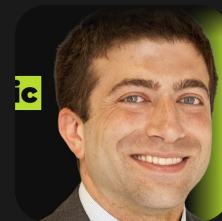


EP 10

December 22, 2025 · 01:03:02

Bariatric Robotic Surgery Expert - Abraham Krikhely

Abraham Krikhely — Bariatric Surgery Specialist



Dr. Abraham Krikhely, Columbia's chief of minimally invasive and bariatric surgery, on what weight-loss surgery does, where GLP-1 drugs fit, and why judgment stays with the surgeon.

25%

of body weight lost, on average, after a sleeve gastrectomy [19:54](#)

30–35%

lost after a duodenal switch, the best option for diabetes [21:27](#)

1 night

in hospital; most are back at work in two to four weeks [10:46](#)

2,000+

robotic operations he has done on the da Vinci [39:33](#)

KEY TAKEAWAYS

1 Surgery does not replace habits

The habits that led to surgery will undo it if they stay. The most common reason weight returns, he says, is that life happens. [4:32](#)

2 Three operations, three strengths

A sleeve takes off about 25% of body weight. A bypass is better for reflux and diabetes; a duodenal switch does the most for diabetes. [19:28](#)

3 Drugs and surgery: both, not either

GLP-1 drugs act on some of the same hormones but work only while taken. Surgery's results held 10 to 15 years in Mayo Clinic studies. [24:30](#)

4 The mirror lags behind the body

After losing the weight, many patients still see their old selves in the mirror and fear it will come back. [31:15](#)

5 The robot is the surgeon's hands

The da Vinci is a machine under human control. What is new is the data it records: surgery is becoming measurable. [37:44](#)

Abraham Krikhely · 41:43

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TERMS EXPLAINED

Drugs that mimic a gut hormone, lowering blood sugar and appetite.

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