

Is weightloss surgery right for you?



Are you considering weight loss surgery?

Thanks for contacting **Heidelberg Weight Loss Surgery (HWLS)**. This document is for you if you are not ready for an appointment but would like some general information on weight loss surgery. It does not constitute specific medical advice but outlines who we are, how we work, and what types of weight loss surgery options we offer.

For information specific to your health and weight loss goals, you will need to make an appointment with Dr Bhatia. Talking directly with Dr Bhatia is a great way to clearly understand what weight loss options will be best for you. There is no obligation to continue to surgery if you decide that it is not what you are after. It is simply the most effective way of figuring out what will and will not work for you. In the meantime, we hope that you find the following information useful.

What is weight loss surgery?

Weight-loss surgery is also known as bariatric surgery.

There are several different types of weight loss surgery, however, most of them change the shape and function of your digestive system.



About Dr Kiron Bhatia and HWLS

Heidelberg Weight Loss Surgery is directed by **Dr Kiron Bhatia (MBBS, MMedSci(Surg), FRACS Surgeon)**. Kiron is a general, specialist upper gastrointestinal and bariatric surgeon. Kiron has a keen interest in minimally invasive surgery, including laparoscopic (keyhole), Da Vinci robotic surgery and single incision laparoscopic surgery. He is a member of the Austin hospital UGI/Bariatric unit and is actively involved in research, developing management protocols and outcomes assessment tools. He is also actively involved in training junior surgeons and nurses at the Austin Hospital and believes appropriate training to be pivotal in the future direction of surgery.

HWLS also has a team of qualified and accredited specialists who understand the challenges and opportunities of weight loss. Dr Bhatia and his team of allied health professionals offer ongoing health education and support to help you achieve and maintain your weight loss goals. As part of your treatment plan, you will have access to our dietician, nurse, exercise physiologist and psychology services.



Will weight loss surgery help me?

Weight loss surgery is not right for everyone, and only a bariatric surgeon can advise you about whether surgery will be a good option for you.

For many people, weight loss surgery can help them lose a significant amount of weight. It can also help them manage certain medical conditions related to obesity. These conditions include diabetes, fertility issues, chronic pain, obstructive sleep apnoea, and heart disease and stroke risk factors.

If you are struggling to lose weight and have tried other options, weight loss surgery may be a good solution.

Weight loss surgery can help you to enhance your health and wellbeing, improve your fertility, boost self-esteem, and manage chronic pain.

What types of weight loss surgery are available?

There are several different types of weight loss surgery available. Choosing the one that is right for you requires a consult with Dr Bhatia. The most common types of weight loss surgery in Australia are:

- **Gastric sleeve** (called sleeve gastrectomy)
- **Gastric bypass** (called Roux-en-Y gastric bypass)
- **Gastric balloon**
- **Gastric banding** (lap band surgery)

Most weight loss surgery is done as a minimally invasive keyhole procedure. This involves some small incisions being made into the abdomen. Robotics is advanced keyhole surgery that is useful for complex or re-do cases. In rare cases, open surgery is required.

GASTRIC SLEEVE

Gastric sleeve surgery is a popular option for people who struggle to maintain permanent weight loss. Unlike gastric bands, gastric sleeves require fewer lifestyle changes, and the experience of eating usually feels closer to 'normal'.

A sleeve gastrectomy allows food to enter the stomach as normal. It also allows food to travel through your body in a way that helps you to feel 'full' faster.

A gastric sleeve resection removes a large section (about 80-90%) of your stomach. This reduces your stomach's holding capacity to 100 – 200ml, which is about the size of a banana.

Gastric sleeve at a glance

- 60-70% excess weight loss
- Natural and durable
- Minimal lifestyle changes
- A 'near-normal' eating experience
- Feel fuller, quicker
- Not reversible
- Simpler as only the stomach and NOT the small intestine are operated on
- Has superseded gastric banding as the most commonly performed weight loss operation

GASTRIC BYPASS

A gastric bypass reduces the stomach size and changes how the stomach and small intestines absorb food. This makes it easier to lose weight and keep it off. Bypass is the gold standard revision operation.

The most common type of gastric bypass is called a Roux-en-Y gastric bypass. There are also variations of gastric bypass procedures, such as the mini gastric bypass.

Gastric bypass at a glance

- 65-80% excess weight loss
- An effective way to reduce multiple comorbidities
- Excellent results for type 2 diabetics
- Complex reversible surgery
- Greater need for nutritional surveillance

In a gastric bypass, a small stomach pouch is created by stapling. This is joined directly to the small intestine after some of the intestine has been bypassed. Food bypasses most of the stomach and a variable length of the upper small intestine, and fewer calories are absorbed.

GASTRIC BALLOON

A Gastric balloon procedure involves the use of a soft silicone balloon. The balloon sits in your stomach and reduces your appetite. This helps with portion control and quick weight loss.

The average weight loss of this procedure is 10-20kg. Intra-gastric balloons are non-surgical and are placed in your stomach under light sedation. They are usually painless, although some patients feel nauseated, can have reflux and have mild abdominal cramping for a few days after insertion.

A gastric balloon is a good way to kick-start your weight loss if you are moderately overweight. It provides temporary weight loss, and patients can regain weight after removal.

The gastric balloon procedure takes around 20 minutes. It is conducted via a gastroscopy under light sedation or general anaesthesia. After six months, the balloon is removed, and you will be supported to continue making healthy lifestyle choices.

This process is reversible, and no post-operative adjustments are required. There are versions of the balloon available such as a 12-month adjustable balloon (not favoured due to greater stomach irritation) and a swallowable capsule balloon (higher complications).

We do not perform these latter types due to higher associated complications with no significant benefit.

Gastric balloon at a glance

- 10-20 kg excess weight loss
- Great way to kick-start weight loss
- Non-surgical
- Feel fuller, quicker
- Removed after six months
- No rebate through Medicare
- No rebate through private health insurance

GASTRIC BANDING

A gastric band is a silicone ring placed around the upper part of the stomach. It reduces the amount of food that you can eat. It also reduces your appetite. A gastric band slows the movement of food through your digestive tract. The band creates a small pouch (about the size of a golf ball) that collects food after swallowing it.

Gastric bands make you feel fuller, faster. They restrict portion size and effectively reduce the feeling of hunger, which aids weight loss. However, because of difficulty eating some solids, this procedure has dropped in popularity. In lap band surgery, an adjustable ring is put around the top part of the stomach to create a very small pouch that increases the time food remains in the top part of the stomach.



Gastric band at a glance

- 50 – 60% excess weight loss
- Does not require partial stomach removal
- Feel fuller, quicker
- Changes to diet required
- Adjustments required
- Reversible
- Not as commonly performed currently due to the greater diet/eating behaviour adjustment required

ENDOSCOPIC SLEEVE GASTROPLASTY

An Endoscopic sleeve gastroplasty is a new, minimally invasive type of weight loss procedure. It leads to moderate weight loss of 20-25kg by limiting how much you can eat.

An endoscopic sleeve gastroscopy involves stitching parts of your stomach to change its shape. The procedure can also improve obesity-related conditions such as heart disease or stroke, high blood pressure, sleep apnoea and Type 2 diabetes. Recovery after surgery is rapid due to a lack of incisions.

- Minimally invasive
- Assists with obesity-related conditions
- Feel fuller, quicker
- Not easily reversible
- No Medicare rebates
- Patients need to self-fund
- Limited data on outcomes beyond three years
- Expectation with this procedure is that further intervention will be required in the long term for patients who are BMI >35
- Stomach stretches over time
- Can be considered for moderately overweight people BMI <35.



Which type of surgery is right for me?

Many aspects will be considered before we advise which type of surgery may be best for you. These will include your current health status, how much weight you need to lose, and any goals that you might have. Dr Bhatia will do a detailed assessment and discuss the best option. He will also discuss things like risks and recovery planning.

What can go wrong?

All surgery comes with risks. The most common risks include picking up an infection in the wounds or chest, leakage where the stomach or small intestine is cut or stapled (1-2%), or clots in the legs (1%). There are also some specific risks associated with each of the procedures that Dr Bhatia will discuss with you.

What happens after bariatric surgery?

It is helpful to think of weight loss surgery as beginning a new journey. Initially we recommend significant dietary changes whilst you are recovering from surgery. Most patients would be on a fluid only diet for 4 weeks and then transition to normal food. It is important to note that you will still be able to eat but only smaller amounts.

Whilst all patients lose weight early on, for continued long term success it is essential to manage any underlying conditions that could impact your overall results. The HWLS bariatric program provides ongoing and lifelong support including dietetics and psychology to get the most out of the new you.

Post-surgery care differs for each procedure. Dr Bhatia and his team will talk to you about your post-operative care plan if you decide to progress with surgery.

Further information

For further information or to make an appointment with Dr Bhatia, call our team on **(03) 9457 6690**.



Mr Kiron Bhatia
MBBS, MMedSci(Surg), FRACS Surgeon



Heidelberg Weight Loss Surgery

All correspondence:
Heidelberg Rooms
Suite 7, 8 Martin St, Heidelberg VIC 3084

Call us on **03 9457 6690**
Email: info@hwls.com.au
Website: hwls.com.au