

Dr. Miguel Angel Zapata

Bariatric surgeon specializing in general surgery for obesity, Gastrointestinal and Endosurgery, specifically the RNY, Lapband and Vertical Gastrectomy. He and his team have performed more than 1,200 surgical procedures. Dr. Zapata committed his life to helping people overcome obesity through weight-loss surgery after he watched his father die young from obesity disease and other family members deteriorate from its consequences. He understands the pain of living in a body that does not respond to traditional methods of diet and exercise. He leads by example in that he runs every day and adheres to a healthy diet.



Obesity, Gastrointestinal and Endosurgery

1982- 1988 Graduated in Medicine, at University Autonoma de Nuevo Leon School of Medicine
Ced. Prof. 1428631

1995 – 2004 Associate clinical professor of General Surgery ITESM School of Medicine

Postgraduate Training

1989 General Surgery Resident, Metropolitan Hospital, Monterrey N.L., Mexico

1992 Fellowship in General Surgery in the University of Texas Health Science at San Antonio.

Postgraduate Courses

1992 Basic Laparoscopic Techniques. Texas Endosurgery Institute San Antonio TX

1992 Advance Laparoscopic Techniques. Texas Endosurgery Institute San Antonio, TX

1997 Advance Course on Laparoscopic Morbid Obesity Surgery European Institute of Telesurgery

2001 Minimal Invasive Surgery in Morbid Obesity National Institute of Medical Science and Nutrition

Board Certified:

Mexican Council of General Surgery

National Member:

Mexican Society of General Surgery

Mexican Society of Endoscopic Surgery

Mexican Society of Obesity Surgery

International Member:

International Federation for Surgery of Obesity

ASBS – American Society for Bariatric Surgery

Lapband surgery is performed at Santa Engracia Hospital in Monterrey, Mexico, home of the most prestigious medical university in Latin America. Santa Engracia is a beautiful private hospital that maintains the highest standards in equipment and technology. Patient rooms are luxurious, modern and private, spacious and comfortable.



Minimally Invasive Laparoscopic Weight Loss Surgeries

RNY and Vertical Gastrectomy surgeries are performed at Clinica Vitro, a fully equipped hospital providing the very best patient care and services. The nurses are specially trained in caring for patients having weight loss surgeries.



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Fax: 1-877-270-7120

Email: info@ready4achange.com

On the Web:

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Laparoscopic Adjustable Gastric Banding

The Lapband® surgical procedure is simple: A silicone band is placed around the upper part of the stomach and fastened in place with a few stitches. The band created a small pouch at the top of the stomach the holds the food the patient eats, The patient feels full and satisfied after eating only enough food to fill the pouch. No cutting or stapling occurs, and no part of the intestines or stomach is bypassed.



Healing takes place for the five or six weeks following surgery. Patients tend to lose weight from the restrictive function of the band alone, which is lined with a kind of inflatable balloon connected to a tube attached to a port under the skin. After the patient recovers from the surgery, the surgeon adjusts the pouch outlet size by injecting a salt solution through a port into the tube, which tightens or loosens the band around the stomach, this controlling the patient's feeling of "being full" after consuming food or liquid. This procedure is done in the surgeon's office. Limiting the amount of food a patient eats and slowing the emptying process from the stomach into the intestines results in weight loss.

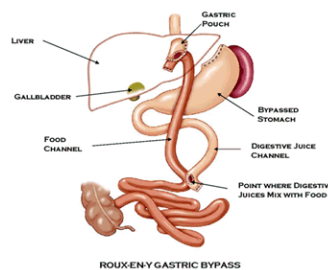
Your Stay in Monterrey

Your stay is 3 nights: The first night is at the hotel when you arrive. After the surgery, you stay one night in the hospital, and the next night at the hotel where Dr. Zapata and the staff will monitor your recovery.

Laparoscopic Roux-en-Y Gastric Bypass

The Roux-en-Y Gastric Bypass (GBP) restricts the intake of food and lessens the absorption of food. The GBP is the most common type of weight-loss surgery. The surgery divides the stomach into two small parts. The upper part forms a small pouch, holding about 1/2 ounce, which receives the food. This small pouch allows the patient to feel full after eating only a small amount. The food moves from this pouch to a portion of the small intestine, the part that used to absorb most of the food.

Bypassing the parts of the stomach and intestines that absorb the food means that vitamins and nutrients may not be absorbed and may require supplementation. The patient must commit to a new lifestyle that requires faithful adherence to taking vitamins, eating healthfully as directed, exercising, and following the doctors recommendations.



Laparoscopic Sleeve Gastrectomy (LSG) reduces the size of the stomach up to 85%. The stomach is made smaller by stapling so that it takes the shape of a sleeve. The reduced size generates weight loss because less food can be eaten.

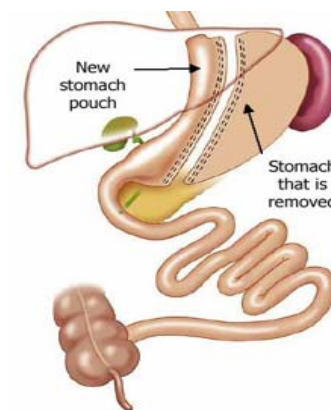
Your Stay in Monterrey

Your stay is 9 nights: The first night is at the hotel when you arrive. After the surgery, you stay two nights in the hospital, and the next 6 nights at the hotel where Dr. Zapata and the staff will monitor your recovery.

Laparoscopic Vertical Gastrectomy

This procedure is designed for either the super-obese or high risk patients because it diminishes the risk of weight loss surgery, or the lower BMI patient who prefers not to use a Lap Band. There is the possibility with LSG for a second surgery, usually the gastric bypass. Most patients can expect to lose 30% - 50% of their excess body weight within 6-12 months with the LSG surgery alone. The second surgery can be considered if weight loss is inadequate, usually within 6 - 18 months after the LSG.

Patients with extremely high BMI (greater than 55), those with complicated surgical histories, or concerned about vitamin or nutritional deficiencies (malabsorption), or candidates fearful of other types of weight loss surgery—might prefer LSG. Ulcer risk is less than the other procedures.



Your Stay in Monterrey

Your stay is 6 nights: The first night is at the hotel when you arrive. After the surgery, you stay two nights in the hospital, and the next 3 nights at the hotel where Dr. Zapata and the staff will monitor your recovery.