Gov. Chris Christie Had Secret Weight-Loss Surgery

Marc Santora

Gov. Chris Christie of New Jersey, who has long struggled with obesity, underwent secret weight-loss surgery three months ago, according to a statement from his office.

Mr. Christie in Long Beach Township on April 30, several weeks after he had surgery.

The surgery, which took place on Feb. 16, involved the placement of a silicone band around his stomach to reduce its size, limiting the amount of food he can take in but not altering his digestive process.

Mr. Christie revealed the fact that he underwent surgery in an interview with The New York Post. His office confirmed the accuracy of the published interview but declined to provide additional details.

Mr. Christie, whose weight was an issue in previous campaigns and who is widely thought to be considering a run for president, told The Post that the surgery had nothing to do with politics.

“I’ve struggled with this issue for 20 years,” he said. “For me, this is about turning 50 and looking at my children and wanting to be there for them.”

As the obesity epidemic in the country has grown worse, surgical interventions have become increasingly common.

Mr. Christie turned to Dr. George Fielding at New York University Medical Center’s Weight Management Program to conduct the surgery.

Mr. Christie said that the surgery lasted about 40 minutes and that he was home on the same day.

In a typical gastric banding procedure, also commonly referred to a “lap-banding,” a silicone band is wrapped around the upper part of the stomach, creating a small stomach pouch.

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