



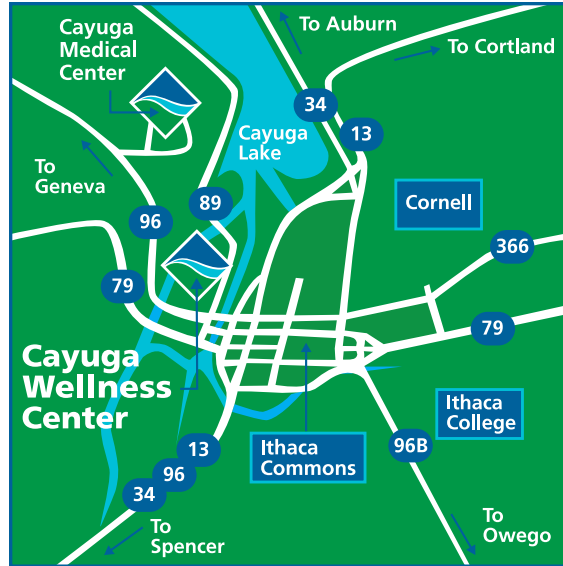
Metabolic and bariatric surgery

has been proven to be a safe and effective treatment for those affected by severe obesity. Nationally, the number of people who undergo this highly effective treatment grows each year. Studies indicate that patients with severe obesity who undergo bariatric and metabolic surgery have a lower risk of death than those who do not have surgery for weight loss. Metabolic and bariatric surgery has been shown to improve or even resolve many chronic medical conditions related to obesity such as type II diabetes (T2DM), sleep apnea, high blood pressure, and others.

Cayuga Center for Metabolic and Bariatric Surgery is a team of medical experts providing medical care, education and support. This comprehensive team works closely with each other, their patients, and their patients' primary care physicians to ensure clear communication and a unified approach to patient care.

For more information about metabolic and bariatric surgery, call or visit us online:






Cayuga Center for Metabolic and Bariatric Surgery
 Cayuga Wellness Center
 310 Taughannock Blvd., 3rd Floor
 Ithaca, New York 14850
 (607) 252-3555 • cayugamed.org



A Collaborative Partner of Cayuga Medical Center

cayugawellness.org   

Your wellness destination to comprehensive services all at one convenient location in Ithaca:

-  Cayuga Center for Healthy Living
-  Island Health & Fitness
-  Physical Therapy
-  Rasa Spa
-  Sports Medicine and Athletic Performance

Healthier Through Weight Loss Surgery



CAYUGA CENTER FOR METABOLIC AND BARIATRIC SURGERY



Program Components

Initial Steps

Give us a call or visit our website to learn more about your options for weight loss. We can provide information about the components of the program and answer your questions. You can reach us at (607) 252-3555 or visit us at cayugamed.org.

Lifestyle Preparation



The experienced team of professionals at Cayuga Center for Metabolic and Bariatric Surgery (CCMBS) will help you improve your health through successful, meaningful changes in the way you live your life. These healthy new habits will support your lifelong success after bariatric surgery.

You will participate in a series of consultations prior to surgery. These include visits with a surgeon, nurse practitioner, nurses, dietitian, and other specialists. Together you will develop an individual plan for addressing weight loss and other health-related concerns.

The CCMBS team will also help you create an activity plan/exercise program specific to your level of ability and interest. This activity plan will be an important component in your new healthy lifestyle, and should be initiated prior to surgery.

Attending our bariatric support group meetings provides you with important information and an opportunity to voice concerns, as well as learn about successful surgery outcomes and coping strategies. The schedule can be located on the CCMBS website.

After Surgery Follow-Up

Once you have had surgery, lifelong follow up will help you meet your goals, maintain your results and minimize risk of complications. Your team of healthcare providers will continue to provide care, support and education regarding your health as well as your new lifestyle. Routine follow up will be scheduled so that you can access the many resources available to keep you on track and healthy.

Meet our Team

John Mecenas, MD, FACS



Medical Director, Cayuga Center for Metabolic and Bariatric Surgery

Specialties: General Surgery, Bariatric Surgery, and Advanced Laparoscopic Surgery

Medical School: Mount Sinai School of Medicine (New York, NY)

Internship: North Shore University Hospital (Manhasset, NY) - Surgery

Residency: North Shore University Hospital (Manhasset, NY) – General Surgery

Specialty Training: Yale University (New Haven, CT) – Advanced Laparoscopic Surgery

Fellowship: New York University Medical Center (New York, NY) – Minimally Invasive Surgery

Board Certification: American Board of Surgery

Membership: American Society of Metabolic Bariatric Surgery

Brian Bollo, MD



Cayuga Center for Metabolic and Bariatric Surgery

Specialty: General Surgery and Bariatric Surgery

Medical School: SUNY Downstate – College of Medicine (Brooklyn, NY)

Internship: Staten Island University Hospital (Staten Island, NY) – Surgery

Residency: Staten Island University Hospital (Staten Island, NY) – Surgery

Fellowship: Lutheran Medical Center (Brooklyn, NY) – Minimally Invasive Surgery

Board Certification: American Board of Surgery

Membership: American Society of Metabolic Bariatric Surgery

Donna Sandidge, MD



Medical Director, Cayuga Center for Healthy Living

Specialties: Obesity Medicine and Internal Medicine

Medical School: University of Alabama School of Medicine (Birmingham, AL)

Residency: Vanderbilt University Medical Center (Nashville, TN) – Internal Medicine

Fellowship: Vanderbilt University Medical Center (Nashville, TN) – Allergy/Clinical Immunology

Board Certifications: Diplomate, American Board of Obesity Medicine; American Board of Internal Medicine; and American Board of Allergy and Immunology

