

**Medtronic**

# Take a stand against obesity

Patient education brochure for  
**Roux-en-Y Gastric Bypass**



# Considering Weight-Loss Surgery?

For some, obesity can be a lifelong struggle. For many, weight-loss surgery can help turn a patient's life around and help that individual start living again.

At the top of the list of obesity-related comorbidities are adult onset diabetes (type 2 diabetes) and high blood pressure. High blood pressure caused by clinically severe obesity can contribute to heart attacks, congestive heart failure, and stroke. Health concerns such as sleep apnea, asthma, low-back pain, urinary stress incontinence, and severe acid reflux (GORD) can also result from increased weight. Significant weight loss can often ease these conditions or reverse them completely.

## What are the criteria for patients considering surgery?

Obesity is very difficult to treat. Many patients have tried multiple diets, medications, and exercise regimens that had results that did not last. Surgery to promote weight loss by restricting food intake and interrupting digestive processes is an option for clinically severe obese patients who have been unsuccessful with other weight-loss treatments.

Eligible patients for weight-loss surgery often have a body mass index, or BMI, of 40 or greater.

Weight-loss surgery may also be an option for people with a BMI of 35 or greater who suffer from a comorbidity that may improve with weight loss or people who have a BMI over 30 and have uncontrolled type 2 diabetes and at increased cardiovascular risk.<sup>4</sup> However, as is true for other treatments for obesity, successful results depend significantly on knowledge, personal motivation, and behavior.



# Introduction to Roux-en-Y Gastric Bypass

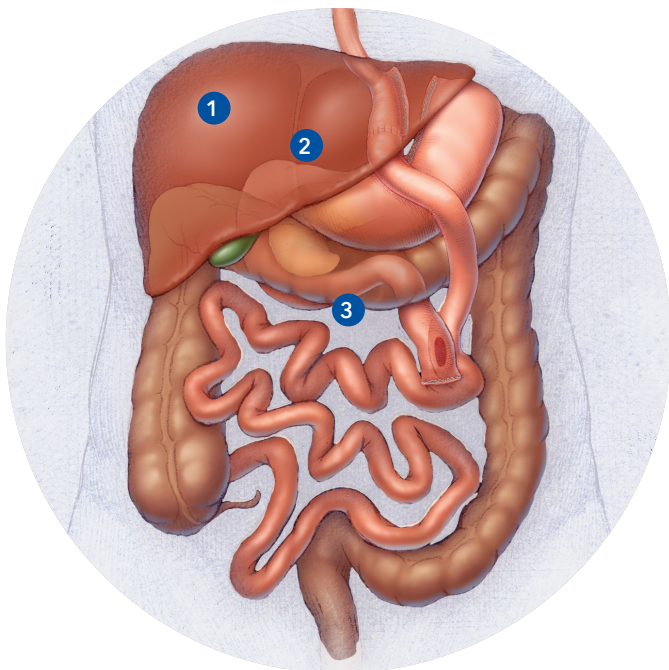
To perform the Roux-en-Y gastric bypass, a small stomach pouch (about the size of a person's thumb) is created using a surgical stapler **1**.

The small stomach pouch restricts food intake by allowing only a small amount of food to be eaten at one time. Next, the small bowel is divided about 2 feet from the stomach. One end of the small intestine is brought up and attached to the stomach pouch (the gastrojejunostomy) **2**.

The other end of the small intestine, still connected to the now non-functional stomach remnant, is reconnected to the intestinal tract (the jejunojejunostomy) **3**.

As gastric bypass implies, following the surgical procedure, food is now routed past most of the stomach and the first part of the small intestine.

In addition to restricting food intake, gastric bypass reduces nutrient absorption.



# Results Depend on Personal Commitment

Bariatric surgery requires personal responsibility and lifestyle changes. Successful results always depend on motivation and the behavior of the patient.

Because weight-loss surgery changes the digestive process, lifelong nutritional supplements are essential to prevent malnutrition. Patients must take daily multivitamins in addition to B, iron, and calcium supplements. A complete detailed list may be furnished by your surgeon's office, usually through a nutritional support team.

Studies show that patients who commit to eating healthy food, taking nutritional supplements, and undergoing routine blood work for monitoring purposes have the best long-term results.

Surgery gives patients the physical tool to assist with weight loss. Patients must be committed to making the emotional and physical changes necessary after weight-loss surgery. This commitment will ensure successful weight loss and long-term weight maintenance.

Lack of exercise, poorly balanced meals, constant grazing, eating processed carbohydrates, and drinking carbonated beverages are some of the most common reasons for weight regain. Patients will need to practice good eating and exercise habits for the rest of their lives to avoid regaining weight. This can be seen as a small exchange when compared with the potential for restored health and improvement or elimination of many comorbidities.



## Benefits

Over time, the medical and emotional benefits of weight-loss procedures may include:

- Significant weight loss
- Improvement of type 2 diabetes
- Lower blood pressure
- Lower cholesterol
- Relief of sleep apnea
- Relief of acid reflux
- Decrease in joint pain, improvement in mobility
- Improvement of mood and self-esteem
- Improvement to asthma conditions
- Reduction of migraines

## Risks

Weight-loss surgery, as with any major surgery, has risks of which you should be made aware.<sup>2</sup> These may include:

- An internal infection from leakage of digestive juices into the body cavity
- Wound infections at incision sites
- Hernias or a weakening of the abdominal wall
- Development of gall bladder disease and/or gall stones caused by rapid weight loss
- Blood clots that may cause a more serious condition called a pulmonary embolism
- Vitamin deficiencies (These may be prevented with daily vitamin supplements; periodic lab testing may be required.)
- As with any surgical procedure, risk of death

This educational brochure is intended for patients who might be considering weight-loss surgery. It offers a broad overview of the procedure. If you would like to learn more about weight-loss surgery and what it could mean for you, a member of your family, or a friend, please discuss the options further with a medical professional.

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