IdISSC, Madrid, Spain

David B. Sarwer Temple University Barnett College of Public Health, Philadelphia, PA, USA

Portia M. Schmidt Department of Surgery, Prisma Health Upstate, Greenville, SC, USA

John David Scott University of South Carolina School of Medicine Greenville, Prisma Health, Greenville, SC, USA

Athanasios Sevdalis New York University Langone Health, New York, NY, USA

Rishabh Shah CHI Memorial Hospital, Chattanooga, TN, USA

Shinil K. Shah Department of Surgery, McGovern Medical School at UTHealth, Houston, TX, USA

Osama Shaheen Advanced Laparoscopic Surgical Associates/Community Health Partners, Fresno Heart and Surgical Hospital, Fresno, CA, USA

Division of Bariatric & Foregut Surgery, Geisinger Medical Center, Danville, PA, USA

Scott A. Shikora Division of Gastrointestinal and General Surgery, Brigham and Women's Hospital, Boston, MA, USA

Rutuja R. Sikachi Department of Anesthesiology, Zucker School of Medicine at Hofstra/Northwell, New Hyde Park, NY, USA

Dimitrios Stefanidis Department of Surgery, Indiana University School of Medicine, Indianapolis, IN, USA

Ranjan Sudan Duke University Medical Center, Durham, NC, USA

Sarah Suh Department of Surgery, Medical College of Wisconsin, Milwaukee, WI, USA

Amit Surve Bariatric Medicine Institute, Salt Lake City, UT, USA

Samuel Szomstein Department of General Surgery, The Bariatric and Metabolic Institute, Cleveland Clinic Florida, Weston, FL, USA

Hany Takla Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Andre Teixeira Orlando Health Weight Loss and Bariatric Surgery Institute, Orlando, FL, USA

Christopher C. Thompson Division of Gastroenterology, Hepatology and Endoscopy, Brigham and Women's Hospital, Boston, MA, USA

Antonio J. Torres General and Digestive Surgery Service, Hospital Clínico San Carlos, Department of Surgery, Complutense University Medical School, Universidad Complutense de Madrid (UCM), IdISSC, Madrid, Spain

Brexton H. Turner Department of Surgery, Medical College of Wisconsin, Milwaukee, WI, USA

Voranaddha Vacharathit Faculty of Medicine, Department of Surgery, Chulalongkorn University, Pathum Wan, Bangkok, Thailand

Department of Surgery, King Chulalongkorn Memorial Hospital, The Thai Red Cross Society, Pathum Wan, Bangkok, Thailand

R. Wesley Vosburg Grand Strand Medical Center, Department of Surgery, Myrtle Beach, SC, USA

Alison Whalen The Ohio State University Wexner Medical Center, Department of Surgery, Division of Gastrointestinal and General Surgery, Columbus, OH, USA

D. Brandon Williams Department of Surgery, Vanderbilt University Medical Center, Nashville, TN, USA

Erik B. Wilson Department of Surgery, McGovern Medical School at UTHealth, Houston, TX, USA

Rickesha Wilson CCLCM of CWRU, Cleveland, OH, USA

Cleveland Surgical Society, Cleveland, OH, USA

Bariatric & Metabolic Surgery, Hillcrest Hospital, Mayfield Heights, OH, USA

Digestive Disease and Surgery Institute, Cleveland, OH, USA

Tarik K. Yuce Department of Surgery, Indiana University School of Medicine, Indianapolis, IN, USA

James Zervios Obesity Action Coalition, Tampa, FL, USA

Natan Zundel University at Buffalo NY, JNMC, Miami, FL, USA