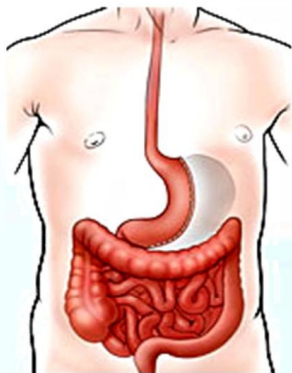


Weight Management Programme

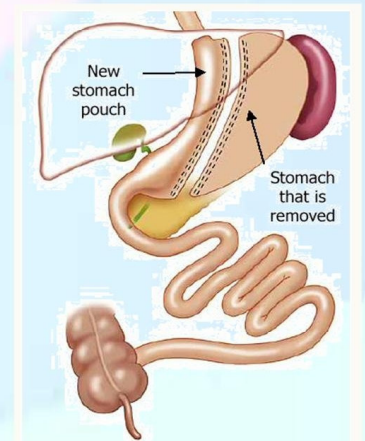
A 'Slimmer' Stomach

Sleeve Gastrectomy



What Is A Sleeve Gastrectomy?

- ~85% of the stomach is removed
- Leaves a narrow tube or a 'sleeve' that restricts the passage of food
- Outlet valve and the nerves to the stomach remain intact
- Stomach still functions normally



How Does The Sleeve Gastrectomy Work?

- Reduction of the size and diameter of the stomach helps you to feel full after a very small amount of food, so you eat less
- Removing most of the stomach, especially the fundus, eliminates the hormone which stimulate hunger (Ghrelin)

Who Can Have This Operation?

- Extremely overweight (superobese) BMI > 50 and high risk patients who are unfit for bigger operations (a second procedure to prevent absorption can either be a gastric bypass or duodenal switch)
- Standalone for lower BMI patients who need normal absorption of vitamins and nutrients

What are the risks and complications?

- Considered a very safe procedure

Gastric leakage and fistula 1.0%
Deep vein thrombosis 0.5%
Non-fatal pulmonary embolus 0.5%
Post-operative bleeding 0.5%
Splenectomy 0.5%
Acute respiratory distress 0.25%
Pneumonia 0.2%
Death 0.25%

What is recovery like?

- Performed laparoscopically with 5 small incisions (most less than 5mm, one 15mm)
- Endostapler used to divide stomach
- Takes about 1 to 2 hours to complete
- Plan to stay in hospital for 1-2 days
- Begin drinking on the second day
- Liquid diet for one month after the op
- Return to work in two weeks
- Resume strenuous activity in one month

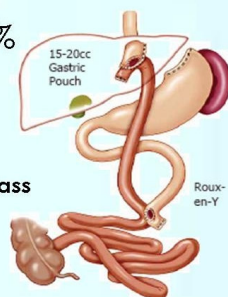
Advantages

- Eliminates feeling of being always hungry
- You eat small amounts of normal foods
- Food is absorbed normally
- No vitamin deficiencies
- No chance of food bolus obstruction
- No implant
- No need for adjustments

Disadvantages:

- Remaining stomach may stretch out
- May require follow-up weight loss surgery
- Slightly higher risk than band - it involves dividing the stomach
- Not reversible

Roux en Y gastric bypass



Duodenal switch

