



Benefits

The medical and emotional benefits of weight loss procedures begin almost immediately after surgery. Over time, the benefits may include:

- Significant weight loss
- Improvement of type 2 diabetes
- Lower blood pressure
- Lower cholesterol
- Relief of sleep apnoea
- Relief of acid reflux (GORD)
- Decreased joint pain, improved mobility
- Improved mood and self-esteem

Risks

Weight loss surgery, as with any major surgery, has risks of which you should be made aware. These may include:

- An internal infection from leakage of digestive juices into the body cavity
- Wound infections at incision sites
- Hernias - a weakening of the abdominal wall
- Development of gall bladder disease and/or gall stones - due to rapid weight loss
- Vitamin deficiencies - may be preventable by taking daily vitamin supplements. Periodic lab testing may also be required
- Blood clots - may cause a more serious condition called a pulmonary embolism
- As with any surgical procedure, there is a risk of death

This educational brochure is intended for patients who might be considering weight loss surgery. It offers a broad overview of the procedure and it is not intended to provide complete information relating to such procedure.

If you would like to learn more about weight loss surgery and what it could mean for you, a member of your family, or a friend, please ensure that you discuss the options further with a physician.



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[CHANGE FOR A LIFETIME]

**An Introduction
Laparoscopic Roux-en-Y Gastric Bypass**



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Why the concern about excessive weight?

People with clinically severe obesity are at great medical risk of disability or premature death. At the top of the list of obesity related co-morbidities are type 2 diabetes and high blood pressure, these can contribute to cardiovascular disease and stroke. Health concerns such as sleep apnoea, low-back pain, urinary stress incontinence and severe acid reflux (GORD) can also be a result of increased weight. Significant weight loss can often ease these conditions or reverse them completely.

What are the criteria for patients considering surgery for obesity?

Clinically severe, or morbid obesity is a chronic, progressive condition that is very difficult to treat. Surgery to promote weight loss by restricting food intake and interrupting digestive processes is an option for clinically severe obese patients who have been unsuccessful with other weight loss treatments.

Eligible patients for weight loss surgery often have a body mass index, or BMI, of 40 or greater. A BMI of 40 translates to about 45kg over ideal body weight for men or 36kg over ideal body weight for women.

Weight loss surgery may also be an option for people with a BMI of 35 or greater who suffer from life-threatening obesity related health problems such as diabetes, obesity-related heart disease or severe sleep apnoea. However, as is true for other treatments for obesity, successful results depend significantly on knowledge, personal motivation and behaviour.

The Roux-en-Y gastric bypass

To perform the Roux-en-Y gastric bypass, a stomach pouch (about the size of a person's thumb) is created using a surgical stapler (1).

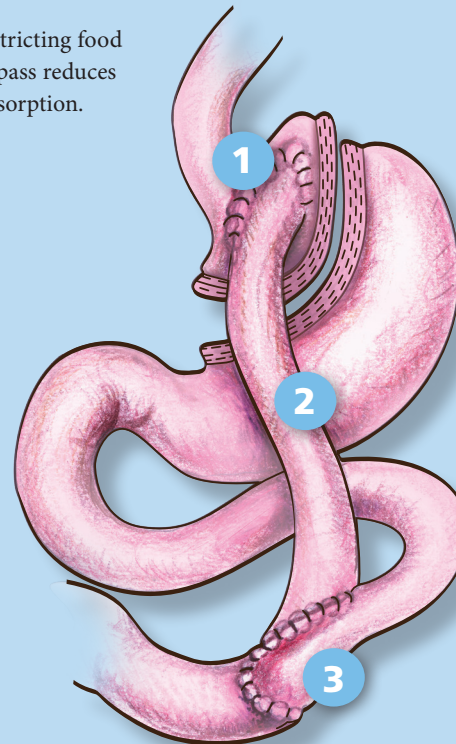
The stomach pouch restricts food intake by allowing only a small amount of food to be eaten at one time. Next, the small bowel is divided approx 60cm from the stomach.

One end of the small intestine is brought up and attached to the stomach pouch (the gastrojejunostomy) (2).

The other end of the small intestine, still connected to the now non-functional stomach remnant, is reconnected to the intestinal tract (the jejunojunctionostomy) (3).

As gastric bypass implies, following the surgical procedure, food is now routed past most of the stomach and the first part of the small intestine.

In addition to restricting food intake, gastric bypass reduces some nutrient absorption.



Gastric bypass surgery requires lifestyle changes, long term monitoring and follow-up vitamins

Because this weight loss procedure changes the digestive process, lifelong nutritional supplements are essential to prevent vitamin and mineral deficiencies. Patients must take daily multivitamins in addition to vitamin B, iron and calcium supplements. A complete detailed list should be supplied by your surgeon or dietitian.

Taking personal responsibility

Studies show that patients who commit to eating a healthy diet, incorporate an exercise program, take the required supplements and have routine pathology testing have the best long-term results.

Surgery gives patients the physical tool to assist with weight loss. Patients must be committed to making the emotional changes necessary after weight loss surgery to ensure successful weight loss. This commitment will also ensure long-term weight maintenance.

Lack of exercise, poorly balanced meals, constant grazing, eating processed carbohydrates and drinking sweetened beverages are among the common causes of not maintaining weight loss. You will need to manage your food intake and exercise for the rest of your life.

