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**
- Type 2 Diabetes Improvement: 85.4%
- Hypertension Improvement: 78.5%
- High Cholesterol Reduction: 70%
- Sleep Apnea Elimination: 85.7%

**50 - 90%**
typical excess weight loss for bariatric surgery patients

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:
- Healthy eating
- Regular exercise

**Bariatric Surgery Candidates**
- BMI ≥ 35 with diabetes, sleep apnea, high blood pressure or heart disease
- BMI > 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 Porres, MD; Kyle Fahrbach, PhD; Karen Schoelles, MD. “Bariatric Surgery: A Systematic Review and Meta-analysis.” JAMA. 2004;292(14):1724-1737.