



Weight Loss Surgery

Which procedure should I choose?

SLEEVE GASTRECTOMY

- Surgery takes about 1-2 hours
- 1-2 days in the hospital
- Bigger part of the stomach is removed
- Back to normal activities after 3-5 weeks.

This procedure reduces the amount of food you can consume by surgically removing about 80% of the stomach. The remaining 20% and the connection to the small intestines stay intact. No re-routing of the food stream. Like the gastric bypass, it promotes satiety, suppresses hunger and can improve symptoms of diabetes type 2.

- Non-reversible
- Requires life-long supplementation of vitamins

- Induces rapid weight loss comparable to the gastric bypass
- Allows you to maintain a diet without being hungry.
- Reduces appetite and enhances satiety
- No foreign objects or rerouting of the food stream
- Shorter hospital stay of 1-2 days

GASTRIC BYPASS

- Surgery takes about 1-2 hours
- 2-3 or more days in the hospital
- Bigger part of the stomach is disconnected but remains functional
- Back to normal activities after 3-5 weeks.

This procedure reduces the amount of food you can consume by surgically disconnecting about 85% of the stomach from the food stream. A smaller pouch is formed from the upper part of the stomach and re-routed directly into the small intestines. It further promotes satiety, suppresses hunger, can improve symptoms of diabetes type 2 and 95% of patients experience improvements in quality of life.

- 2-3 or more days in the hospital
- Higher risk of complications due to the more complex nature of the procedure
- Requires life-long supplementation of vitamins

- Long-term weight loss of 60 - 80 % of excess weight
- Allows you to maintain a diet without being hungry.
- Reduces appetite and enhances satiety
- High success rate
- Considered "gold standard" of weight loss surgery

ADJUSTABLE GASTRIC BAND

- Surgery takes about 30-60 minutes
- 24 hours or less
- Bigger part of the stomach is removed
- Back to normal activities after 3-5 weeks.

This procedure reduces the amount of food you can consume by placing an adjustable band around the upper portion of the stomach. The resulting smaller pouch of the stomach opening allows only for small amounts of food that can be consumed and promotes feelings of fullness and satiety quicker.

- Can lead to stretching of tissues in case of over-eating
- Slower and less early weight loss
- High rate of re-operation
- Foreign object in your body

- Reduces the amount of food the stomach can hold.
- Average weight loss of 40-60%
- Reversible and adjustable
- No cutting or re-routing of the stomach
- Lowest rate of complications
- Shorter hospital stay of 24 hours

DUODENAL SWITCH

- Surgery takes about 3-4 hours
- 24 hours in the hospital
- Most effective for patients with a very high BMI
- Back to normal activities after 3-5 weeks.

During this procedure about 80% of the stomach are removed surgically, comparable to the sleeve gastrectomy. In addition, the stomach is also disconnected from the upper part of the intestines and reconnected again with the lower part. The smaller stomach leads to smaller meals and the entry of food into the intestines later on to less calories digested.

- Can cause protein/ vitamin deficiencies
- Slower and less early weight loss
- Supplementation of vitamins necessary
- Non-reversible

- Biggest shown weight loss with about 80%
- Reduces the digestion of fat by > 70%
- Reduces appetite and improves satiety
- Most effective against diabetes type 2
- Lowest rate of complications