Virginia Mason’s Bariatric Surgery Center of Excellence has achieved some of the world’s best outcomes for pancreas disease patients using the latest advances in treatment and research and a multidisciplinary approach. The center provides treatment for all types of pancreatic disease, including pancreatic cancer and pancreatitis.

Virginia Mason has achieved international acclaim for its treatment of pancreatic cancer. An innovative chemotherapy protocol, created by Virginia Mason, has been instrumental in achieving five-year survival rates after pancreaticoduodenectomy and chemotherapy that are far above national averages. Future advances in molecular and genomic medicine are expected to lead to better understanding of disease pathogenesis and the development of more effective pharmacotherapy. “We offer hope and extend survival for many patients,” says Vincent Picozzi, MD, oncologist and Director of Virginia Mason’s Pancreas Center.

As a high-volume pancreatitis care center, Virginia Mason has also developed innovative therapies for pancreatitis and walled-off pancreatic necrosis. These innovations have been adopted in other institutions and have significantly improved patient outcomes, including decreased exposure to ionizing radiation, decreased frequency of complex patient procedures and a 50 percent reduction in length of hospital stay. “Integral to our current care is striving to identify and define better therapies,” says Michael Gluck, MD, Associate Director, Pancreas Center and Virginia Mason gastroenterologist.

When surgical treatment is necessary, advances in technology and surgical techniques allow Virginia Mason HPB surgeons to perform more radical surgery with less risk to the patient, achieving improved clinical outcomes. Evolutionary treatments include improvements in robotic-guided imaging technology coupled with transcatheter therapy. “In reality, these advances are not so futuristic and are already being implemented here,” says Scott Helton, HPB surgeon and Director of Virginia Mason’s Liver, Pancreatic and Biliary Surgical Center of Excellence.

National studies show that surgical outcomes are better in centers with high case volumes. At Virginia Mason, bariatric surgery cases exceed 200 per year, with outcomes consistently better than national standards.

Two years post-surgery, the average weight loss for a Virginia Mason bariatric surgery patient is 118 pounds, accompanied by an average reduction in BMI by 18 kg/m2. As a result, co-morbidities associated with obesity are greatly reduced. After two years, diabetes was resolved or improved in 80 percent of patients, and similar improvements were noted in sleep apnea (80 percent), hypertension (70 percent) and acid reflux (80 percent).

Virginia Mason has extensive experience in all bariatric procedures. Surgeons are skilled at minimally-invasive (laparoscopic) bypass, adjustable gastric band and sleeve gastrectomy procedures. In particular, Virginia Mason is known for its expertise in revision surgery for patients from throughout the region whose initial procedures were not successful in producing or maintaining weight loss.

“Our team approach allows us to work more cohesively in our assessment of problems and finding solutions,” says Jeff Hunter, MD, Medical Director, Bariatric Surgery. “We work closely with the GI section and employ endoscopic treatment methods to address complications.” This approach facilitates effective treatment for more complex cases.

An important aspect of treatment for bariatric patients is post-surgery follow-up. “One of the keys to a successful outcome is staying in touch with patients to make sure they stay on the protocols, stick to the diet and continue taking continued >
Bariatric Center contained from other side

vitamins so they don’t have deficiencies and get into trouble," says Dr. Hunter. The goal is to monitor patients for five years after surgery. Virginia Mason has achieved 80 percent follow-up with patients one year after surgery.

Featured Virginia Mason Specialists

Kevin MacDonald, MD

**Specialties:** Orthopedic Surgery, Minimally Invasive Surgery  
**Education:** University of Wisconsin Medical School, 2004  
**Residency:** Orthopedic Surgery, University of Wisconsin Medical School, 2009  
**Fellowships:** Orthopedic Oncology, University of Washington, Seattle, 2010  
**Board Certification:** Board Eligible, American Board of Orthopaedic Surgery  
**Practice Location:** Virginia Mason Seattle, (206) 223-7530

Flavio Rocha, MD

**Specialties:** General Surgery, Liver Surgery, Pancreatic Cancer Surgery, Pancreatic Surgery, Minimally Invasive Surgery  
**Education:** University of Chicago, Pritzker School of Medicine, 2001  
**Residency:** General Surgery, Brigham and Women’s Hospital, Harvard Medical School, Boston, 2009  
**Fellowships:** Surgical Oncology and Hepatopancreatobiliary Surgery, Memorial Sloan-Kettering Cancer Center, New York, 2011  
**Practice Location:** Virginia Mason Seattle, (206) 341-1904

Adnan Alseidi, MD, EdM, FACS

**Specialties:** General Surgery, Liver Surgery, Minimally Invasive Surgery, Pancreatic Cancer Surgery, Pancreatic Surgery, Robotic Surgery  
**Education:** The Pennsylvania State University, College of Medicine, Hershey, 2000  
**Residency:** General Surgery, University of Illinois, Chicago, 2005  
**Fellowships:** Hepato-Pancreato-Biliary and Advanced GI Surgery, Washington University at St. Louis, 2010  
**Board Certification:** American Board of Surgery  
**Practice Location:** Virginia Mason Seattle, (206) 341-1908