



Burning away the pounds

Huntington Hospital helps a local firefighter shed some weight

Jon Hoffmann of Huntington Station says he's struggled with his weight for most of his life. But when this Huntington Manor firefighter was having difficulty putting on his gear, he knew that it was time to turn up the heat on his battle with obesity.

"I had a lap band placed in 2014, but within two years it eroded and grew into my stomach," Mr. Hoffmann explained. "The original physician I saw was going to refer me to a nutritionist. I knew that wasn't going to do it for me."

Luckily for Mr. Hoffmann, a few firefighter friends of his had bariatric procedures with David Buchin, MD, director of bariatric surgery at Huntington Hospital. With their stamps of approval, Mr. Hoffmann didn't hesitate to make an appointment with the doctor.

"I was very fortunate to find Dr. Buchin and his team. He was very knowledgeable, and his demeanor was top of the line," Mr. Hoffmann said. "Everyone in his office is a diamond."

In July 2018, Dr. Buchin performed a gastric sleeve procedure on Mr. Hoffmann at Huntington Hospital. The gastric sleeve does not change a person's gastrointestinal tract — rather, a portion of the stomach is removed to make it smaller. With a smaller stomach, patients eat less and lose weight in a relatively short period of time.

Dr. Buchin specializes in revisional bariatric surgery including removing lap bands and converting to other bariatric procedures. He also does re-sleeves and bypass revisions for patients who previously did not achieve their weight loss goals or gained their weight back.

"Being able to help our local first responders as they continually keep our community safe is so rewarding," Dr. Buchin said. "I'm glad to know these firefighters are doing so well after their procedures."

Since his procedure, Mr. Hoffmann has lost about 110 pounds. He said getting the gastric sleeve completely changed his life.

"My knees and back don't hurt like they used to," Mr. Hoffmann said. "Before this surgery, I could barely get my gear on. Getting the weight off had made a 150 percent difference."

For more information about Huntington Hospital's bariatric surgical options, call (631) 351-2024.