

Meet Our Bariatrics Team



Surgeon Alae Zarif, MD, who joined Atlantic General Hospital's medical staff in 2006, performs the gastric procedure for weight loss. He has been in practice since 1996 when he finished his residency at Waterbury Hospital in Connecticut, a Yale-affiliated surgical training program. Currently in private practice at the Atlantic Bariatric Center, Dr. Zarif is certified by the American Board of Surgery and performs multiple advanced laparoscopic procedures.

Dr. Zarif has partnered with exercise, nutrition and counseling services within the community to ensure long term success for patients undergoing weight loss surgery.



Amy Gehrig, RD, LDN, is a licensed and registered dietitian. She provides expertise and education in the nutrition field at the Atlantic Bariatric Center. Amy received her bachelor's degree in nutrition and completed a comprehensive dietetic internship at the University of Maryland Medical System. She worked as a clinical dietician at Johns Hopkins Hospital and started a private practice, Healthy Habits in Nutrition, shortly after.

Amy provides individual and group counseling to help clients achieve healthy eating habits. She is a member of the American Dietetic Association and the Weight Management Dietetic Practice Group. As a professional dietitian, Amy strives to coach individuals to make healthy food choices, learn how to become 'mindful eaters,' and achieve weight loss success.



When Pam first began helping clients with their fitness programs, she quickly learned that many very smart, successful people were simply uneducated when it came to the importance of fitness for their health and well being. With a history of obesity in her family, it became clear to Pam that there was a lack of understanding of how our bodies were designed to be used. Working with the patients at the Atlantic Bariatric Center allows Pam to not only help people with their fitness goals, but to teach them the importance of moving their bodies, so they can then teach their families and children.



Lynne Conboy is a licensed certified clinical social worker at the Atlantic Bariatric Center. She holds a master's degree in social work from the University of Maryland and served as a health care administrator before coming to the Atlantic Bariatric Center. Lynne is often asked to talk to professional and civic groups about various topics like stress, depression/grief and chronic illness.

As part of the bariatric team, Lynne's role is to provide assessments to those individuals pursuing surgical weight loss options. Lynne wants everyone who is considering a procedure to understand the process, share their feelings or concerns, and to share their results with others. She hopes to support and guide everyone who is contemplating gastric band surgery.



Angela Simmons, CRNP, recently joined Dr. Zarif in his surgical and bariatric practice. She has worked in nursing for nearly 10 years. After receiving her bachelor of science degree in biology from Mount Saint Mary's College in 1998, she went on to receive her bachelor in nursing from Salisbury University in 2002. Eventually earning her master's degree in nursing from Salisbury University, she became a family nurse practitioner, and received her national accreditation through the American Academy of Nurse Practitioners. Though she hales from Baltimore, she has lived and worked on the Eastern Shore since 2000 and currently resides with her family in Berlin, Maryland.