

TO MEDIA:

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FOR IMMEDIATE RELEASE

**WEIGHT LOSS MARATHON NOT A SPRINT TO BETTER HEALTH;
EXCELA HEALTH CENTER OF EXCELLENCE KEY TO SUCCESS**

GREENSBURG, PA, February 4, 2013 ... For the first 10 or so years of their marriage Rick Delligatti's wife did all the cooking. Then she asked him if he'd like that responsibility. "I took over the kitchen with her blessing. I guess that's what got me into trouble. I still love to cook, more now than before and now it's keeping me focused."

Once active with manageable health problems, Delligatti turned to weight loss surgery at Excela Health when he needed to turn away from bad habits that caused diabetes, heart and back problems.

"When I hit 270 pounds, I knew I needed to do something. My family doctor and my cardiologist were both in favor of the surgery as a way to improve my health," he said. "I didn't know if I had the mindset to be successful, but decided I needed to commit wholeheartedly or suffer the consequences."

Ready for a carefree retirement, Delligatti, 61, has made steady progress toward his optimal weight since having the surgery in May 2011.

Still the chief cook, he's modified recipes to include the approved ingredients, and practices portion control. "When I have spaghetti, first it was two ounces of whole wheat pasta, now it's spaghetti squash, which is just as good to me. And there are more vegetables and salads on the menu. I was never a junk food guy, but I do enjoy a good meal. I'm just smarter about it."

And the rewards are worth it. “I can climb hills, and keep up with my 3-year-old grandson. Surgery changed my life, but you have to realize it’s a marathon, not a sprint.”

Excela Health has been named an American Society for Metabolic and Bariatric Surgery (ASMBS) Bariatric Surgery Center of Excellence®.

The Center of Excellence designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric (weight-loss) surgery. All bariatric surgeries performed at Excela Health are minimally-invasive, contributing to favorable outcomes.

The Center of Excellence evaluation not only documents process – such as equipment, supplies, training of surgeons and staff and the availability of consultant services – but emphasizes results.

Accreditation by the ASMBS Bariatric Surgery Review Committee is valid for three years and recognizes Excela’s commitment to the highest standards of care.

To learn more about bariatric surgery at Excela Health and hear Rick Delligatti’s story, visit www.excelahealth.org, or call 1-877-771-1234.