



ADVANCEMENTS IN WEIGHT-LOSS SURGERY

Regaining your **health** – and your **life**

BY RAJEEV VOHRA, M.D.

With the criteria being lowered, the number of candidates qualified for weight-loss surgery would jump from 12 million to 27 million.

Obesity has reached epidemic proportions throughout the United States. In New York State, 60% of all adults are considered overweight or obese and the numbers are continuing to grow. As more and more people suffer from obesity and related medical problems, weight loss surgery has become a suitable option for overweight individuals. Once considered the treatment of last resort for the morbidly obese, weight loss surgery has become an excellent option for improving the health, longevity, and quality of life of many overweight individuals.

The past year rendered numerous advancements in weight loss surgery including new innovative procedures, advancements in surgical techniques, extensive research studies proving the health benefits of bariatric surgery, and a new FDA recommendation in lowering the BMI criteria for weight loss surgery. With all these positive advancements supporting the weight loss surgery, there is some promising changes on the horizon in successfully treating obesity

and the related disease of type 2 diabetes.

Single Stage Sleeve Gastrectomy

One of the most notable and newest advancements in weight loss surgery is the single stage sleeve gastrectomy. The sleeve is laparoscopically performed and reduces the widest part of the stomach (leaving approximately 25-30% of its original size). The remaining portion of the stomach is shaped like a sleeve or tube with a banana shape. There is no "rerouting" or reconnecting of intestines like in the gastric bypass, and the pyloric portion of the stomach is left intact. Since the gastric sleeve is a restrictive, rather than mal-absorptive procedure, there is no dumping syndrome and nutritional concerns are much less than with bypass surgeries. Unlike the Lap-Band™, the gastric sleeve does not require the implantation of an artificial device inside the patient's abdomen. Patients can generally expect to lose 50-60 percent of their excess body weight over a 6 to 12 month period.

The sleeve is quickly becoming a procedure of choice amongst patients seeking weight loss surgery.

Single Incision Laparoscopic Surgery (SILS)

Single Incision Laparoscopic Surgery (SILS) is one of the latest advancements in minimally-invasive surgery. With the SILS technique, a single abdominal incision is made through the umbilicus (belly button). SILS is gaining popularity due to its cosmetic advantages, potential of less pain, and quicker recovery. Our team is presently using the SILS technique in selected patients for the Lap-Band™, sleeve gastrectomy and other non

BMI of 35 or higher or as low as 30 with one related health issue. With the criteria being lowered, the number of candidates qualified for weight loss surgery would jump from 12 million to 27 million. On another front, Allergan (the manufacturer of the Lap Band) is also in the process of studying the benefits of weight loss surgery in teenagers.

Revisonal Surgeries

For people who have previously had weight loss surgery and are experiencing weight regain or for those who are experiencing slower than expected weight loss and are having problems reaching their desired weight loss goals, revisonal pro-

cedure is designed to focus on each individual patient's needs and provide them with their own personalized program to get them back on track for weight loss success. This program is applicable to patients who have previously had the Lap-Band, Gastric Bypass or Gastroplasty procedure.

Weight Loss Surgery and Diabetes

In the majority of our patients who have Type 2 diabetes and have undergone weight loss surgery, their diabetes has typically resolved within weeks of their surgery – even before they have lost much of their weight. A possible mechanism is that the rearrangement of the anatomy may have a beneficial effect on certain hormones affecting how the body reacts to insulin. More research studies are being conducted but in the near future, we may see weight loss surgery being performed as a "cure" for Type 2 diabetes.

Summary

Obesity's impact on the quality of life of an individual is two-fold. First, it increases a person's probability for developing several life threatening health conditions such as cardiovascular disease, hypertension, thyroid disease, sleep apnea and diabetes. Second, it hampers a person's lifestyle, leading to behavioral health issues such as low self-esteem, depression, and discomfort in social situations.

With all the latest advancements in weight loss surgery procedures, surgical techniques, and all the recent studies supporting the benefits of weight loss surgery, weight loss surgery may be the perfect solution to changing their life and finding a new and healthier lifestyle.

IMAGE

Body Mass Index Chart

HEIGHT (ft/in)	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41

bariatric surgical procedures such as cholecystectomy and colectomy.

Adjustable Gastric Banding (Lap-Band®)

In December, a panel of FDA advisors recommended expanding use of the Lap-Band to include patients with lower BMI scores. At present, a patient with a BMI > 40 or a BMI > 35 with another related health condition may be a candidate for weight loss surgery. The new criteria would be lowered to a

cedural options have increased in popularity. The Rose, Lap Band over Bypass, and revision of Lap-Band to sleeve/bypass are just a few procedures that can help these weight loss surgery patients get back on track to reach their weight loss goals.

In January 2011, our practice launched a multi-disciplinary "Get Back On Track" program for those individuals who have had weight loss surgery and are struggling to reach their desired weight loss goals. This comprehensive program's multi-faceted