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
- Second most common bariatric procedure in the U.S.¹

**Gastric Band**
- Average excess weight loss: 40%
- Decreases food intake
- Reversible surgery
- Third most common bariatric procedure in the U.S.¹
- 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
- Most common bariatric procedure in U.S.¹

**Outcomes**²
- 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 patients³

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:⁵
  - 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: