

UNDERSTANDING OBESITY & METABOLIC SURGERY



WHY IS BEING OBESE SUCH A HEALTH RISK?

Welcome to the Jehangir Obesity Surgical Service at Jehangir hospital. We understand how difficult maintaining weight loss is. Our aim is to ensure you lose weight safely and benefit from the improvements to your health that comes with this.

Obesity is not a simple condition of eating too much. It is now recognized that obesity is a serious, chronic disease. Obesity was widely perceived as a symbol of wealth and fertility at other times in history, and still is in some parts of the world. In 2013, the American Medical Association classified obesity as a disease which leads to many comorbidities like diabetes, high BP (hypertension), cholesterol, infertility, PCOS (PCOD), arthritis, sleep apnoea etc.

CAUSES

Your body needs energy to function and your energy source is the food that you eat. A normal weight person successfully balances their energy intake (food eaten) with their energy requirements (daily activity). At an individual level, change in lifestyle i.e. combination of excessive food energy intake and a lack of physical activity is thought to explain most cases of obesity. A limited number of cases are due primarily to genetics, medical reasons, or psychiatric illness.

Greatly Increased Risk	Moderately Increased	Slightly Increased Risk
Type 2 Diabetes	Heart Disease	Some Cancers
Gall Bladder Disease	Hypertension	Reproductive Abnormalities
High Blood Pressure	Osteoarthritis	Polycystic Ovary Syndrome
High Cholesterols	Gout	InFertility
Joint Problems	Incontinence	Shorter life Expectancy
Sleep Apnoea	Lower Back pain	Breathlessness

WHY TREAT RISK?

The costs linked with treating obesity and its related health conditions are enormous. Putting the costs aside, the main concern regarding obesity is the impact it has on health. Almost all body systems are affected by obesity. Being overweight can also shorten your life. On average obese people are likely to die 10 years earlier than those who are not overweight, preventing many from reaching retirement age.

The heavier you are and the longer you have been overweight the greater the risk.

HOW OVERWEIGHT ARE YOU?

To measure this, experts now talk about your BMI, or body mass index. This is calculated by dividing your weight in kg by your height in metrics, twice. Here are some basic definitions for you:

BMI less than 18 kg/m ²	Underweight
BMI 18 - 25 kg.m ²	Normal
BMI 25 - 30 kg/m ²	Overweight
BMI 30 - 35 kg/m ²	Obese
BMI 35 - 40 kg/m ²	Severely obese
BMI over 40 kg/m ²	Morbidly obese
BMI over 50kg/m ²	Super obese
BMI over 60kg/m ²	Super-super obese

This classification is for western population, for indians, the BMI cut-offs have been reduced by 2.5 kg/mt2.

TYPES OF OBESITY SURGERY

Obesity surgery helps the body to reduce the number of calories that it can store.

There are two ways by which this can be achieved surgically:

Restriction:

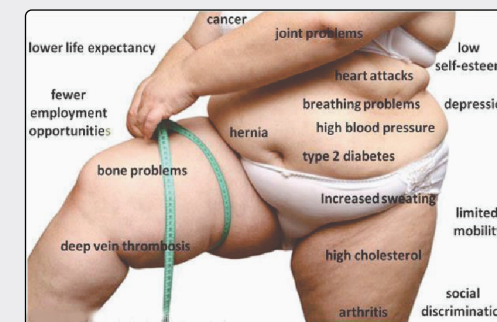
By reducing the size of the stomach, your appetite is satisfied with only a small meal. The operations that work using the Restriction method are:

- Gastric Band
- Sleeve Gastrostomy
- Gastric Balloon

Malabsorption:

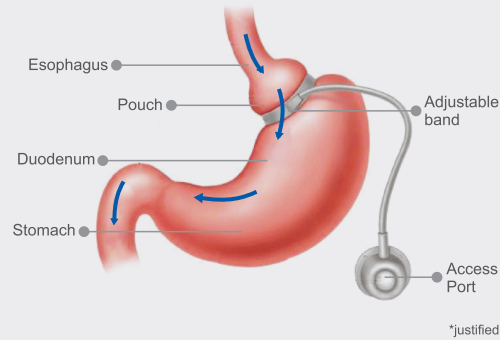
By bypassing a portion of the small intestine, fewer calories from food are absorbed by the body. The operations that work using a combination of Restriction and Malabsorption:

- Gastric Bypass
- Mini Gastric Bypass



WHAT IS LAPAROSCOPIC GASTRIC BANDING?

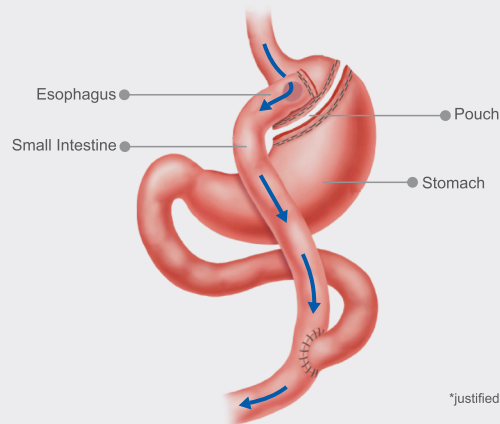
An inflatable silicone band is placed around the top portion of the stomach to create a pouch. It is inserted using keyhole (laparoscopic) surgery which leaves only a few small scars. The laparoscopic gastric band restricts the amount of food that can be eaten. Attached to the gastric band is a port which is placed just below the skin. This port can be accessed with a needle to inflate or deflate the gastric band after surgery.



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LAPAROSCOPIC ROUX-EN-Y GASTRIC BYPASS (LRYGB)

In this procedure, the surgeon first creates a small gastric pouch of approximately 30-60 ml. The small bowel is then divided and the end brought up and attached to this gastric pouch. This ensures that food passes into the pouch and goes directly into the lower part of the small bowel. The rest of the stomach and that part of the small bowel that has been bypassed are then re-attached below this. This ensures the gastric juices and pancreatic juices enter the small bowel and digest the food.



*justified

Roux-en-Y Gastric Bypass

Scientific research demonstrates that gastric bypass surgery can reduce health problems considerably, as shown in the table below:

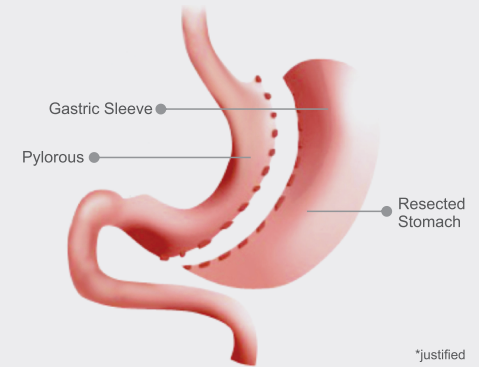
Advantages

Weight loss begins right from the surgery and can be quite rapid in the first six months.	You can expect to lose roughly 70-80 per cent of your excess weight within two years.	Patients report decreased hunger and appetite due to hormonal changes.
Provides the highest and fastest remission rate for diabetes.		

LAPAROSCOPIC SLEEVE GASTRECTOMY (LSG)

In this procedure, the surgeon creates a narrow tube like stomach which replaces the patient's original stomach. The capacity of the new stomach is significantly smaller than that of the original one (approximately 200 ml).

During the laparoscopic sleeve gastrectomy (LSG), about 75% of the stomach is removed leaving a narrow gastric "tube" or "sleeve". No intestines are removed or bypassed during the sleeve gastrectomy. The LSG takes one to two hours to complete.



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Laparoscopic Sleeve Gastrectomy (LSG)

Advantages

You can expect to lose approximately 60-70 percent of weight.	The amount of food that can be consumed at a meal is restricted	Food passes through the digestive tract in the usual manner, allowing it to be absorbed fully by the body
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GASTRIC BALLOON

A successful regimen for weight loss should be able to help you shed the excess pounds and keep it off for a long period. Gastric Balloon surgery offers a clinically proven method of reducing hunger pangs. In this procedure, the surgeon first inserts an inflated gastric balloon into the stomach. The balloon contains saline that remains inside your stomach for six months to help you get into the habit of eating healthy while jump starting your weight loss program.



*justified

Gastric Balloon

Advantages

The technique will make you feel full even after reduced food intake. This will help you lose more weight.	The program is supported by medical experts who will assist you through every step.	The Gastric Balloon method will make it easier for you to understand and apply weight management principles that ensure success on a long-term basis.
Finally, the process of inserting the Balloon will not require general anaesthesia so you are not vulnerable to complications. Take note, however, that a Gastric Balloon program is not a permanent cure. It is a technique to help you adopt a healthier lifestyle.		

WHICH OPERATION IS RIGHT FOR ME?

There is no straightforward answer to this question! It is likely that you will have your own ideas as to what is the right operation for you. Based on your personal circumstances and medical conditions such as diabetes, hypertension, our experienced team will be able to provide you with information to help you decide the best possible treatment plan. It will be a joint decision between you and the surgeon.

AM I A RIGHT CANDIDATE?

There are a number of widely accepted criteria which make a patient suitable for Bariatric or weight-loss Surgery: –

Weight greater than 45 kgs above ideal body weight for sex and height.

- BMI > 38.5 by itself .
- BMI is > 32.5, there are associated illness such as diabetes, high BP or sleep apnea.
- No psychiatric or drug dependency problems.
- Capacity to understand the risks associated with surgery. There is considerable flexibility in these guidelines. Sometimes a lower BMI between 30-35 is accepted if comorbidities exist.

COST OF BARIATRIC SURGERY

Cost depends on lots of factors such as

- Bed category
- Type of surgery
- Open or laparoscopic repair
- Choice of hospital
- Preexisting medical conditions such as diabetes, angina which may prolong your hospital stay or need critical monitoring. Following your first meeting with the doctor, we would be able to give you an approximate estimate.

FOLLOW UP

Regular followup is essential to gain maximum benefit. On discharge our team will advice you about followup.

CONTACT US



Consultant Bariatric Surgeon
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Every second counts...



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1066

Heart Attack Stroke Accident

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