



Bassett Healthcare Network

Bassett Medical Center  
1 Atwell Road  
Cooperstown, NY 13326-1394

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# Is bariatric surgery right for you?

**WEIGHT-LOSS** surgery has become a popular topic as more people are sharing their stories. But how do you know if it's right for you?

"When I meet patients who are considering weight-loss surgery, I tell them that it's important that they are invested in making positive life changes," says Stephanie Oceguela, MD, attending surgeon at Bassett Medical Center. "It takes work, and patients must learn to use surgery as a tool to their advantage. It's about a mindset change: reading labels,

becoming more physically active and understanding that an operation is not the answer, but a very powerful aid."

Bassett Healthcare Network's surgeons, dietitians, counselors and other experts work together to help patients through their weight-loss journeys. They provide orientations, medical screenings, dietary counseling, physical therapy, mental health evaluations, preoperative education classes, support groups and help for adjusting to life after surgery.

"Patients often express that they

appreciate the rigor of our program and feel well-prepared by the time surgery occurs," Dr. Oceguela says. "Education regarding diet and exercise is critical. Surgery is only a part of a patient's weight-loss experience. Our goals are to also resolve related health conditions, like diabetes, high blood pressure, sleep apnea and reflux, among others."

Bassett's bariatric surgeons have completed specialized training and offer several techniques in surgery, leading to shorter recovery times, less pain and a quicker return to normal activities.

"It's a great joy for me as a surgeon to see people come back with a new bounce in their step and exuding more energy and positivity," Dr. Oceguela says. "It's wonderfully rewarding to be a part of patients' weight-loss journeys, witnessing them blossom and describe the things they can now do with their children and families that they couldn't do before. Life is precious, and everyone deserves a chance to live it to the fullest."



Stephanie Oceguela, MD



**CALL TODAY.** To learn more about Bassett Healthcare Network's weight-loss surgery program or attend a free seminar, visit [bassett.org/weight-loss](http://bassett.org/weight-loss) or call 607-547-3647.