

Brian L. Holt, MD, FASMBS, a Bariatric Surgeon with Presbyterian Medical Group

Get to know Bariatric Surgeon Dr. Brian L. Holt, who serves patients in Rio Rancho, New Mexico.



New York City, New York Feb 9, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Holt joined Presbyterian Medical Group's surgical team as a bariatric surgeon in 2017, serving patients at the Presbyterian Rust Medical Center in Rio Rancho, New Mexico. He is passionate about using surgical techniques to treat severe obesity and the associated diseases of obesity, such as hypertension, diabetes, and obstructive sleep apnea. He uses a comprehensive approach to the disease of obesity by working with a multidisciplinary team, which allows patients to succeed in obtaining sustained and durable weight loss.

Back in the early days of his academic career, he received his Bachelor of Science degree with honors in Biological Sciences from the University of Missouri in Columbia. He earned his medical degree at the Uniformed Services University of the Health Sciences, before completing his internship and residency in general surgery at the University of Texas Health Science Center at San Antonio. He is also a member of Alpha Omega Alpha (AOA) medical honor society.

Dr. Holt served in the Air Force for 16 years as a General and Trauma surgeon. He served in both Operation Enduring Freedom and Operation Iraqi Freedom. He received the Bronze Star for service in Afghanistan in 2012. He obtained the rank of Lieutenant Colonel.

Recognized as a Fellow of the American Society for Metabolic and Bariatric Surgery (FASMBS) and a Fellow of the American College of Surgeons, the doctor is a recognized bariatric surgeon by the ASMBS and works at a bariatric center of excellence. He is also a board certified general surgeon by the American Board of Surgery (ABS). The ABS is an independent, non-profit organization located in Philadelphia, Pennsylvania, founded for the purpose of certifying surgeons who have met a defined standard of education, training, and knowledge.

Bariatric surgery (or weight loss surgery) includes a variety of procedures performed on people who are obese and suffer from metabolic disease. Long-term weight loss through Standard of Care procedures (Roux en Y Bypass, Sleeve Gastrectomy, and Single Anastomosis Duodenoileostomy with Sleeve gastrectomy procedure (SADI-S)) is largely achieved by altering gut hormone levels that are responsible for hunger and satiety, thereby leading to a new hormonal weight set point. A doctor who specializes in this type of surgery is known as a bariatric surgeon.

Learn More about Dr. Brian L. Holt:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/356967-Brian-Holt-Surgeon> or through Presbyterian Medical Group, https://pmgdirectory.phs.org/details/1045/brian-holt-bariatric_surgery-general_surgery-rio_rancho

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Brian L. Holt, MD, FASMBS

[See on IssueWire](#)