

Bariatric Surgery

Treatments and Resources Guidebook



FLORIDA
HOSPITAL



It's time for a new start.

You've tried all sorts of ways to lose weight and be healthier, but nothing's worked; at least, not for long. Try as you might, your body feels like it's fighting against you because you're hungry all the time, too tired for exercise, or just unable to shed the pounds that you need to. You realize the toll that the extra weight is taking — diabetes and heart disease are looming concerns. But it doesn't have to be like this.

Within you, there is an answer. Within you, there is strength, health, vitality, happiness — and hope. The Center for Metabolic and Obesity Surgery can help you unlock your full potential through leading-edge bariatric surgery options and a focus on whole-person healing. Led by Dr. Keith C. Kim and Dr. Dennis C. Smith, the center's providers have 30 combined years of expertise in bariatric surgery and a track record of more than 6,000 bariatric surgery procedures performed.

Here, there's no such thing as a one-size-fits-all approach. We strive to restore and maintain your physical, emotional, and spiritual health with personalized care that's tailored to your individual needs and goals. And our world-class team of surgeons, nurses, psychologists, exercise physiologists, nutritionists, chaplains, educators, and social workers will guide you through every stage of your evaluation and treatment. Our center is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®) and is home to one of Central Florida's only bariatric Centers of Excellence.

You're ready for a new start and a new quality of life. We're here to help you achieve your goals. This guidebook will answer some of the questions you may have about bariatric surgery and what to expect following this type of treatment. You can also sign up for a free bariatric information session by calling 407-630-8355.



Florida Hospital Center for Metabolic and Obesity Surgery

Bariatric Surgery Program

Call 407-543-4653 to sign up for a free info session.

ObesityInfoSession.com



Is bariatric surgery for you?

The idea of surgical weight loss is about much more than what you see in the mirror. Understanding the significant health issues that can accompany obesity or be worsened by it — including diabetes, hypertension, sleep apnea, heart disease, depression, and infertility — it's not hard to see why bariatric surgery can be a life-saving measure.

For some, bariatric surgery helps to make anatomic and physiologic changes that control the hunger they're fighting as they try to lose weight. And the results of surgical weight loss can be profound. Not only can certain bariatric procedures help rid you of excess body fat, but they can resolve your diabetes or infertility problem while allowing you to enjoy daily pleasures like being active with your kids. In considering whether you might be a candidate for weight-loss surgery, the following criteria apply:

- Are you 100 pounds or more over your ideal body weight?
- Is your BMI 40 or greater?
- Is your BMI 35 or greater with obesity-related health issues, like diabetes or high blood pressure?
- Have you been unsuccessful with traditional weight-loss programs and methods?

If you answered "yes" to the questions above, call us at 407-630-8355. Our obesity medicine and bariatric surgery experts will assess your concerns, medical history, and current health status to develop the best obesity solution for you. At your initial diagnosis, you'll be assigned a designated care coordinator who will be with you every step of the way.



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Options for Surgical Weight Loss

Over the past few decades, bariatric surgery has gained popularity as a means for treating both diabetes mellitus and obesity. It has proven to be the **ONLY** effective and long-lasting way to cause remission of diabetes — and to cause substantial and sustainable weight loss. Our team currently employs three major operations in the bariatric surgery spectrum: The sleeve gastrectomy, the Roux-en-Y gastric bypass and the duodenal switch. The team has also performed thousands of gastric banding procedures, though these are less often employed today.

ROUX-EN-Y (RNY) GASTRIC BYPASS

Gastric bypass surgery is a form of weight-loss surgery in which the stomach is made smaller and food is re-routed away from some parts of the stomach and small intestine in order to keep it from being absorbed by the body. The procedure may be performed using a traditional, “open” surgical approach or via laparoscopic (minimally invasive) method. This surgery is reserved for patients who suffer from severe obesity (BMI of 40 or above) and those with obesity and related health conditions such as diabetes or heart disease who have been unable to achieve the needed amount of weight loss through diet and exercise alone. Patients should be aware that following the surgery, they will have to adjust their lifestyle so that they consume smaller portions, receive appropriate nutrients and exercise regularly. Patients who receive gastric bypass surgery are typically able to lose 10 or more pounds per month in the year following their surgery. Dr. Keith Kim does these operations robotically, and is one of the premier robotic bariatric surgeons in the world. His results are exceedingly good in terms of lack of complications, both during and after surgery.

DUODENAL SWITCH

Of the three major operations that our bariatric surgeons primarily perform, the most powerful metabolic operation is the duodenal switch (DS). The DS has powerful effects on diabetes mellitus and lipid disease, and is associated with the greatest weight loss of the three. There are lifestyle and nutrition challenges with this operation, however, so it's not for every patient. At the Center for Metabolic and Obesity Surgery, we specialize in a less-invasive form of this procedure called laparoscopic gastrectomy with duodenal switch, or biliopancreatic diversion with duodenal switch. Dr. Smith at the center was one of the first bariatric surgeons in the world to present the “hand-sewn duodenal-ileal anastomosis technique” for this procedure and is one of few surgeons anywhere who regularly perform such groundbreaking operations.



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LAPAROSCOPIC SLEEVE GASTRECTOMY

The laparoscopic sleeve gastrectomy is a newer type of operation that can be done either as a standalone procedure for those who don't have much weight to lose, for those who are older or higher risk, or as part of a staged operation. Here, the size of the stomach is reduced so that patients feel full after a very small amount of food, and therefore lose weight because they eat less. Hunger is also favorably affected following this procedure because there is a reduced capacity to produce Ghrelin, a substance that plays a role in how you feel and relieve hunger.

Patients who undergo sleeve gastrectomy can generally experience a loss of 55–75 percent of their excess body weight. However, if you are relatively young and otherwise healthy, able to exercise and are very good about following the program, you could well exceed this average.

Dr. Smith has been one of the leaders in laparoscopic techniques for performing the sleeve gastrectomy, having done them laparoscopically as part of the duodenal switch operation since 1999, and he continues to be involved with teaching the technique to other bariatric surgeons.

Importantly, this operation is the only bariatric procedure that has **no malabsorption** and **no foreign body issues** (as the Lap-Band® does). There is a very low risk at the time of surgery, relative to the RNY and the DS, and an extremely low risk of needing another operation in the future, especially compared to laparoscopic gastric banding procedures.

ADJUSTABLE GASTRIC BAND (LAP BAND) AND REVISION SURGERIES

Also commonly referred to as the Lap Band® system or simply laparoscopic adjustable gastric banding, this is a procedure in which a prosthetic device is wrapped around the upper part of your stomach to make a barrier for the passage of food. This makes you lose weight because you eat less, and you're happy eating less because the small pouch above the adjustable gastric band acts to make you feel satisfied after only a small amount of food. This system usually helps you lose in the range of 50–55 percent of your excess body weight over about two years. Our surgeons have been doing the adjustable gastric banding operation for almost 10 years, but it is becoming less used now. Instead, many patients who have previously undergone lap band surgery and experience band slippage, erosion, intolerance, or weight re-gain come to us for revision surgeries in which they have their bands removed while converting to another approach such as an RNY gastric bypass or duodenal switch.



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How much weight will I lose?

A typical patient of our program will lose 50–80 percent of their excess body weight within 12–18 months following surgery. In our info session we will explain the surgical options that can lead to astonishing results. That said, how much weight you lose following bariatric surgery depends on the type of surgery you undergo as well as your adherence to diet and exercise programs prescribed by your doctor. The table below provides a general idea of the amount of weight loss that is experienced on average by patients who have received different procedures.

PROCEDURE TYPE	AVERAGE WEIGHT LOSS
RNY Gastric Bypass	70–75 percent of excess body weight in 18 months
Sleeve Gastrectomy	55–75 percent of excess body weight over two years
Duodenal Switch	70 percent of excess body weight over two years
Adjustable Gastric Banding	50–55 percent of excess body weight over two years

Meanwhile, the health effects of non-band operations can be almost instantaneous. In fact, patients often come into the recovery room needing far less medication for diabetes mellitus than they required preoperatively.



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How long will I need to recover following surgery?

At your initial diagnosis, you'll be assigned a designated digestive care coordinator who will be with you all the way through each stage of the recovery process. Your recovery time will depend on the procedure that you undergo and whether it is performed with a traditional (open) approach or via minimally invasive (laparoscopic or robotic) approach. In most cases, patients remain in the hospital for two to three days following bariatric weight-loss surgery, with a typical timeline for a full recovery ranging to as long as six weeks. Most patients are able to return to work within one to three weeks of leaving the hospital.

Will I still be able to eat the same way?

Possible side-effects of bariatric surgery may include nausea or an obstruction when food is not well-chewed, vomiting when too much is eaten, and poor nutrition. All of which means you will have to change the way and amount that you eat following bariatric surgery. You should feel less hungry and feel full more quickly as a result of the surgery. You will also need to follow your doctor's instructions on exercise and physical activity.

Once you've achieved your desired weight, it will be your responsibility to adopt and maintain healthy habits that can help you stay at that level. Generally speaking, we advise our patients to eat three small but nutritious meals per day, exercise between three and five times per week, and be sure to write down everything you eat in a food journal that you can review and share with your doctor. You'll also need to attend regular follow-up appointments with your surgeon on an ongoing basis.



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We're designed to help patients like you.

The team at Center for Metabolic and Obesity Surgery has helped thousands of people make a new start toward a lighter, brighter future. Our elite weight-loss surgery specialists use advanced treatment techniques to help you take your life back from the debilitating disease of obesity. We are ready to help you with distinguished, world-class expertise and the following outstanding qualifications.

- Nationally accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®)
- A comprehensive, internationally recognized team providing lifelong support and multidisciplinary expertise in surgery, psychology, exercise physiology, nutrition, spiritual support, and patient education
- Surgeons with more than 30 combined years of expertise and over 6,000 bariatric surgeries performed

- Whole-person, compassionate care that strives to restore and maintain physical, emotional, and spiritual health
- Personalized bariatric surgery options
- Leading-edge procedures and techniques including laparoscopic and robotic-assisted surgeries
- Over 100 lifetime stapling cases
- A track record for highly satisfied and grateful bariatric surgery patients

Let's talk in person.

Get started on your path to permanent weight loss today by calling our care coordinator to sign up for a free information session at 407-543-4653.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

Florida Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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