

HEALTHY LIVING

Q&A

South Mississippi Surgeons, P.A.

with Dr. William “Pete” Avara, III, MD, FASMBS



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story by **Kelsey Sunderman-Foster** photo courtesy of **South Mississippi Surgeons, P.A.**

For over 30 years, the doctors at South Mississippi Surgeons, P.A., have been providing quality care and medical expertise to the entire region. As a multi-specialty practice that covers general surgery, breast cancer surgery, bariatric (weight loss) surgery, hernia repair surgery, skin lesions and cancers, robotic assisted surgery, GERD: acid reflux surgery, colon and rectal surgeries, LINX procedures, wound care, and much more, South Mississippi Surgeons has become one of the leading providers of surgical care in the area. Dr. William “Pete” Avara, III, Medical Director for South Mississippi Surgical Weight Loss Center and among one of South Mississippi Surgeons’ seven board certified general surgeons, answers some commonly asked questions and shares his passion for helping others.

Q: What sets South Mississippi Surgeons apart from other practices?

A: It’s not just about surgical treatment for us – we’re the whole package. It’s important for us to make sure our patients are not only comfortable with their surgeon but informed throughout the process. We are there for them from start to finish, providing long-term care and lifestyle coaching and following up with our patients to ensure their continued success.

Q: How does someone become a patient of South Mississippi Surgeons or South Mississippi Surgical Weight Loss Center?

A: While you can certainly ask to be referred to us by your primary care physician or another doctor, you’re also welcome to call our office directly – no referral necessary. Whether you already have a diagnosis that requires surgical treatment or come to us with a problem and need a solution, we are here for you.

Q: What are the long term health benefits of weight loss surgery?

A: Once a patient becomes morbidly obese, a BMI of 35 or higher, surgical weight loss is really the only way to get their weight back under control. Many of our morbidly obese patients have come to us with diabetes and high blood pressure and see significant improvements on both fronts after surgical weight loss. Getting back to a healthy weight solves so many health issues, ultimately lengthening the lives of our patients and

improving their quality of life.

Q: Why do you love what you do?

A: When you spend your life trying to take care of people, there is a pride and a gratefulness in seeing people get well. When one of my patients loses 100+ pounds and I get to see them living a fuller, less complicated life... There’s nothing better than that.

Q: Has there been a particular patient who made an impact on you during your career?

A: While not a specific patient, there is a certain type of patient that always affects me. I’ve seen thousands of patients throughout my career, and many of them have been young women who want to be mothers. I’ve seen them struggling with the cost of fertility treatments, dealing with anxiety and frustration. What many people don’t realize is that getting back to a healthy weight will improve fertility. When one of those patients comes back two or three years later with a baby in tow, it’s just an extraordinary experience.

South Mississippi Surgeons, P.A.

www.smsurgeons.com

South Mississippi Surgical Weight Loss Center

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