

Bariatric Surgery



- Bariatric surgery is the most effective treatment for severe obesity resulting in significant weight loss and leading to the improvement, prevention or resolution of many related diseases including type 2 diabetes, heart disease, sleep apnea, and certain cancers.
- Obesity is attributed to 5% of all preventable deaths each year. Yet, studies indicate bariatric surgery may reduce a patient's risk of premature death by 30-50%.
- Clinical evidence shows risks of severe obesity outweigh risks of metabolic and bariatric surgery for many patients. Bariatric surgery has low complication and mortality rates at 4% and 0.1%, respectively.

BROWARD HEALTH BARIATRIC PROCEDURE OPTIONS:

- **Roux-en-Y Gastric Bypass**

The Roux-en-Y gastric bypass is the most frequently performed weight loss surgery in the U.S. This involves creating a small stomach pouch that serves as a reservoir and connects directly to the intestine (extensive gastric bypass). This procedure limits the amount of food that a person can consume. In most cases patients report an early sense of fullness combined with a sense of satiety that decreases the desire to eat.

- **Intra-gastric Balloon Placement**

Intra-gastric Balloon Placement is one of the newest weight loss procedure, suited for patients who are ineligible for other types of weight loss surgery. This procedure uses a gastric balloon to occupy space in the stomach. Placement of an intra-gastric balloon is a non-surgical, minimally invasive procedure that is performed on an outpatient basis. The balloon placement takes only about 20-30 minutes and requires minimal recovery time. The balloon takes up space in the patient's stomach, limiting food intake and reducing feelings of hunger. The intra-gastric balloon remains in place for 6 months and is then removed during another short endoscopic procedure.

- **Laparoscopic Adjustable Gastric Banding**

Laparoscopic Adjustable Gastric Banding (Lap Band), recalls the principal of doing the least invasive procedure possible to achieve the desired results. In this method a band is placed at the top of the stomach, creating a small pouch. The opening to the rest of the digestive tract is adjustable through a subcutaneous port. Most patients experience the same amount of weight loss, but at a slower rate. Indications for Lap Band surgery are the same as the Roux-en-Y.

- **Laparoscopic Sleeve Gastrectomy**

Laparoscopic sleeve gastrectomy (SG) also known as laparoscopic gastric sleeve surgery is a procedure in which a portion of the stomach is surgically removed. This procedure is typically performed laparoscopically and is a non-reversible procedure. It is named 'a sleeve gastrectomy' because of the sleeve that is formed by surgically stapling the edges of the stomach. The stomach size can be reduced to as little as 15% of the original size. As a result of this surgery, a person feels fuller upon eating a relatively small amount, body metabolism is altered, and the craving for food is reduced.

DOES WEIGHT LOSS SURGERY WORK?

Studies indicate these minimally invasive procedures are the most effective and long-lasting treatments for morbid obesity currently available. Patients may lose as much as 60% of excess weight six months after surgery and keep losing for one to two years on average. These procedures can prevent early strokes and heart attacks, and improve multiple medical problems like diabetes, high blood pressure and high cholesterol and allow these patients to live longer and healthier lives.

Obesity-related diseases often improved or alleviated after bariatric surgery are:

- *Diabetes Hypertension*
- *Heart Disease*
- *GERD*
- *Sleep Apnea*
- *Stress Urinary Incontinence*
- *Muscular/Skeletal*
- *Infertility*

ARE YOU A CANDIDATE?

Appropriate candidates must meet the following requirements:

- *100 lbs. or more above ideal body weight*
- *Between the ages of 15 and 60*
- *Body Mass Index (BMI) 35 or greater with significant co-morbidities*
- *Multiple failed medically supervised weight loss attempts for 1-2 years*
- *Psychologically stable*

READY TO SCHEDULE YOUR CONSULTATION?

Procedures are currently performed at:



Broward Health Medical Center
1600 S. Andrews Avenue
Fort Lauderdale
954.355.4400



Broward Health Coral Springs
3000 Coral Hills Drive
Coral Springs
954.344.3000



Broward Health Imperial Point
6401 N. Federal Highway
Fort Lauderdale
954.776.8500

For a full list of physicians, visit [BrowardHealth.org/Find-Doctor](https://www.browardhealth.org/Find-Doctor) and search specialty: Bariatric Surgery.

