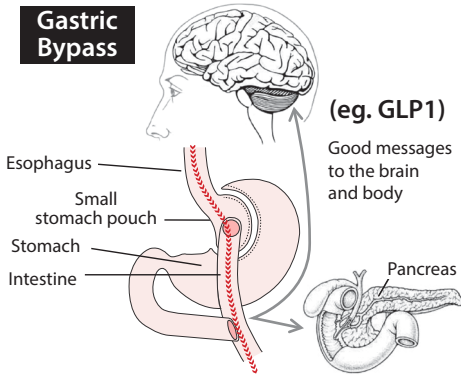


Bariatric Surgery

General Information

Gastric Bypass



LAPAROSCOPIC GASTRIC BYPASS AND GASTRIC SLEEVE

Wait time to surgery is 1-2 years

Criteria:

- Body Mass Index (BMI) > 40 or BMI of 35-39 with 1 of the following medical conditions: Diabetes, heart disease, high blood pressure, sleep apnea
- Smoke free for 6 months (includes vaping and recreational marijuana use)
- Age: > 18, no upper limit
- Alcohol: <10 drinks per week

Mechanism of weight loss:

- Changes hormones in the brain and body that effect hunger and satiety (feeling full)

Benefits:

- Weight loss 30-35% = 100lbs for a 300lb person
- Improvement in medical disorders (especially diabetes)

Risks:

- Death (1 in 500)
- Complications (20 in 200)
- Risk of infections, leakage and ulcers
- Vitamin deficiencies (avoided by taking vitamin supplements)

Recovery Time:

- 1 to 2 days in hospital
- 1 to 2 weeks at home

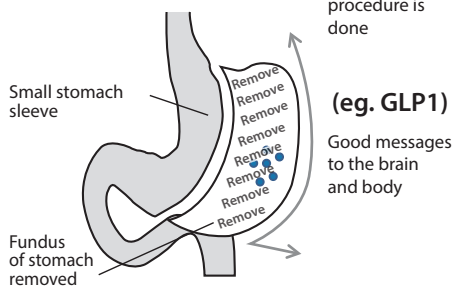
How to be Referred:

- A medical doctor referral is sent to a central Bariatric Registry.

A surgical centre* will contact you for an orientation and then further assessments to determine if you are a candidate for surgery.

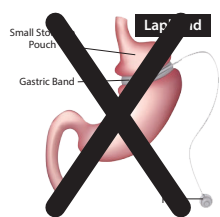
* Toronto, Hamilton, Guelph, Ottawa
(other centres to be announced)

Gastric Sleeve



CHOICE OF PROCEDURE:
Surgeon will decide which procedure is done

THE LAPBAND DOES NOT WORK



GASTRIC BANDING
- ~~Not recommended~~

Mechanism of weight loss:

- RESTRICTED
- Weight loss not consistent

Cost:

- Not covered by OHIP
- Patient pays \$16,000 - \$18,000

Successful Bariatric Surgery Patients:

- Are educated about the risks and benefits of the surgery
- Are active and following a dietary plan prior to surgery and after surgery
- We encourage continued follow up with a medical team

RECOMMENDED READING: _____ →

Blogs on Weight Loss Surgery:

Dr. Sue Pedersen <http://www.dr.suetalks.blogspot.ca/search?q=surgery>

Dr. Arya Sharma <http://www.drsharma.ca/obesity-why-i-support-bariatric-surgery.html>

