The Weight is Over

Weight Loss Surgery Options
Presented by Robert S. Wood, MD

Our Bariatric Surgeons
Dr. Scott Pennington  Dr. Burton S. Wood  Dr. John Toulkatos

- More than 14 years combined bariatric surgical experience
- Greater than 2,000 bariatric procedures performed to date
- Fellow American College of Surgeons
- Advanced Laparoscopic Training

About Advanced Surgeons, PC
- Advanced Surgeons PC
- 5 Board Certified General Surgeons
- Fellowship Training in:
  - Laparoscopic Surgery
  - Minimally Invasive
  - Colorectal Surgery
  - Robotic Surgery
What We Will Cover Today

- What is obesity?
- Why weight-loss surgery?
- Pros and cons of surgical options for obesity
- Surgical options and associated risks
- Resolution of Co-Morbidities

What Is Obesity?

- Obesity is a chronic disease
- People who are obese have too much body fat
- Excess body fat often results in health problems

Who Qualifies for Weight Loss Surgery?

Clinical Terms Used to Describe Various Levels of Body Fat:

- Normal Weight (BMI < 25)
- Overweight (BMI 25 to 29.9)
- Obese (BMI 30 to 34.9)
- Extremely Obese (BMI 35 or greater)
BMI defined with unit of measurement

Amy Sauer, 10/1/2007
Health Risks: Body Mass Index vs. Mortality

Exponential Increase in Risk

BMI (kg/m²)

- High risk
- Medium risk
- Low risk

What Causes Obesity?

- Being obese is the result of a combination of influences:
  - Genetics
  - Metabolism
  - Eating and exercising habits
  - Surroundings
  - Psychological factors

Obesity trends among U.S. adults

1934 vs. 2013

Age-Adjusted prevalence of obesity among U.S. adults
Consequences of Obesity

- Obese, severely obese, or morbidly obese patients may have:
  - Major health risks
  - Risks to psychological and social well-being
  - Difficulties with day-to-day living

Other Obesity-Related Health Risks

- Severe and morbid obesity greatly increases the risk of dozens of serious medical problems:
  - Diabetes
  - Hypertension
  - Sleep apnea
  - Hypothyroidism
  - Heart disease
  - Vascular disease/Stroke
  - Cancer
  - Gallstones
  - Urinary incontinence
  - GERD
  - Arthritis
  - Venous ulcers
  - Depression
  - Joint problems
  - Low back pain
  - Incontinence
  - DVT and thrombembolism
  - Asthma, etc.
  - Skin infections

Benefits of Bariatric Surgery

- Medical evidence tells us that a very high percentage of patients who have surgery find that their energy levels increase and that many of their comorbid conditions nearly disappear.
Risks to Psychological and Social Well-Being
- Negative self-image
- Social isolation
- Discrimination

Difficulties With Day-to-Day Living
- Normal tasks for obese patients are very difficult
  - Ambulation
  - Tendency to tire more quickly
  - Shortness of breaths
- Bus or airplane seats, turnstiles, and cars may be too small
- Maintaining personal hygiene is difficult

Obesity Treatment Options
- Non-surgical methods result in little long-term success
  - Diet and exercise
  - Weight-loss programs
  - Appetite suppressants
  - Hypnosis, jaw wiring, counseling
- Doing nothing is really not an option
Using Surgery to Treat Obesity

- Surgery is an option when other weight-loss therapies have failed.
- Types of weight-loss surgeries:
  - **Malabsorptive** procedures shorten the digestive tract.
  - **Restrictive** procedures reduce how much the stomach can hold.
  - Combined procedures shorten the digestive tract and reduce how much the stomach can hold.

Using Surgery to Treat Obesity (cont)

- Malabsorptive & Restrictive
  - Gastric Bypass (GBP)
- Adjustable & Restrictive
  - LAP-BAND System
- Restrictive
  - Gastric Sleeve

Other Bariatric Procedures

- Malabsorptive
  - Biliopancreatic Diversion (BPD)
- Restrictive
  - Vertical Banded Gastroplasty (VBG)
Open vs. Laparoscopic Surgery

Most surgeries are now performed laparoscopically.

Gastric Bypass (Roux-en-Y) Procedure Video

Gastric Bypass

Advantages
- Rapid initial weight loss
- Laparoscopic approach
- Longer experience in USA
- Greater weight loss – better sustained weight loss

Disadvantages
- More invasive procedure
- Portion of digestive tract is bypassed, requiring vitamin supplementation
- "Dumping syndrome" can occur
- Slightly higher risk of complications
The LAP-BAND® System Procedure

- Performed laparoscopically^2
- Band is placed around the upper part of the stomach^1
- Small pouch is created^1
- Your stomach holds less food^1
- You eat less but feel full^2

Benefits of an Adjustable Procedure^®

- Gradual, healthy weight loss^1
- Customized rate of weight loss^1
- Prolonged sense of fullness after small meals
- Long-term mean excess weight loss of 62.5% ± 20.3% 16 months after surgery (N=68)^1

The LAP-BAND System

Advantages
- Lowest mortality and complication rate
- Least invasive surgical approach
- No eating, cutting, or intestinal rerouting
- Adjustable
- Low malnutrition risk

Disadvantages
- Slower initial weight loss than Gastric Bypass
- Regular follow-up critical for optimal results (average 3-9 more visits)
- Requires implanted medical device
- Less overall weight loss
Gastric Sleeve

Advantages
- Rapid initial weight loss
- Laparoscopic approach
- No implanted medical device
- No intestinal re-routing required

Disadvantages
- Stomal cutting and stapling required
- Potential risk for operative complications
- Non-adjustable

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Procedure Comparison

<table>
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<tr>
<th>Procedure</th>
<th>Gastric Bypass</th>
<th>Sleeve</th>
<th>Lap Band</th>
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<tbody>
<tr>
<td>Hospital Stay</td>
<td>1 - 2 days</td>
<td>1-2 days</td>
<td>1 day vs SOS</td>
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<tr>
<td>1st year follow-up</td>
<td>4 visits</td>
<td>4 visits</td>
<td>6 - 8 visits</td>
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<td>Nutritional</td>
<td>Multivitamins, Calcium supplements, B12 supplements</td>
<td>Multivitamins, Calcium supplements</td>
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<td>Supplements</td>
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<tr>
<td>Speed of Weight Loss</td>
<td>3+</td>
<td>2+</td>
<td>1+</td>
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<tr>
<td>Magnitude of Weight Loss</td>
<td>3+</td>
<td>2+</td>
<td>1+</td>
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<tr>
<td>Loss of Medical Problems</td>
<td>Majority resolved</td>
<td>Greater resolution experience</td>
<td>Some resolution</td>
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<tr>
<td>Morbidity Rate</td>
<td>Less than 5.2%</td>
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<td>0.02%</td>
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<tr>
<td>Recovery Time</td>
<td>1 - 2 weeks</td>
<td>1 - 2 weeks</td>
<td>1 - 2 weeks</td>
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Candidates for Weight Loss Surgery

- Meet the BMI criteria
  - BMI is at least 40, or
  - Weigh at least 150 pounds more than the ideal weight, or
  - BMI is at least 35 and patient is suffering from serious health problems
- Are at least 18 years old
- Have been overweight for more than 5 years
- Have had only short-term success with serious weight-loss attempts
- Are prepared to attend regular follow-up sessions and make lifestyle changes