

# Weight Loss Surgery

Ascension Michigan Weight Loss Program



**Ascension**

*Listening to you, caring for you.®*

# What you need to know



# Weight Loss Surgery

## Indications - Morbid obesity

- BMI > 35 with 1-2 comorbid conditions
- Diabetes/Hypertension/Sleep apnea
- BMI >40



# Weight Loss Surgery

## Contraindications

- Certain medical conditions may preclude some weight loss operations - ask your surgeon for specific illnesses., i.e. (Crohn's disease)
- Smokers
- Alcohol abuse
- Active malignancy



# Expected Outcomes

- Weight loss about 50% excess body weight
- Resolution or reduction in comorbid conditions (Diabetes/Hypertension/Sleep apnea)
- Decrease need for certain medications
- Extend life expectancy
- Improve quality of life



# Expected Outcomes

## Alternatives to surgery

- Diet
- Exercise
- Appetite suppressants



# Expected Outcomes

## Activity / Diet

- Pre-op
  - Increase activity
  - 1-2 week pre-op liquid diet
- Post-op
  - Slow progression of diet from ice chips → clear liquids → thick liquids → soft → regular diet
  - Increase activity - goal 10,000 steps per day

# Sleeve Gastrectomy

- Pure restrictive procedure
- Simple/straight forward
- Most common weight loss surgery today
- Very well tolerated

### Drawbacks

- may cause GERD

### Contra-Indications

- severe reflux
- large hiatal hernias
- pre-malignant esophageal conditions

### Risks

- bleeding
- infection
- staple line leak
- blood clots
- death



### Gastric Bypass

- Gold standard operation for weight loss
- Primary or secondary procedure
- Requires intestinal rerouting
- Best for sweet eaters
- Best for severe reflux

#### Drawbacks

- long term risk of internal hernia
- marginal ulcer

#### Contra-Indications

- certain inflammatory bowel diseases

#### Risks

- bleeding
- infection
- bowel injury
- staple line leak
- blood clots
- vitamin deficiency
- death

# Duodenal Switch

- Malabsorptive
- Possible primary or secondary procedure

Drawbacks	Contra-Indications	Risks
<ul style="list-style-type: none"><li>• vitamin/protein deficiency</li></ul>	<ul style="list-style-type: none"><li>• certain inflammatory bowel diseases</li></ul>	<ul style="list-style-type: none"><li>• bleeding</li><li>• infection</li><li>• staple line leak</li><li>• blood clots</li><li>• vitamin/protein deficiency</li><li>• death</li></ul>

### Lap Band

- Pure restrictive procedure

Drawbacks	Contra-Indications	Risks
<ul style="list-style-type: none"><li>• unpredictable weight loss</li><li>• frequent appointments for lap band fills</li></ul>	<ul style="list-style-type: none"><li>• large hiatal hernias</li></ul>	<ul style="list-style-type: none"><li>• bleeding</li><li>• infection</li><li>• band slippage</li><li>• port malposition</li><li>• death</li></ul>

## Weight Loss Surgery Options

### Orbera® Balloon

- Restrictive procedure
- Non-surgical

Drawbacks	Contra-Indications	Risks
<ul style="list-style-type: none"><li>• <u>No</u> insurance coverage</li></ul>	<ul style="list-style-type: none"><li>• previous stomach surgery</li><li>• large hiatal hernia</li><li>• ulcer disease</li></ul>	<ul style="list-style-type: none"><li>• balloon perforation</li><li>• pancreatic inflammation</li><li>• balloon migration</li><li>• early removal</li><li>• GERD</li><li>• nausea/vomiting</li></ul>



# Required Mineral Supplements

- Multivitamin
- B-Complex
- Vitamin D as needed
- Calcium citrate 1800/mg/day
- Elemental or chelated iron as needed

# Pregnancy

**Not recommended for 1-2 years after surgery**

# Contact your physician...

## ...as soon as possible if:

- Temperature is >101 degrees
- Nausea/Vomiting
- Shortness of breath
- Rapid heart rate
- Abdominal pain



## Primary Surgeries Performed - CY 2023

	Madison Heights	Southfield
<b>Sleeve Gastrectomy</b>	172	167
<b>RNY Gastric Bypass</b>	155	71
<b>Single Anastomosis Duodenal Switch</b>	2	0
<b>Gastric Band</b>	1	1
<b>Gastric Balloon</b>	6	1



