

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

New Procedure Shows Promising Results At Intermediate-Term Follow-Up

Sleeve Gastrectomy: An Alternative Procedure For Weight Loss

In the past year, the weight loss surgery Sleeve Gastrectomy (SG), has received significant attention as a primary operative procedure to combat morbid obesity.

The SG is a purely restrictive procedure. In this operation, a large segment of the stomach is removed, leaving a banana shaped “sleeve” of stomach in place. This reduces the stomach size nearly tenfold and causes earlier satiety. The operation is performed laparoscopically by using a line of staples clipped along the vertical axis of the stomach. The operation is irreversible.

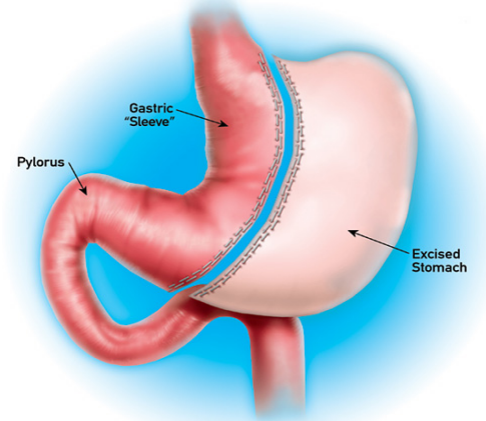
As can be seen in the illustration, the normal pathway for food thru the stomach and out the pylorus is preserved. Because of this, nutrients, vitamins and iron are absorbed in the normal manner and deficiencies are not seen.

The first procedure was performed in

England in 1996 and later was refined in New York City as a first stage procedure to allow further bariatric surgery after some initial weight loss. In the past several years, groups have reported weight loss equivalent to Lap Band surgery when sleeve gastrectomy is used as the first and only weight loss procedure.

Why does this work? There are two reasons that are thought to occur. The first is purely mechanical; by lessening the size of the stomach pouch (much like a Lap Band), the patient will feel full sooner, eat less, and lose weight. The second reason is thought to be related to the loss of the hormone Ghrelin. Ghrelin is a hormone produced in the stomach that will travel thru the blood to the brain. It signals to the hunger centers in the brain that the body is ready for food. If a large part of the Ghrelin manufacturing site (the stomach) is removed, there is less hormone and less signaling to eat. In either case, studies with patients are starting to show success. Anticipated weight loss can be as high as 70% of excess weight loss, with follow-up of 3-5 years.

Remember, as in all obesity surgery, good dietary choices, good behavior



changes and positivity are just as important (if not more so) than the type of surgery you chose.

Surgical Associates are now offering Sleeve Gastrectomy as an additional weight loss surgical option for patients considering obesity surgery. Patients should discuss and carefully consider all the options with our team at Virginia Hospital Center before making a decision.

Check it out!



Surgical Associates at Virginia Hospital Center just launched their new website! It has a new look and features all the surgical services they offer to patients. Check it out at www.SurgicalAssociatesVHC.com. We welcome your comments!

Support Group Meeting



Our next gastric banding support group meeting is Thursday, August 20 at 7pm. See you there!

PROCEDURE	Sleeve Gastrectomy	Lap Band
Material	No foreign body	Inert silicon plastic
Follow-up	No adjustment	Adjustments needed
Vitamin deficiency	None	None
Excess Weight Loss	50-70%	45-60%
Intestine cut	Long staple line on stomach	No intestinal cuts
Complications	Stomach leak Pouch stricture Pouch enlargement	Band can slip Band can erode into stomach
Reversibility	Irreversible	Reversible