

# NewYork-Presbyterian Hospital **Fact Sheet**

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## **Who is a Candidate for Obesity Surgery?**

Candidates for obesity surgery must meet the following criteria:

- 100 pounds or more overweight (body mass index–BMI–of 40 or above), or
- 80 pounds or more over ideal body weight (BMI of 35 or above), with related health problems such as diabetes, high blood pressure, or sleep apnea.
- Long standing history of obesity (many insurance companies require 5 years or more).
- Multiple weight loss attempts with no long-term success.
- Ability to make the required lifelong dietary and behavioral changes as recommended by our weight loss team.

## **Types of Surgery**

NewYork-Presbyterian Hospital offers a variety of laparoscopic (also known as minimally invasive) and traditional surgical weight loss procedures including gastric bypass (known as Roux-en-Y gastric bypass), adjustable gastric banding (LAP-BAND), and duodenal switch.

## **What are the Benefits of Laparoscopic (minimally invasive) Surgery?**

In laparoscopic surgeries, surgical instruments are inserted through multiple small incisions rather than one large one. Patients benefit by having a faster recovery time than with traditional surgery, a lower risk of hernia, and less scarring. Possible complications of bowel obstruction and leaks should be discussed with your physician. Not every patient is eligible for laparoscopy; choice of surgery should be discussed with your surgeon.

## **Roux-en-Y Gastric Bypass**

Gastric Bypass is the most common form of weight loss surgery in the United States because it results in reliable weight loss with acceptable risks and minimal side effects. In gastric bypass surgery, the surgeon staples off a large section of the stomach, leaving a tiny pouch. Patients simply can't eat as much as they did before surgery, because this small pouch can only accommodate a few ounces of food at a time, and they subsequently lose weight. In addition, a major portion of the stomach and a small portion of the intestine are bypassed to reduce moderately the absorption of calories and nutrients.

### **Expected Weight Loss**

The amount of weight loss with gastric bypass depends on many factors. Most lose 50 to 70 percent of their excess body weight within 12 to 18 months of surgery. Recent large published series have shown weight loss maintenance beyond ten years.

## **LAP-BAND (Adjustable Gastric Banding System)**

LAP-BAND is the most common form of weight loss surgery in Europe and Australia. Approved by the FDA, it is usually performed laparoscopically. It is one of the least invasive approaches, because neither the stomach nor the intestine is cut.

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## How LAP-BAND Works

The LAP-BAND System involves the laparoscopic placement of a removable hollow silastic band around the upper part of the stomach. This band divides the stomach into a small upper pouch above the band and a larger pouch below the band. This small gastric pouch limits the amount of food that a patient can eat at any one time, and will result in a feeling of fullness after eating a small amount of food.

## Expected Weight Loss

Estimated weight loss is approximately 40–65% of one's excess weight to be achieved over 2 years.

## Duodenal Switch

Duodenal switch is a procedure that induces weight loss by combining gastric restriction with decreased food absorption. More intestine is bypassed than with the standard Roux-en-Y gastric bypass so even less calories and nutrients are absorbed. A patient who has had a duodenal switch can therefore eat more, but absorb less. In addition, this operation preserves the stomach valve, maintaining a more normal food emptying and avoiding dumping syndromes.

## How Much Weight Can I Expect to Lose?

Most patients can expect to lose 60 to 80 percent of their excess body weight over a 2-year period. Clinical trials have demonstrated durable weight loss beyond 10 years.

## How to Choose the Best Type of Surgery for You

Surgery has become an acceptable treatment for obesity because it appears to be the only option that can provide long-term, sustainable weight loss. In fact, the number of patients having surgical treatment of obesity has doubled in recent years. There are several surgical options available to those individuals who are candidates for weight loss surgery. Your surgeon should be skilled in these different approaches, and should discuss the advantages and disadvantages of each type of operation to determine which procedure is best for you.

Since these procedures assist in weight loss through different mechanisms, we will work with you in a comprehensive fashion to determine which procedure best fits your lifestyle and weight loss goals. Due to our expertise, we are also occasionally called upon to perform revisional surgeries for patients.

It is also helpful to have the support of a family member or friend as you are considering weight loss surgery. We encourage you to bring this person or persons with you to your initial consultation with your surgeon. Discussing your thoughts and feelings regarding the different types of surgery with this person may help you to make this decision more comfortably.

## Support Groups and Seminars

At NewYork-Presbyterian Hospital, we understand what it means to struggle with your weight. We have helped many people like you achieve a permanent solution to obesity.

We encourage you to attend one of our seminars or support groups prior to scheduling your first appointment. For more information or to find a physician, please call **1-877-NYP-WELL**.