

# Surgical Options for Weight Loss

## Vertical Sleeve Gastrectomy

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| <b>Physical changes</b>                           | Between 2/3 – 3/4 of the stomach is removed. This leaves a long, narrow, vertical “sleeve” (shaped like a banana) which can hold 2-4 oz (60-120 ml). The part of the stomach that creates a hunger-causing hormone (ghrelin) is removed. No intestinal bypass performed.  |
| <b>Eligibility</b>                                | <ul style="list-style-type: none"> <li>• BMI≥40</li> <li>• BMI≥35 with other conditions: Type 2 Diabetes, hypertension, sleep apnea, heart disease or other health issues.</li> <li>• BMI 30-34.9 with Type 2 Diabetes that is not well controlled with medication and diet, may be considered</li> <li>• Multiple, serious, supervised attempts at weight loss were unsuccessful</li> <li>• Willing to make significant lifestyle changes</li> </ul> |
| <b>Mechanism</b>                                  | <ul style="list-style-type: none"> <li>• Significantly restricts the volume of food that you can eat</li> <li>• No malabsorption</li> <li>• Feel full with smaller amount of food</li> </ul>  |
| <b>Expected weight loss</b>                       | 55% excess weight lost after 2 years  |
| <b>Laparoscopic or minimally invasive surgery</b> | 4-5 small incisions on abdomen, instruments and camera are inserted through incisions, less chance of wound complications, less pain and quicker recovery   |
| <b>Length of operation</b>                        | 1.5 hours   |
| <b>Hospital stay</b>                              | 1-2 nights  |
| <b>Time off work</b>                              | 1-2 weeks. Varies, depending on how strenuous the job is.   |
| <b>Safety</b>                                     | Risks similar to gallbladder surgery or hip replacement   |
| <b>Advantages</b>                                 | <ul style="list-style-type: none"> <li>• Most foods are well tolerated</li> <li>• Decreased appetite</li> <li>• No malabsorption</li> <li>• No foreign object in body</li> <li>• Lower risk of protein and vitamin deficiencies</li> <li>• Resolution of many health problems: Type 2 diabetes (about 60%), hypertension, sleep apnea, high cholesterol</li> </ul>  |
| <b>Disadvantages</b>                              | <ul style="list-style-type: none"> <li>• Not reversible</li> <li>• Risk of leaks at staple line, which might require further surgery</li> <li>• Potential for blockages in sleeve</li> <li>• Reflux is sometimes worse</li> </ul>   |

## Adjustable Gastric Band

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| <b>Physical changes</b>                           | An adjustable silicone band is placed around the top part of the stomach separating it into a small section and a larger section. The upper portion is a small 1-2 ounce (30-60 ml) pouch. A port is inserted just below the skin to allow for saline to be inserted into the band.  |
| <b>Eligibility</b>                                | <ul style="list-style-type: none"> <li>• BMI≥40</li> <li>• BMI≥35 with other conditions: Type 2 Diabetes, hypertension, sleep apnea, heart disease or other health issues</li> <li>• BMI 30-34.9 with Type 2 diabetes that is not well controlled with medication and diet, may be considered</li> <li>• Multiple, serious, supervised attempts at weight loss were unsuccessful</li> <li>• Willing to make significant lifestyle changes</li> </ul> |
| <b>Mechanism</b>                                  | <ul style="list-style-type: none"> <li>• Moderately restricts the volume and type of foods you can eat</li> <li>• No malabsorption</li> <li>• Limits food intake, reduces appetite and slows digestion</li> <li>• Feel full with smaller amount of food</li> </ul>   |
| <b>Expected weight loss</b>                       | 47% excess weight lost after 2 years   |
| <b>Laparoscopic or minimally invasive surgery</b> | 4-5 small incisions on abdomen, instruments and camera are inserted through incisions, less chance of wound complications, less pain and quicker recovery  |
| <b>Length of operation</b>                        | 1 hour   |
| <b>Hospital stay</b>                              | Go home same day   |
| <b>Time off work</b>                              | 1 week. Varies, depending on how strenuous the job is.   |
| <b>Safety</b>                                     | Risks similar to gallbladder surgery or hip replacement  |
| <b>Advantages</b>                                 | <ul style="list-style-type: none"> <li>• Reversible</li> <li>• No cutting, removal or rerouting of any part of stomach or intestines</li> <li>• Lowest risk protein/ vitamin deficiencies</li> <li>• Resolution of many health problems- Type 2 Diabetes (about 50% patients), hypertension, sleep apnea, high cholesterol</li> <li>• Restriction is adjustable</li> </ul>   |
| <b>Disadvantages</b>                              | <ul style="list-style-type: none"> <li>• Weight loss is slower</li> <li>• Frequent trips to surgeon for adjustments</li> <li>• Slipping or infection of band can require further surgery</li> <li>• Band may erode into stomach, requiring surgery to remove band</li> <li>• Port problems</li> <li>• Many foods not tolerated well (rice, nuts, popcorn, dense meats)</li> <li>• Foreign object in body</li> </ul>                                  |

## Roux-en-Y Gastric Bypass

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| <b>Physical changes</b>                           | Small 1-2 ounce pouch (30-60 ml) from the stomach is connected to the small intestine. The stomach remains in the body and is connected to the lower part of small intestine.  |
| <b>Eligibility</b>                                | <ul style="list-style-type: none"> <li>• BMI≥40</li> <li>• BMI≥35 with other conditions: Type 2 Diabetes, hypertension, sleep apnea, heart disease or other health issues</li> <li>• BMI 30-34.9 with Type 2 diabetes that is not well controlled with medication and diet, may be considered</li> <li>• Multiple, serious, supervised attempts at weight loss were unsuccessful</li> <li>• Willing to make significant lifestyle changes</li> </ul> |
| <b>Mechanism</b>                                  | <ul style="list-style-type: none"> <li>• Significantly restricts the volume of food that you can eat</li> <li>• Intestines are rerouted which causes malabsorption</li> <li>• Only small amounts of calories and nutrients can be absorbed</li> <li>• Feel full with smaller amount of food</li> </ul>   |
| <b>Expected weight loss</b>                       | 67% excess weight lost after 2 years   |
| <b>Laparoscopic or minimally invasive surgery</b> | 4-5 small incisions on abdomen, instruments and camera are inserted through incisions, less chance of wound complications, less pain and quicker recovery  |
| <b>Length of operation</b>                        | 2 hours  |
| <b>Hospital stay</b>                              | 2-3 nights   |
| <b>Time off work</b>                              | 2-3 weeks. Varies, depending on how strenuous the job is.  |
| <b>Safety</b>                                     | Risks similar to gallbladder surgery or hip replacement  |
| <b>Advantages</b>                                 | <ul style="list-style-type: none"> <li>• Rapid weight loss</li> <li>• Most foods, except sweets and fats, are well tolerated</li> <li>• Resolution of many health problems- Type 2 diabetes (about 80% patients), hypertension, sleep apnea, high cholesterol</li> <li>• No foreign object in body</li> </ul>  |
| <b>Disadvantages</b>                              | <ul style="list-style-type: none"> <li>• Difficult to reverse</li> <li>• Decreased nutrient absorption (vitamin B12, calcium, iron, zinc)</li> <li>• Dumping syndrome: nausea, vomiting, diarrhea, flushing, dizziness, light-headedness, and sweating</li> <li>• Potential for leak</li> <li>• Potential for infection</li> <li>• Potential for bowel obstruction</li> </ul>  |