

Surgical options



For many, losing weight is hard. If you are struggling with your weight, you are not alone; more than one-third (about 78 million) of all adults in the United States are obese.

Obesity is a treatable medical condition. Bariatric surgery can help you regain your health and energy through weight loss, and can dramatically change your life.

Bariatric surgery affects multiple parts of your life; it is more than just an operation. OHSU Health has a full team of specialists including surgeons, nurse practitioners, registered nurses, dietitians, psychologists, physical therapists and support staff to help you through your journey.

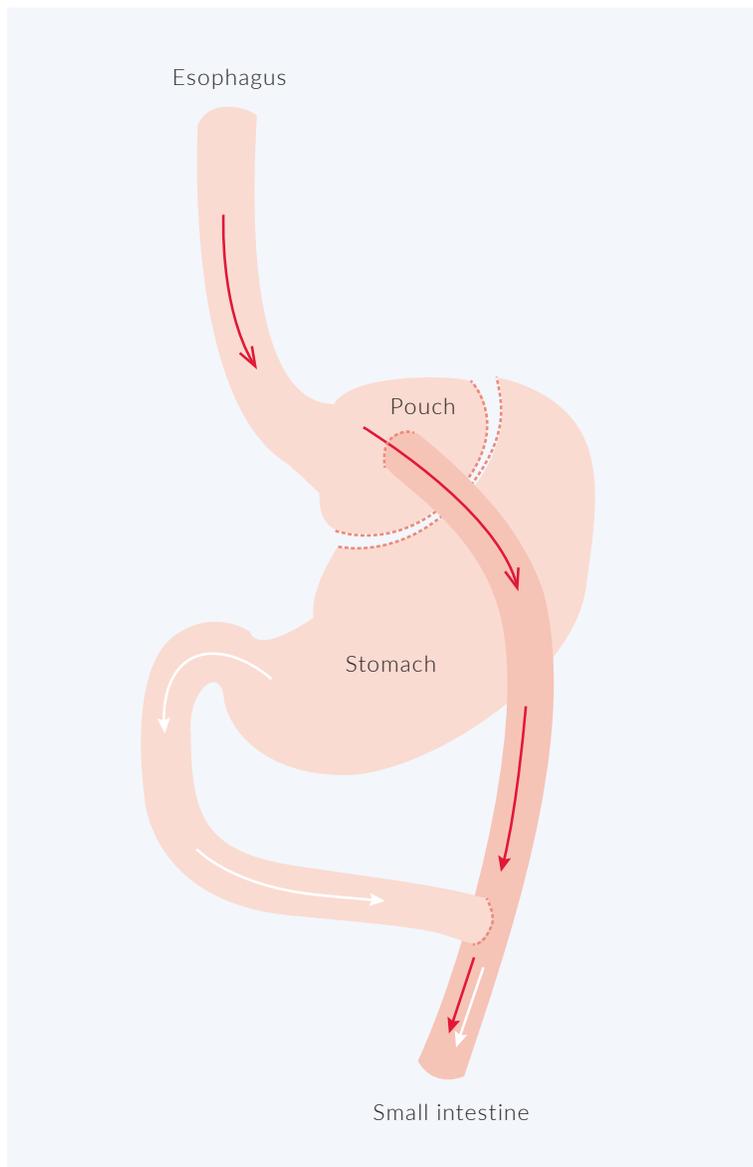
Bariatric treatment at OHSU Health can be your gateway to a healthier, happier life. Our program is recognized as a Center of Excellence by the American Society for Metabolic and Bariatric Surgery.

OHSU Health Bariatric Services performs over 300 procedures each year by fellowship-trained surgeons.

Gastric bypass surgery

What it is: Your surgeon seals off the top part of your stomach to create an egg-sized pouch (30 ml volume). The pouch is attached to your small intestine, bypassing most of your stomach and upper intestine. The rest of your stomach is attached lower on the small intestine. This surgery is almost always done with a minimally invasive technique called laparoscopy. Laparoscopy uses tiny incisions rather than the larger ones required for open surgery. You will likely spend one to two nights in the hospital.

How it works: You consume less food because you feel full after small meals. You may have less desire to eat because of possible changes in hunger signals from the stomach.



Advantages

- Average weight loss is generally higher than other methods (50-70% of excess weight).
- An effective treatment for Type 2 diabetes, sleep apnea, high blood pressure and acid reflux disease.
- Excellent long-term results; patient satisfaction greater than 87%.
- Good solution for patients with high weight-loss goals.

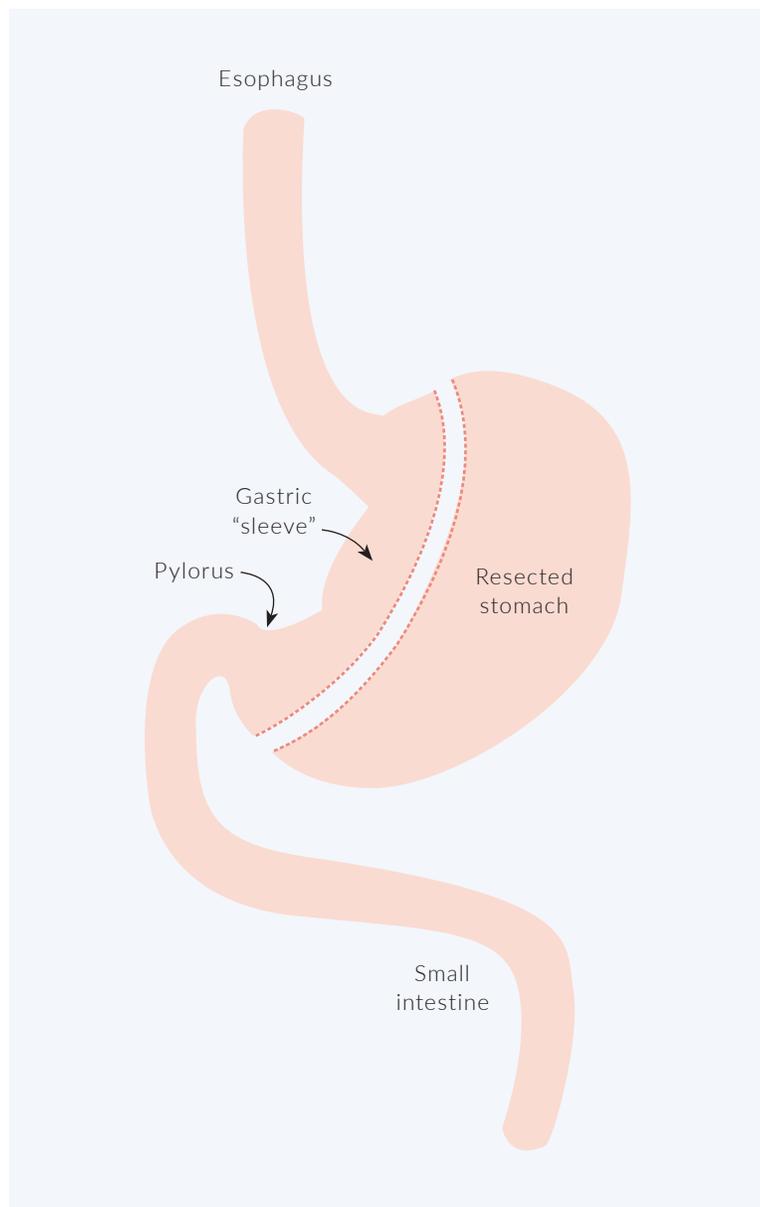
Disadvantages

- Medication may be absorbed differently after surgery.
- More complex surgery than a sleeve gastrectomy, with longer operating time and longer hospital stay.
- Concentrated sugars must be avoided. NSAIDs and smoking need to be avoided due to associated risk with marginal ulcer. Alcohol should be avoided due to risk of abuse.
- Only small portions of food can be consumed.

Sleeve gastrectomy

What it is: Your surgeon removes about 60-80% of your stomach, leaving a banana-size pouch (100–150 ml volume). The valve of the stomach outlet remains (pylorus). This surgery is almost always done with a minimally invasive technique called laparoscopy. Laparoscopy uses tiny incisions rather than the larger ones required for open surgery. You will likely spend one night in the hospital.

How it works: You consume less food because you feel full after small meals. You may have less desire to eat because of possible changes in hunger signals from the stomach.



Advantages

- Average weight loss is generally moderately higher than other methods (60% of excess weight).
- Can improve obesity-related conditions, such as diabetes, sleep apnea and high blood pressure.
- Fewer side effects than gastric bypass surgery.
- Good solution for patients with moderate weight-loss goals.
- The digestive system remains intact.
- Less complex surgery, shorter operating time and shorter hospital stay.

Disadvantages

- It is not reversible.
- Potentially lower weight loss than gastric bypass.
- You must take daily dietary supplements for life.
- Possibility of having gastroesophageal reflux disease or GERD, which causes heartburn or acid indigestion.

OHSU Health Bariatric Services
www.ohsu.edu/bariatric

