

## **BARIATRIC SURGERY**

Recent statistics have shown that India is now in the grip of an obesity epidemic with the overweight rates increasing by 20 per cent between 1998 and 2005. According to official figures, obesity now affects 55 million Indians (approximately 0.5 percent of the total population), of which 8-10 percent are morbidly obese.

### **Who is a candidate for Bariatric Surgery?**

- BMI > 37.5\* kg/m or BMI > 32.5\* kg/m with obesity-related co-morbidities
- Acceptable operative risk
- Failure of non-surgical weight loss programs
- Psychologically stable with realistic expectations
- Well-informed and motivated patient
- Support from family/social environment
- Absence of active alcohol or substance abuse
- Absence of uncontrolled psychotic or depressive disorder.

(\*As per Asian Guidelines)

### **Surgeries for Weight Loss done at CMC:**

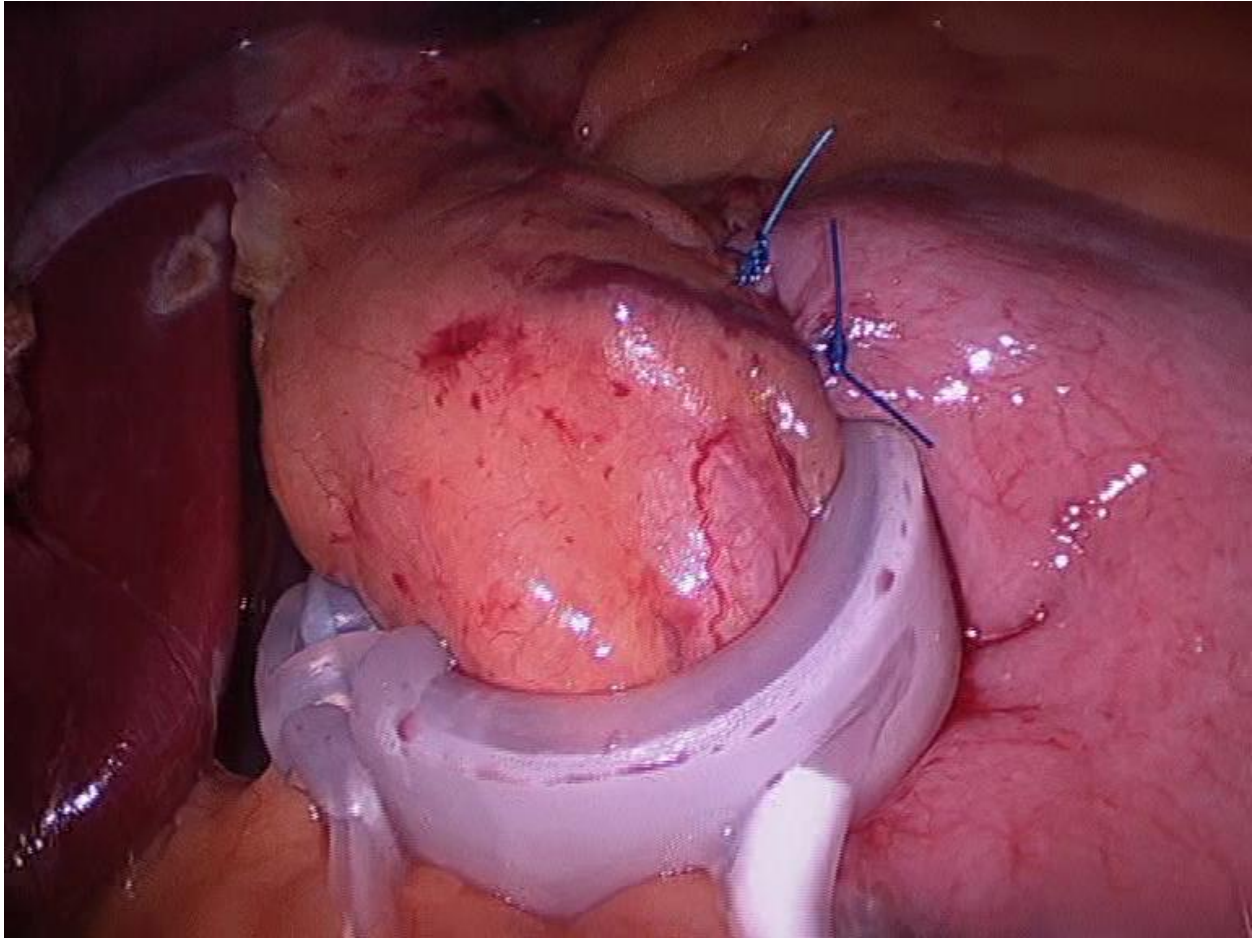
The patients are first assessed by a multidisciplinary team involving endocrinologists, pulmonary physicians, cardiologists and psychologists. If deemed suitable for surgery, the options include:

#### **1. Laparoscopic adjustable Gastric banding**

##### **How does it work?**

A band is placed around the upper most part of the stomach separating into one small portion thus reducing the oral intake. Main advantage of this procedure is its totally reversible.

Photo:



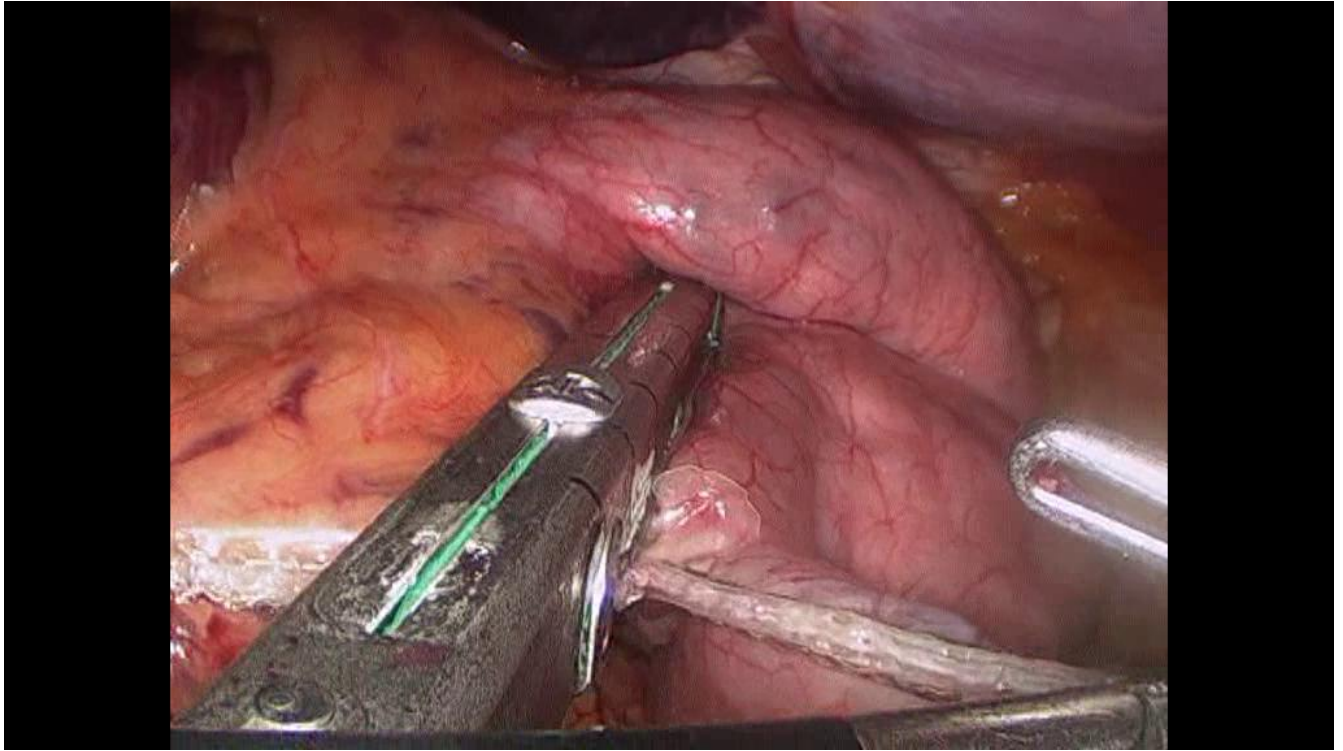
**Laparoscopic Gastric Banding**

## **2. Laparoscopic Sleeve Gastrectomy**

### **How does it work?**

Laparoscopic Sleeve Gastrectomy (LSG) is a restrictive procedure that reduces the size of the stomach and limits food intake. There is significant evidence that the results of sleeve gastrectomy are comparable in safety and efficacy to any other procedure done for morbid obesity. Unlike gastric banding, there is no silicone band and no return visits for adjustments are required. Overall, the risks are slightly higher to those seen with the laparoscopic adjustable band, but lower than the risks associated with gastric bypass.

Photo:



### **Laparoscopic Sleeve Gastrectomy**

#### **What can be expected after the surgery?**

The average hospital stay is 4 to 5 days. You can walk the very next day of surgery. Liquid diet is given for first 1 to 2 weeks, and then the regular diet can be given. High calorie diets like, sweets, chocolate, alcohol and carbonated drinks should be restricted. Resumption of normal activities in 10 days, without any discomfort.

Most of our patients lose up to 60% of their original body weight in 6 months. However, the weight loss achieved can only be sustained with commitment to dietary changes and regular exercises.

#### **Effects of surgery on glucose levels, blood pressure and cholesterol:**

Most of our patients are able to reduce the morbidity of their other diseases like diabetes, hypertension, sleep apnea and knee pain.

Immediately following surgery, blood sugar levels improve, allowing reduction or elimination of medication. Approximately one third of patients do not require any further diabetes medications

immediately after the surgery and 85 percent of patients have remission of their diabetes (normal glucose off all diabetic medication) within two years of surgery. Many of these patients also suffer from high blood pressure and elevated cholesterol level, which significantly increase the risk of heart attacks and strokes. Bariatric surgery improves or resolves high blood pressure and cholesterol in most patients, decreasing these risks.

### **3. Laparoscopic Gastric bypass**

In case of failure to lose weight after the above mentioned surgical procedures, the further option of Laparoscopic gastric bypass may be feasible.