

Benefits of Weight Loss Surgery

Surgical weight loss is a life-changing procedure that can both increase longevity and improve quality of life. At Sacred Heart Surgical Weight Loss Center, our goal is to help you create a “new you” from the inside-out. Our unique program takes into account your individual physical, mental and emotional needs to create a treatment plan that works best for you.

Several major benefits of weight-loss surgery include:

1. **Significant, Sustainable Weight Loss**

One of the most obvious benefits of surgery is significant, sustainable, rapid weight loss. Following surgery, most patients lose weight rapidly and continue to do so for 18 to 24 months. The lap-band procedure provides more gradual weight loss, as compared to gastric bypass, but weight loss is maintained after two years without any nutritional problems. Approximately 75 percent of patients will lose and keep off 50-80 percent of their excess weight.

2. **Improvement or Resolution of Co-Morbidities**

Besides weight loss, one of the most important benefits of surgery is the improvement, and sometimes the resolution of, many adverse medical conditions that existed prior to surgery. Once patients begin to lose weight, they can usually cut down, or stop taking altogether, medications for these various conditions.

3. **Surgical Weight Loss Can Resolve:**

- Adult-Onset or Type II Diabetes
- Hypertension (High Blood Pressure)

4. **Surgical Weight Loss Can Improve:**

- Arthritis
- Congestive Heart Failure & Cardiomyopathy
- Depression & Poor Self-Esteem
- Gallbladder Disease
- High Cholesterol & Triglycerides
- Musculoskeletal Disability (i.e. Knee or Back Pain)
- Pregnancy & Infertility Problems
- Pseudotumor Cerebri
- Sleep Apnea
- Stomach Reflux
- Urinary Incontinence
- Venous Insufficiency & Ankle Swelling

Improved Quality of Life

Not only does physical health remarkably improve, but most patients have significantly improved energy levels for daily exercise and a positive sense of hope and increased self-confidence. As

you lose significant amounts of weight, you'll find that you have more energy and everyday activities will no longer leave you short of breath.

Because of your significant weight loss, your self-confidence, body image, self-esteem, mood and energy level may drastically improve. Many surgical weight -loss patients feel that they are perceived as performing better in their jobs and being more competent in all areas of life than they were prior to surgery. New jobs, educational opportunities, insurance policies, and personal relationships suddenly become possible where they never were before.