



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 inspite 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, Laparoscopic/ Keyhole weight loss surgery results in up to 80% sustained weight loss.

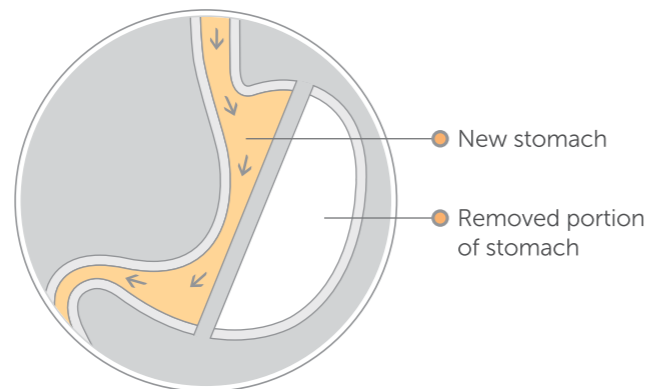
More importantly, it helps improve conditions like diabetes, joint pains, sleep apnoea, raised cholesterol and high blood pressure.

1

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%. The surgery usually takes 1 hour and the hospitalisation period is 24-48 hours.

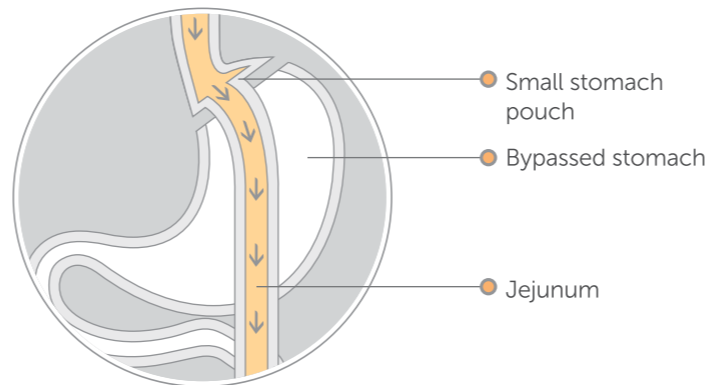


2

LAP GASTRIC BYPASS

This is 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. A 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 surgery takes 1-3 hours & the usual hospitalization period is 48 -72 hours.

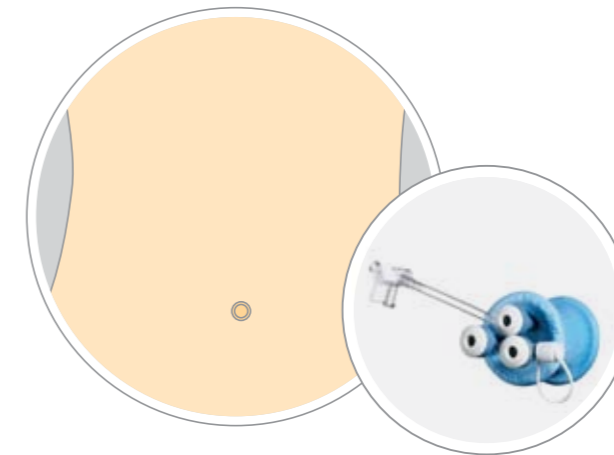


3

SINGLE PORT/MINI LAP SLEEVE GASTRECTOMY

For cosmetically inclined individuals, Lap Sleeve Gastrectomy can be done, in selected patients, through single hole or with

the use of 3 mm instruments. Please discuss the merits/demerits of each with your surgeon for an informed decision.



Post Surgery:

- You are encouraged to walk on the day of surgery itself and you can 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
- As part of your recovery, move from liquid diet to purees and soft foods, before moving back to a normal, but healthy diet
- You are expected to avoid sweets and fatty foods

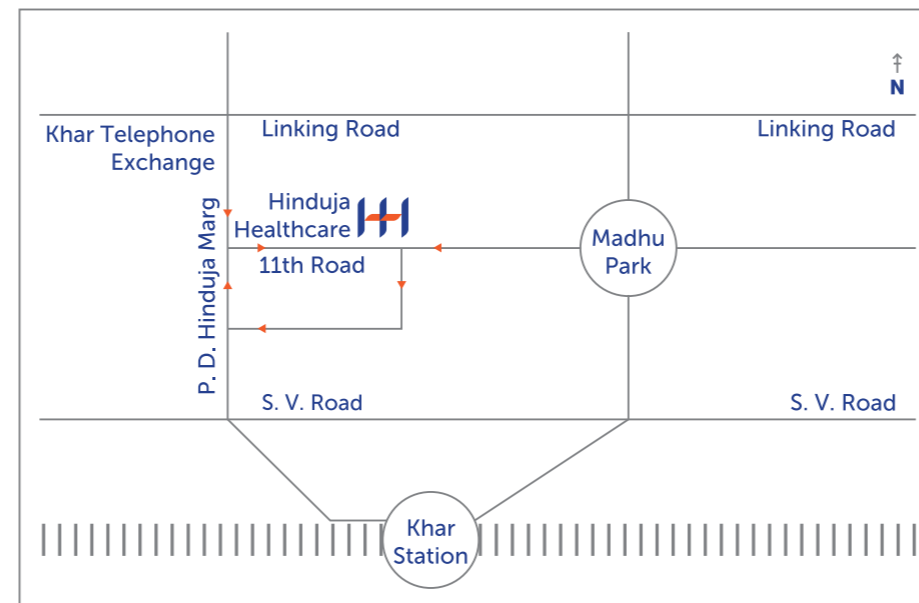
Risks of Bariatric Surgery:

Immediate: Besides anaesthesia risks, possibility of bleeding, leak, pulmonary embolism but varies between surgeons & patients.

Long Term: Possible protein, vitamin or mineral deficiency can be completely avoided by supplement intake & dietary compliance.

Please discuss the potential patient specific risks with your consultant surgeon.

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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