

# Bariatric surgery



Continued from previous edition  
**U**sually patients lose 50 per cent to 80 per cent of excess weight after bariatric surgery. The excess weight is calculated by actual weight-ideal weight = excess weight. If you are 100 kilograms today, your ideal weight should be 65 kilograms, then your excess weight is 35 kilograms. In bariatric surgery, it is possible to lose 18-28 kilograms subject to regular follow up and compliance.

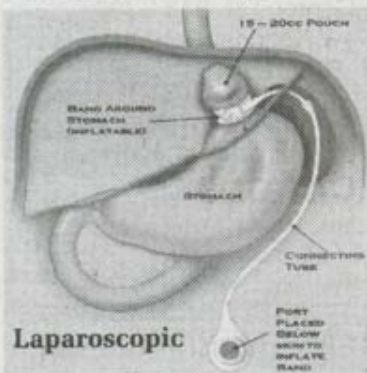
Restrictive procedures that decrease food intake is done after taking into consideration various factors, as dietary habits, associated diseases, desired weight loss, initial weight, ability, for follow on age etc.

## Gastric Bypass Surgery

A small stomach pouch is created from which the rest of the stomach is permanently divided and separated. The lower part of the stomach is bypassed, and food enters the second part of the small bowel.

## Laparoscopic Adjustable Gastric Band Surgery

A band is placed around the outside of the upper stom-



ach which creates an hour-glass shaped stomach. It is made of implantable silicone rubber containing an adjustable balloon.

## Bilio Pancreatic Diversion

Dr Ramen Goel Honourable Laparoscopy and Bariatric(Obesity) Surgeon Wockhardt Hospital, says,



Dr. Ramen Goel  
 M.S., F.I.C.S. (USA)

"There is an active support group of the patients who exchange ideas and share their experiences. It helps the patients waiting for surgery to get a moral boost up from the patients who have already been operated. It surely goes a long way in pre and post recovery. If instructions are followed and supplements consumed regularly then possibility of side effects is remote. Immediate effect could arise from anaesthesia".

## (Scopinaro procedure) (BPD)

This surgery removes about two thirds of the stomach and re-arranges the intestinal tract so that the digestive enzymes are diverted away from the food stream until nearing the end of their passage through the intestine.

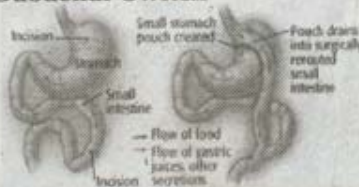
## Duodenal Switch (DS)

The duodenal switch operation is so named because the functional portion of the duodenum (the upper small intestine) is bypassed from digestive continuity in a reversal or "switch" technique.

## Sleeve Gastrectomy

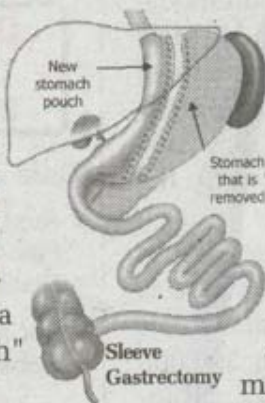
With this procedure, the surgeon removes approximately 60 per cent of the stomach laparoscopically so that

## Duodenal Switch



the stomach takes the shape of a tube or "sleeve."

Technically most of these procedures are reversible, but it is not advisable to contemplate reversal as person can regain the loss weight. Band slippage incidence has reduced with the modified band placement technique, improved band design and standardization of band adjustment protocol.



Bariatric surgery continues to benefit people struggling with morbid obesity, most importantly it

## Benefits of Bariatric surgery

The benefits of this surgery are more than skin deep. Bariatric Surgery will not only help you look better; more importantly, with proper post-surgical care, it will help you feel better and healthier.

Most patients lose at least 50 per cent of excess body weight.

Most people with hypertension and/or diabetes no longer need medications.

A return of normal periods for young women with abnormal or absent menses and improvement of fertility.

Improved sexual function for many males.

Reduction of periods of sleep apnea.

Eliminates or slows the disabling effects of arthritis.

Improved self-esteem and more energy.

saves lives. But finally it is you who has to remember that "health is the thing that makes you feel that now is the best time of the year!!"

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- SouMi Mitra

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