

# Bariatric Surgery

Treatments and Resources



Advent Health



## 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. AdventHealth Medical Group Bariatric Surgery and Metabolic Medicine at Celebration can help you unlock your full potential through leading-edge bariatric surgery options and a focus on whole-person healing. Led by Dr. Dennis C. Smith, our program provides the resources needed for physical, mental, and spiritual recovery from obesity.

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 medical providers, nurses, psychologists, exercise physiologists, nutritionists, chaplains, educators, and social workers will guide you through every stage of your evaluation and treatment. Our program is one of the only centers in Central Florida that is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®).

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 online at [ObesityInfoSession.com](https://ObesityInfoSession.com), or a live information session by calling 407-543-4653.



## 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, lipid 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 bariatric procedures help rid you of excess body fat, but they can help you 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?

If you answered “yes” to any of the questions above, and have been unsuccessful with traditional weight-loss programs and methods, call us at 407-543-4653. Our 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 Care Coordination Representative who will be with you every step of the way.

## Options for Surgical Weight Loss

Over the past few decades, bariatric surgery has gained popularity as a means for treating both obesity and the many medical conditions that are related to obesity. It has proven to be the **ONLY** way 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 so as to bypass the rest of the stomach and some of the small intestine. The procedure is performed via laparoscopic (minimally invasive) method. This surgery is reserved for patients who suffer from severe obesity (see BMI criteria above) and those with obesity and related health conditions such as diabetes or heart disease who have been unable to achieve significant 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.

### 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 AdventHealth Medical Group Bariatric Surgery and Metabolic Medicine at Celebration, we specialize in this procedure. It is also known as the laparoscopic gastrectomy with duodenal switch, or biliopancreatic diversion with duodenal switch, and it is also done completely laparoscopically. Dr. Smith was one of the first bariatric surgeons in the world to perform this procedure laparoscopically and is one of few surgeons in the Southeast who regularly perform this operation.



## LAPAROSCOPIC SLEEVE GASTRECTOMY

The laparoscopic sleeve gastrectomy is a simpler operation that involves removing a portion of the stomach, leaving behind a narrow tubular stomach pouch. 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.

Patients who undergo sleeve gastrectomy can generally experience a loss of 60–70 percent of their excess body weight.

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 has been involved with teaching the technique to other bariatric surgeons for many years.

Importantly, this operation is the only bariatric procedure that has **no bypassing** and **no foreign body issues** (as the gastric banding procedures do). There is a very low risk of needing another operation in the future.

## REVISION SURGERIES

Some patients who have previously undergone bariatric surgery may experience problems of various kinds, including difficulty eating, poor weight loss, or weight gain. Sometimes we will revise those operations to repair anatomic problems, or to convert those patients to another bariatric operation. Some also have issues with a gastric band that has been placed in the past, and we can remove those bands with an option to revise to another operation. We evaluate each of these situations on a case-by-case basis.



## How much weight will I lose?

A typical patient of our program will lose 55–90 percent of their excess body weight within 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 (OVER 18 MONTHS)
RNY Gastric Bypass	65–75 percent of excess body weight
Sleeve Gastrectomy	60-70 percent of excess body weight
Duodenal Switch	75-90 percent of excess body weight

Meanwhile, the health effects of these 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.



## How do I get prepared for surgery?

At your initial evaluation visit, you'll be assigned a designated Care Coordination Representative who will be with you all the way through each stage of the process. Certain labs, studies, and medical clearances will be required in order to get you ready to have surgery.

## How long will i need to recover following surgery?

In most cases, patients remain in the hospital for one night following bariatric weight-loss surgery, with a typical timeline for getting back to work and other activities of two weeks. Your surgery recovery time will depend on the procedure that you undergo.

## 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 vitamin and supplement intake, exercise and physical activity.

Once you've finished losing 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, with healthy snacks in between, writing down what you eat and drink in a food journal that you can review with your bariatric provider. It's important to do regular exercise such as walking for 30 minutes five times per week. You'll also need to attend regular follow-up appointments with your bariatric provider on an ongoing basis.



## 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, team providing lifelong support and multidisciplinary expertise in surgery, psychology, exercise physiology, nutrition, spiritual support, and patient education
- An acclaimed surgeon with decades of experience and more than 2,000 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 surgeries
- A track record for highly satisfied and grateful bariatric surgery patients

## Let's get started.

**Get started on your path to permanent weight loss today. Sign up for a free online info session, or by calling our care coordinator to sign up for a free live info 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.*

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