



BARIATRIC SURGERY

THE WEIGHT IS OVER

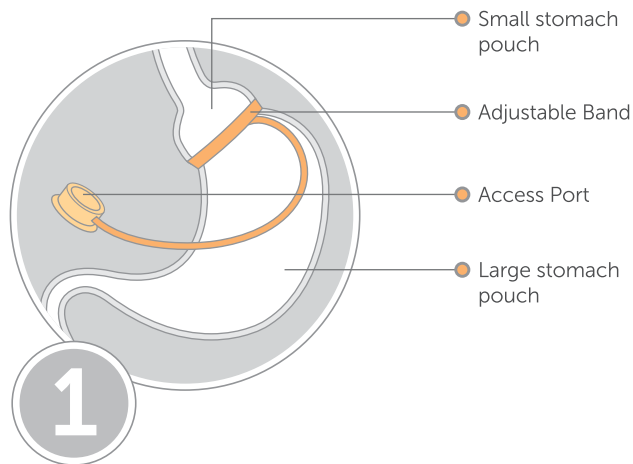


Losing weight begins with a decision

If your lifestyle makes it difficult to exercise, you gain weight or don't lose much in spite of dieting and exercise, then Bariatric surgery could be a good decision.

Studies show that almost 90% people regain weight after dieting, exercising or medication. Alternatively, Endoscopic weight loss surgery results in up to 80% sustained weight loss.

More importantly, it helps improve conditions like diabetes, joint pains, sleep apnoea, raised cholesterol and high blood pressure.



LAP GASTRIC BAND SURGERY

It is a completely reversible procedure performed laparoscopically or through a key hole. The reported excess weight loss after this surgery is between 40%-54%.

- A silicone band is wrapped around the upper part of the abdomen, creating a small stomach
- It takes less food to fill this section, so you feel satiated with less
- The narrow outlet of this small stomach also delays movement of food into intestine
- Since you're able to eat smaller meals at long intervals, weight loss can be controlled
- The surgery takes 30-60 minutes

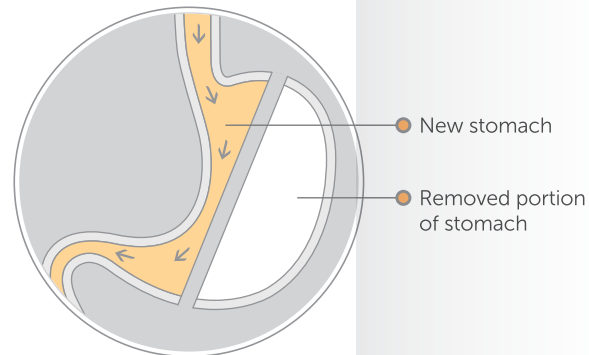
- Hospitalisation usually lasts 24 hours
Recuperation time is 3-4 days
- The size of the stomach opening can be adjusted by injecting saline through a button under the skin

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LAP SLEEVE GASTRECTOMY

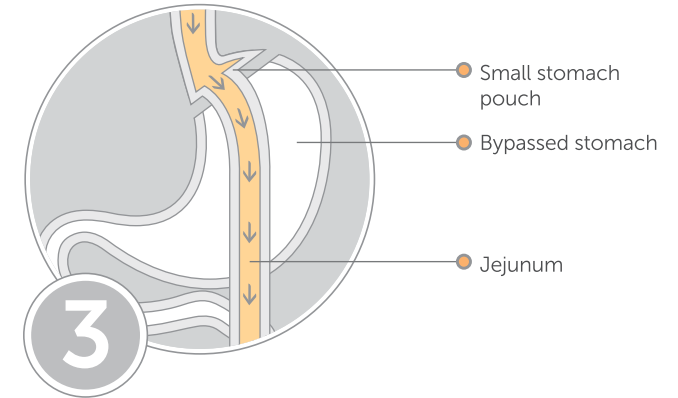
This procedure induces weight loss by surgically removing the left side of the stomach, making it roughly the size and shape of a banana. This restricts food intake.

This operation is simpler than the gastric bypass or duodenal switch since it does not involve any rerouting; or reconnecting of the intestines. The average excess weight loss is over 70%. Sleeve Gastrectomy is also done on super obese or high-risk patients with the intention of performing another surgery at a later time. The surgery usually takes 1 hour and the hospitalisation period is 24-48 hours.



Post surgery:

- Try walking a little on the day of surgery and take longer walks after 10 days
- Aerobic activity like swimming usually begins after day 20
- A higher protein intake, multivitamins and mineral supplements prevents nutritional deficiencies



LAP SLEEVE GASTRECTOMY

This one of the most common and reliable procedures to achieve weight loss, where the surgeon staples off a large section of the stomach, leaving a tiny pouch. Part of stomach and small intestine is bypassed, so that food and digestive juices mix with each other distally. This delays and reduces the absorption of nutrients & calories. Simply put, patients can't eat as much as they did before and subsequently lose weight.

The procedure is performed over a couple of hours; laparoscopically with minimally invasive techniques. Although results are rapid, and sustained, you will need to make lifestyle changes, especially in your diet.

As part of your recovery, move from liquid diet to purees and soft foods, before moving back to a normal, but healthy diet. Besides avoiding sweets and fatty foods, you must maintain a healthy protein intake, along with vitamin and mineral supplements like multivitamins, B12, iron and calcium. This will need to be coupled with regular exercise.

Gastric bypass surgery is not a quick fix to moderate weight problems; it is a last resort for serious, life and health threatening weight problems.

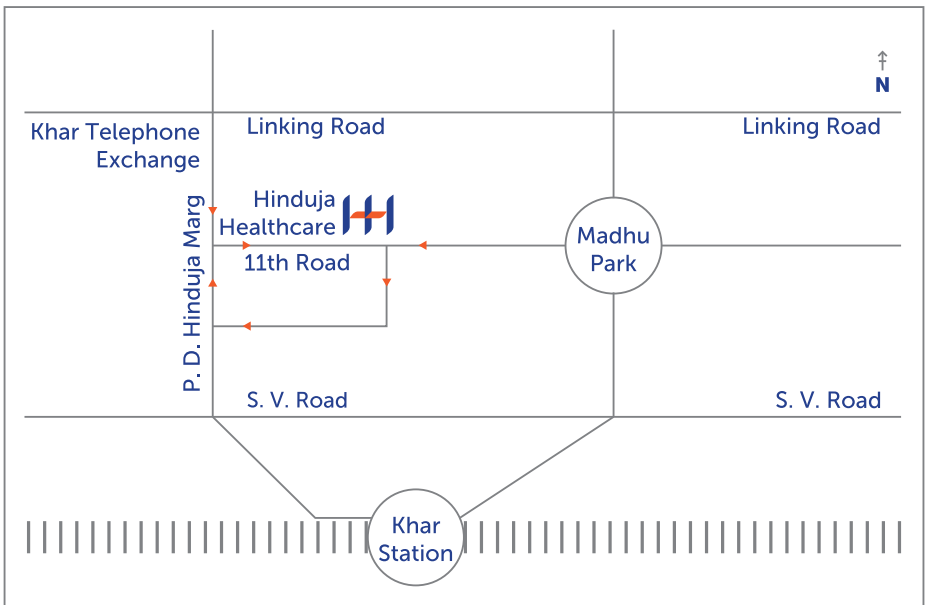
The estimated weight loss in the first 1-2 years after Gastric Bypass Surgery is 1/2 to 2/3rd of excess weight.

Risks of Gastric Bypass Surgery:

Early complications could include wound infections (1-3%), pulmonary embolism (1%-2%), and intestinal leaks (1%-2%).

Since the procedure decreasing intestinal absorption of food, patients could experience long-term deficiencies of vitamin B12, folate, and iron. 'Dumping syndrome' in which the consumption of sugar causes abdominal cramping and diarrhoea, can also occur. If you're not careful, you could also regain some weight over the years.

Bariatric Surgery is not the easy way out but it definitely makes it easier to get back to a healthy life. Your doctor can recommend the treatment that suits you best and how to maintain its effects.



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