

**150,000 - 160,000**  
adults have bariatric surgery each year

# Options for Weight Loss Surgery

## Gastric Sleeve

- Average Excess Weight Loss: 70 - 90%
- Restricts food intake & decreases amount of food used
- Emerging as most common procedure due to positive safety and outcomes
- Most common bariatric procedure in the U.S.

## Gastric Band

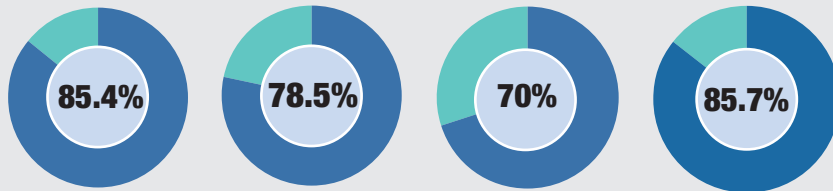
- Average excess weight loss: 40%
- Decreases food intake
- Reversible surgery
- Third most common bariatric procedure in the U.S.
- Least invasive, but some device-related problems can occur

## Gastric Bypass

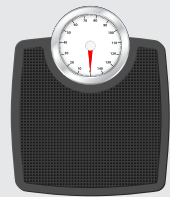
- Average excess weight loss: 70 - 90%
- Restricts food intake and re-routes food
- Reversible surgery
- Second most common bariatric procedure in U.S.



## Outcomes <sup>1</sup>



Type 2 Diabetes Improvement    Hypertension Improvement    High Cholesterol Reduction    Sleep Apnea Elimination



**50 - 90%**  
typical excess weight loss for bariatric surgery patients <sup>2</sup>

Side effects of bariatric surgery may include bleeding, infection, leaks from the site where the intestines are sewn together, diarrhea, blood clots or hernias.

## Considerations

Best results occur when patients follow surgery with: <sup>4</sup>

Healthy eating

Regular exercise

## Bariatric Surgery Candidates

- BMI  $\geq$  35 with diabetes, <sup>3, 4</sup> sleep apnea, high blood pressure or heart disease
- BMI  $\geq$  40 if the above medical conditions do not exist



Sources:

1. Henry Buchwald, MD, PhD; Yoav Avidor, MD; Eugene Braunwald, MD; Michael D. Jensen, MD; Walter Pories, MD; Kyle Fahrback, PhD; Karen Schoelles, MD. "Bariatric Surgery: A Systematic Review and Meta-analysis." JAMA. 2004;292(14):1724-1737.  
 2. "Outcomes and Complications After Bariatric Surgery." American Journal of Nursing. 2012; 112(9): 26-36.  
 3. "New Evidence Prompts Update to Metabolic and Bariatric Surgery Clinical Guidelines." American Society for Metabolic & Bariatric Surgery. (2013). <http://www.asmb.org>.  
 4. Weight-control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases, <http://win.nikkd.nih.gov/publications/gastric.htm>