

Who is it for?

Bariatric surgery is for people with significant weight to lose, or for those whose weight contributes to conditions such as diabetes, high blood pressure or heart disease.

Bariatric surgery

- Roux-en-Y Gastric Bypass
- Laparoscopic Adjustable Gastric Banding (LAP-BAND®)
- Sleeve Gastrectomy
- Revisional Bariatric Surgery

The Sparrow Bariatric Surgery program offers multiple surgical options for significant weight loss. Your surgeon and Sparrow's multidisciplinary team of Bariatric specialists will help you decide which of these procedures is best for you and your personal medical history.

What is bariatric surgery?

Bariatrics is the field of medicine that specializes in treating obesity, or the severely overweight. Operations to help with weight loss are called bariatric surgery.

Is bariatric surgery right for me?

Your primary care doctor will help you determine if you meet our surgical guidelines. In general, you should be between the ages of 18 and 60 with previous, documented attempts at weight loss. (Surgery may be performed over age 60 at the discretion of the surgeon and medical director.) Documented attempts are those where weight loss is witnessed by someone other than yourself. This could be your doctor, or through a program such as Weight Watchers®. To be considered for any weight loss surgery, you must have clinically severe obesity.

What is clinically severe obesity?

Clinically severe or morbid obesity is a term used to describe obesity that adversely impacts health. It is measured in terms of Body Mass Index or BMI, a height-weight ratio. A BMI of 40 is considered to be clinically severe obesity or a BMI of 35-40 with health conditions directly related to obesity is also considered clinically severe obesity. BMI measurement is available at SparrowWeightManagement.org. To calculate BMI you must have an accurate height in inches and weight in pounds.

Is Sparrow's program safe?

Absolutely. Our complication rates for bariatric surgery are very low. We also have a low percentage of both re-admissions and re-operations for our bariatric surgery patients.

Sparrow also has a dedicated bariatric surgery floor, making our staff the most experienced in the region. Staff attention is focused on the unique care of this patient population. Maybe that's one reason why our bariatric patient satisfaction scores have achieved the highest scores possible as compared to hospitals nationwide.

Who performs the surgery?

Panduranga Reddy Yenumula, MD, a board certified bariatric surgeon, has performed hundreds of bariatric procedures with excellent outcomes. He is the only surgeon in mid-Michigan to have successfully completed advanced bariatric training at nationally-recognized institutions. He has completed fellowships in minimally invasive surgery at Cleveland Clinic and bariatric surgery at the University of Pittsburgh Medical Center. Dr. Yenumula is an assistant professor with the Michigan State University Department of Surgery.

What will it cost?

Cost varies depending on the program that is best for you. Before you begin, you will be given your estimated financial investment. This estimate includes all regularly scheduled professional services not covered by insurance, plus the Optifast® supplements and materials. Laboratory costs are not included, nor are any additional tests, evaluations, products or counseling that may be necessary to ensure your health and safety once you've entered the program.

Sparrow Weight Management Center offers an extended payment plan with no interest or service charges. Visa, MasterCard and Discover are also accepted.

To learn more, visit us at www.SparrowWeightManagement.org. Or call 517.364.8080 to attend a free, no-obligation information session. **IT COSTS NOTHING to get started.**

Sparrow Weight Management Center

2900 Hannah Blvd., Suite B107

East Lansing, Michigan 48823

www.SparrowWeightManagement.org

The Components

Prior to surgery

You will participate in a four-week education and OPTIFAST® weight loss program, during which you can expect to lose between one and two percent of your body weight each week. (OPTIFAST is a pre-measured, nutritionally-balanced product used in place of conventional meals or snacks.) Research has proven this initial weight loss and education improves surgical outcomes. It also prepares you for the liquid diet you will follow immediately after surgery.

Before surgery you will also undergo a medical, nutritional and psychological evaluations, and attend additional consultations specific to your history. The educational sessions you'll attend are led by behaviorists, registered dietitians, exercise specialists and registered nurses.

Roux-en-Y Gastric Bypass

The gastric bypass option makes the stomach smaller by creating a small pouch at the top of the stomach. This smaller stomach pouch is connected directly to the middle part of the small bowel. You will feel full more quickly, reducing the amount of food (and calories) you eat. Bypassing part of the bowel also results in fewer calories being absorbed by your body.

Gastric bypass is performed as an open procedure or laparoscopically. The open procedure requires a longer incision so the surgeon can directly view the area of the bypass. Much smaller incisions are needed for the laparoscopic method, when the surgeon uses a tiny video camera to view the bypass area. Laparoscopic procedures are performed whenever possible because they result in a shorter hospital stay, shorter recovery time, less discomfort and fewer complications. Ninety-nine percent of surgeries are performed laparoscopically.

Laparoscopic Adjustable Gastric Banding (LAP-BAND®)

With the Lap-Band option, a band is inserted through a tiny incision in your abdomen and placed around the upper part of the stomach. The band has a salt water-filled balloon that can be inflated or deflated after the operation. Inflating the band creates a smaller opening for food to pass through, so you feel full more quickly and consume fewer calories.

Lap-Band surgery is adjustable and reversible. Adjusting the band—for instance, if weight loss slows—is a simple outpatient procedure performed in the surgeon's office. This helps you lose weight continuously, until you reach your goal. While the Lap-Band can be removed laparoscopically, it usually remains in place for life.

Sleeve Gastrectomy

During sleeve gastrectomy, approximately 85 percent of your stomach is removed, leaving a portion about the size of a drinking straw shaped like a banana. Although much smaller, the function of your stomach remains the same and leaves fewer restrictions on the foods you eat. Another advantage of reducing stomach size is that the hormones that stimulate hunger are also reduced. Weight loss is usually slower, however, and the surgery is not reversible.

This procedure may be best if your body mass index (BMI) is 60 or higher, or if gastric bypass is not an option because of other medical conditions. Often sleeve gastrectomy is the first of a two-part surgical approach for extreme overweight, and is followed by a second surgery once you've achieved weight loss that makes gastric bypass an option.

Revisional Bariatric Surgery

Most patients get the results they hoped for from bariatric surgery. Yet some do not, usually because they had an outmoded form of surgery several years ago. Many of these had what is commonly known as "stomach stapling," which often resulted in disappointing weight loss. Revisional surgery is often possible in these cases, usually bringing significantly better weight loss results.

After surgery

You will receive medical and surgical monitoring for at least five years, in a program designed specifically for your history and the type of surgery you had. You will also take part in post-surgery education classes and individual counseling sessions. Additionally, you'll participate in long-term support groups to help you adjust to—and maintain—your new, healthy lifestyle.

To learn more about bariatric surgery, call the Sparrow Weight Management Center at **517.364.8080**.

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