

## WEIGHT-LOSS SURGERY: BENEFITS & OPTIONS

Bariatric surgery is a safe and effective weight-loss solution for many patients with obesity. If you've set your sights on better health, then surgery is an option you'll want to consider.

In one study of bariatric-surgery patients, 95 percent said their quality of life either greatly improved or improved following surgery. The health benefits are equally impressive. Research has shown that bariatric surgery completely resolves type 2 diabetes in more than 75 percent of patients who had it prior to surgery. 70 percent of patients experience significant decreases in total cholesterol, LDL cholesterol and triglyceride levels. Overall, bariatric surgery results in a profound reduction in risk factors for coronary heart disease.

If your BMI is 35 or higher, you may qualify for surgical weight loss. Read on to learn more about the primary bariatric surgery procedures used at UC Health.



### GASTRIC SLEEVE

Gastric sleeve, also known as sleeve gastrectomy, is now the most commonly performed weight-loss surgery in the U.S. This minimally invasive, laparoscopic surgery is performed using tiny incisions, less than 1/2 inch each in the abdomen, rather than a single, large incision, like traditional surgery. It involves removing about 80 percent of the stomach, leaving a long banana-shaped sleeve that acts as the new, smaller

stomach. After the surgery, you feel full on much smaller amounts of food, which then reduces your consumption and you lose weight. With help from our team and dedication to a weight loss plan, most patients see excellent results. Why is gastric sleeve the most popular choice among surgeons? Research shows that for most patients, it is the safest option with low complication rates and high success rates in terms of significant, long-term weight loss. Weight loss is very quick, with most occurring in the first year. On average, patients lose about 60 percent of their excess weight.

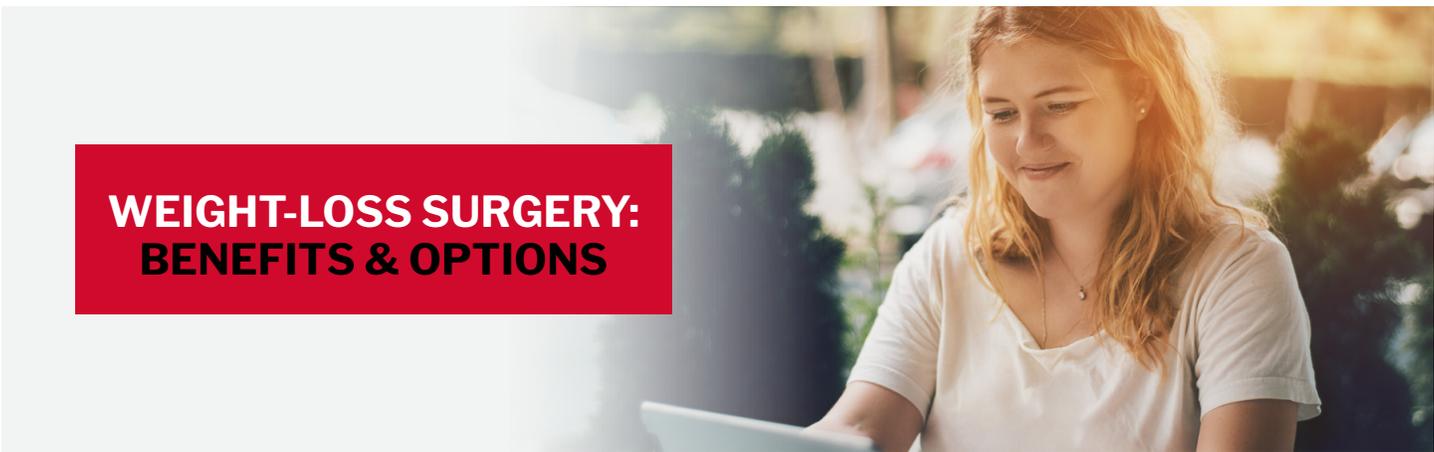
### Advantages of Gastric Sleeve

The gastric sleeve offers some advantages when compared to the gastric band or gastric bypass.

- Unlike gastric band, no abdominal port is required for adjustment as the stomach is permanently changed.
- The part of the stomach where the hunger hormone is made is removed in the procedure, which also helps reduce that hungry feeling.
- The procedure can be revised, either by performing a second gastric sleeve, adding a gastric bypass or placing a band at the top of the stomach.
- Gastric sleeve patients do not experience dumping syndrome, which can happen with gastric bypass when food is passed too quickly from the stomach into the intestines, causing nausea, vomiting, cramping and diarrhea.
- Many of the diseases associated with obesity,



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including type 2 diabetes, high cholesterol, high blood pressure and sleep apnea, can be resolved or improved soon after surgery.

### Considerations for Gastric Sleeve

- The procedure is not adjustable or reversible.
- Patients need a multivitamin and B12 supplement after surgery.
- Like any surgery, the potential for complications exists, including a leak in the staple line, which requires immediate care and additional surgery.
- After the procedure, it is very important that patients follow their prescribed post-surgery instructions and attend their follow-up visits.



### GASTRIC BYPASS

Gastric bypass is the second most commonly performed weight-loss surgery in the U.S. It combines two techniques, restrictive (limiting food intake capacity) and malabsorptive (preventing food absorption in the intestines) to achieve fast weight loss results. With help from our team and dedication to a weight loss plan, the potential for complications is minimized and managed and you can achieve excellent weight loss results.

Gastric bypass works in two ways. The first part is restrictive, removing about 85 percent of the stomach

to form a smaller stomach, about the size of a golf ball. With this small capacity, you can only eat small amounts of food, still feel full and lose a considerable amount of weight.

The second part of the procedure bypasses part of the small intestine, which reduces the number of calories that can be absorbed into the body.

Gastric bypass surgery is almost always a minimally invasive procedure, performed through tiny incisions, less than 1/2 inch each in the abdomen, rather than a single, large incision, like traditional surgery. The result is minimal recovery time, pain and potential blood loss.

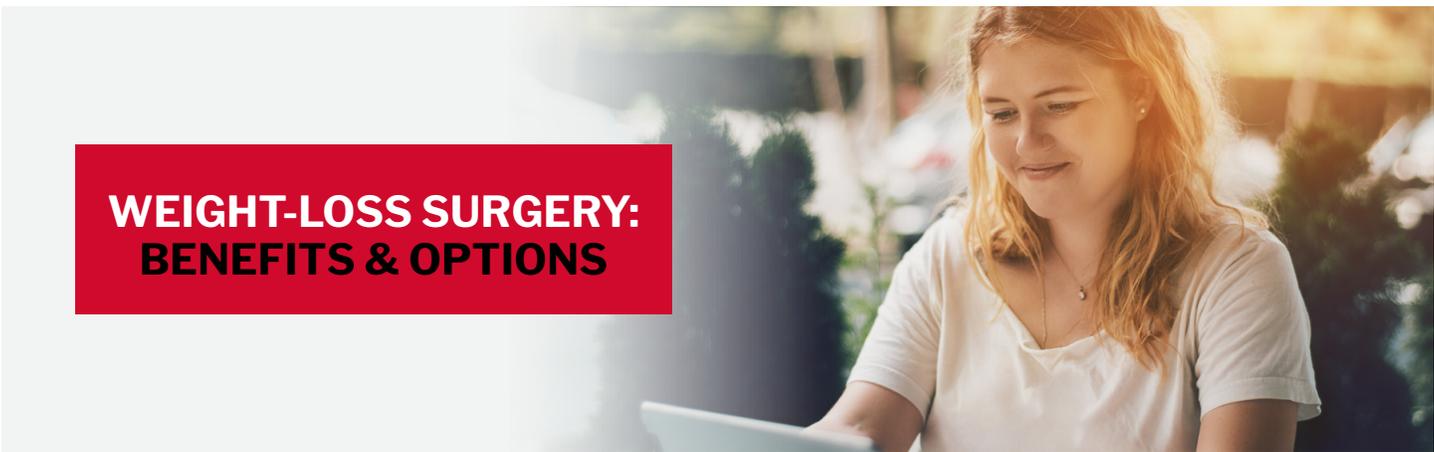
### Considerations for Gastric Bypass

Gastric bypass surgery can help you lose weight fast and improve or resolve many of the diseases associated with obesity, including type 2 diabetes, high cholesterol, high blood pressure and sleep apnea. If you are considering gastric bypass, keep in mind:

- The procedure is not adjustable or reversible.
- While initial weight loss can be faster, over the long-term weight loss results are very similar to other surgical weight loss procedures.
- Gastric bypass involves more significant dietary restrictions than gastric band or gastric sleeve.
- Vitamin supplements are needed after the procedure to avoid iron, calcium, Vitamin C, folate, thiamin and B12 deficiencies.
- Some patients experience an uncomfortable condition called dumping syndrome when food is



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passed too quickly from the stomach to the intestines. This may cause nausea, vomiting, cramping, diarrhea, dizziness or other stomach-flu-like symptoms.

- After the procedure, it is very important that patients follow their prescribed post-surgery instructions and attend their follow-up office visits.



## GASTRIC BAND

The gastric band procedure is the least invasive and only reversible and adjustable weight-loss surgery available. It involves no cutting of the stomach or bypassing of the small intestine, and offers the shortest recovery time with the lowest risk of complications.

Gastric banding is performed laparoscopically, which means that the surgeon makes tiny incisions, less than ½ inch each in the abdomen, rather than a single, large incision, like traditional surgery. The result is minimal pain, recovery time and potential blood loss.

The band itself is made of a soft, silicone-like material. During the procedure, the surgeon places the band around the upper portion of the stomach, forming two stomach chambers. The smaller, upper chamber becomes the area where food enters the stomach. Because it is so much smaller, you feel full with much less food, so you eat less and lose weight.

The band is connected to a small port just under the skin that is virtually invisible. The port allows the surgeon or specially trained nurse to inject saline into the band in

order to tighten or loosen it. These adjustments are commonly referred to as band fills or unfills and are routinely performed during your office visit.

### Considerations for Gastric Band

If you are considering gastric band, keep in mind:

- After the procedure, the gastric band will need to be regularly maintained. During your office visit, you will be evaluated to determine if an adjustment (fill or unfill) of your band is necessary. Properly filling or removing fluid maximizes the tool's effectiveness for weight loss. Contrary to what you might expect, too much fluid in your band can result in complications or even weight gain. Several adjustments may be necessary to find the right restriction for you.
- Gastric band patients usually don't need additional vitamins or supplements to stay healthy since the procedure does not interfere with food absorption.
- The two gastric banding systems are the Lap-Band® (Apollo Endosurgery) and the Realize® Band (Ethicon). Both bands are very similar in shape and function in much the same way.
- Like any surgery, gastric banding has some potential for complications such as pouch dilation, band erosion or port problems. However, these problems are not common. With help from our team and dedication to a weight loss plan, most patients see excellent results.
- After the procedure, it is very important that patients follow their prescribed post-surgery instructions and attend their follow-up office visits.



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