

Pivot Weight Loss Named to AZ Big 10 List as Bariatric Team Addresses Why Patients Delay Care

AZ Business readers voted Pivot Weight Loss among Arizona's 10 best places for weight management. The center shares facts about bariatric surgery and the embarrassment that leads many people to delay care.

Phoenix, Arizona Oct 22, 2026 ([Issuewire.com](https://www.issuewire.com)) - [Pivot Weight Loss](#), a [bariatric surgery center](#) in Arizona, has been named to the AZ Big 10 list of the “**10 best places in AZ for weight management.**” The list is published by AZ Business magazine and is based on public voting by AZ Business readers at azbigmedia.com. Pivot Weight Loss placed second on the list.

The Pivot team says the recognition is a good moment to talk about a quieter issue: many people who could benefit from weight loss surgery wait years before taking the first step.

“A patient recently told us, ‘I waited six years because I was embarrassed,’” said Dr. John DeBarros, lead surgeon and founder of Pivot Weight Loss. *“That was six years of aching knees, restless nights, and avoiding the camera. Their surgery took about 45 minutes. The ranking is nice to see, but the real point is that no one should feel ashamed to ask questions about their health. You are not behind. You are just early to the rest of your life.”*

What is bariatric surgery?

Bariatric surgery is a classification of operations that help people with obesity lose weight by changing the stomach and sometimes the small intestine. Two common types are:

- **Sleeve gastrectomy:** The surgeon removes a large part of the stomach, leaving a smaller, tube-shaped stomach. People feel full sooner and eat less.
- **Gastric bypass:** The surgeon creates a small stomach pouch and connects it directly to the small intestine. This limits how much a person can eat and changes how food is absorbed.

Most of these surgeries are done laparoscopically, which means the surgeon works through a few small cuts using a tiny camera and thin tools instead of one large opening. Like any surgery, bariatric surgery carries risks, and procedure length varies from person to person.

Who may be a candidate?

Guidelines released in 2022 by the American Society for Metabolic and Bariatric Surgery (ASMBS) and the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) generally recommend weight loss surgery for adults with a body mass index (BMI) of 35 or higher.

BMI is a number calculated from a person's height and weight. The guidelines also say surgery may be considered for people with a BMI between 30 and 34.9 who have metabolic disease, such as type 2 diabetes. A doctor makes the final call based on each person's full health picture.

Why people wait

People put off weight loss care for many reasons, including embarrassment, fear of being judged, worries about surgery, or the belief that they should be able to handle it alone. Pivot Weight Loss

encourages people to treat obesity like any other health condition and to get facts from a qualified medical professional.

What comes after surgery

Surgery is a tool, not a quick fix. Patients need to make lasting changes to how they eat, take vitamins as directed, and keep up with follow-up visits to protect their long-term health.

Taking the first step

The first step is usually a conversation with a [bariatric surgeon](#) about health history, goals, and options. For people who want to learn whether surgery may be right for them, Pivot Weight Loss offers a [bariatric surgery assessment](#) on its website.

About Pivot Weight Loss

Pivot Weight Loss is an Arizona bariatric surgery practice founded by Dr. John DeBarros. The practice provides weight-loss surgery and support for patients statewide.

Media Contact

Dr. John DeBarros, Lead Surgeon & Founder of Pivot Weight Loss

*****@pivotweightloss.com

480-485-8585

9305 W Thomas Rd Suite 180

<https://www.pivotweightloss.com/>

Source : Pivot Weight Loss Center

[See on IssueWire](#)