

Ann Arbor VA Medical Center



Bariatric Surgery Program



Our Team



Amir A. Ghaferi, MD, MS
Bariatric Surgeon



Robert O'Rourke, MD
Bariatric Surgeon



Marilyn Woodruff, NP
Bariatric Nurse Practitioner



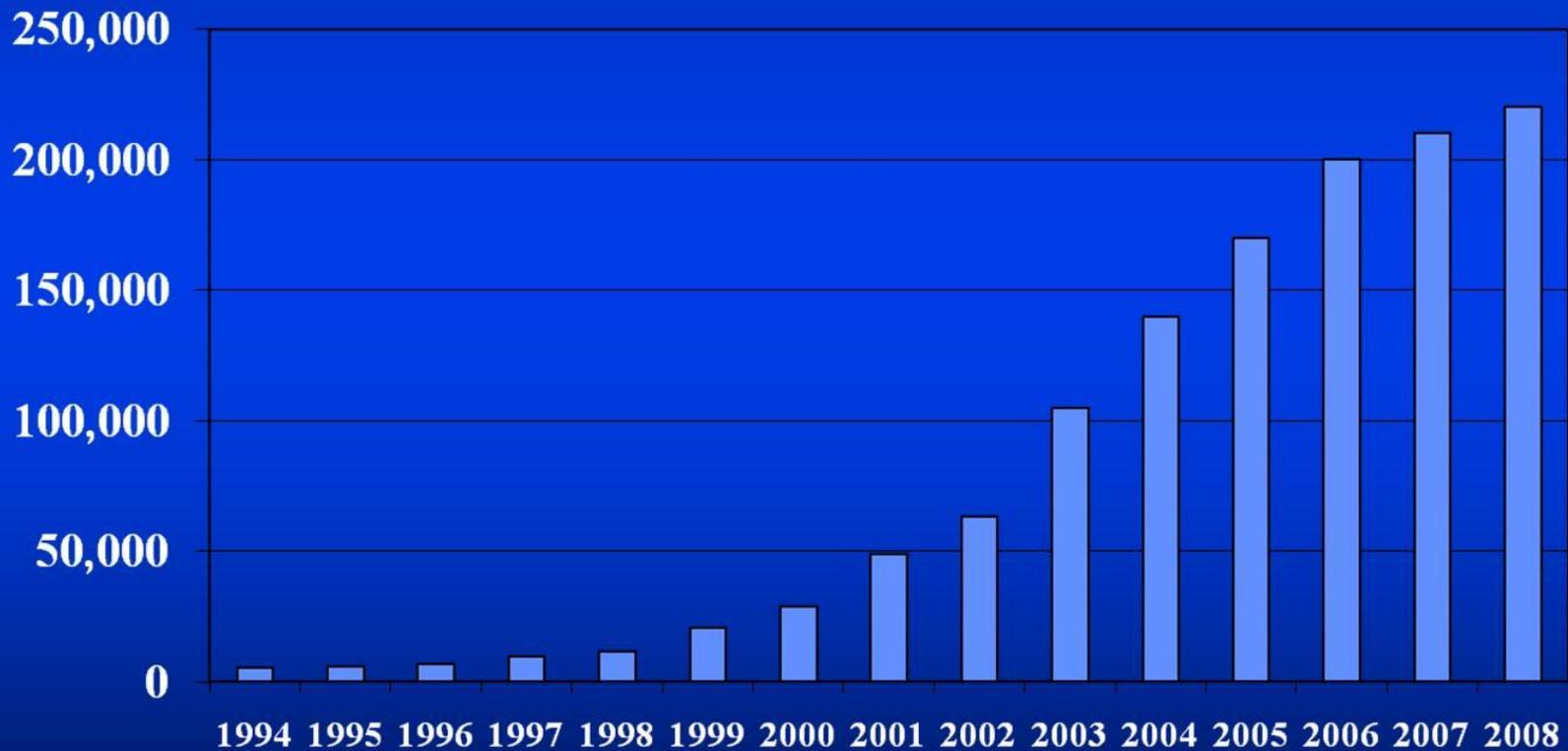
Isiriel Paulino NP
Bariatric Nurse Practitioner



Jenna Arnould, RD
Bariatric Dietitian



Growth of Bariatric Surgery: Number of Procedures in US



Candidates for Bariatric Surgery



- **Body Mass Index**
 - BMI: $\text{weight (kg)} / \text{height (m}^2\text{)}$
 - ≥ 35 with at least 1 serious weight-related illness
 - ✦ Diabetes, high blood pressure, sleep apnea or high cholesterol
 - ≥ 40
 - Between the ages of 18-65yrs
 - ✦ 65-69 will be determined on a case by case basis
 - ✦ We do not offer surgery to those 70 years of age and older, nor to those wheelchair bound
 - Active primary care provider
 - Active participation in a weight management program
 - Informed, compliant and healthy enough to tolerate surgical risks
 - For other contraindications: please visit our website:
 - ✦ http://www.annarbor.va.gov/services/Bariatric_Surgery.asp

Health Benefits of Bariatric Surgery



- On average, patients lose 50-70% of excess body weight
- Patients experience marked improvement and in many cases resolution of weight related diseases such as diabetes, sleep apnea, acid reflux, joint pain, high cholesterol, high blood pressure
- Bariatric surgery increases life expectancy by several years
- Results vary by patient
- The Bariatric Surgery Team will discuss anticipated results with you during your clinical visits

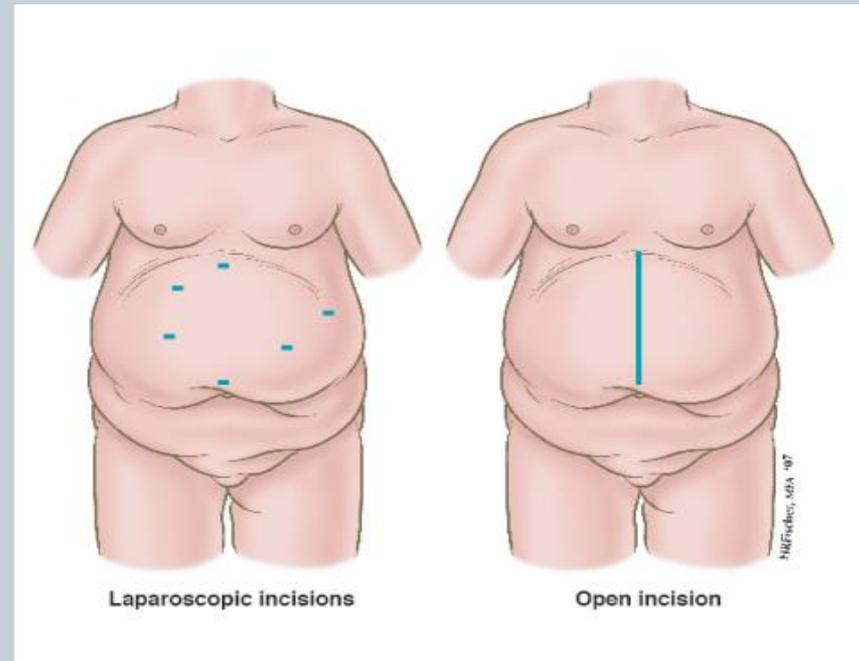
Procedure Options



- We offer two types of bariatric surgical procedures
 - Roux-en-Y gastric bypass
 - Sleeve gastrectomy
- Both are well-studied procedures done worldwide
- Gastric bypass has been performed for over 30 years,
- Sleeve gastrectomy has been performed for 10 years though has generated much enthusiasm among surgeons and patients
- Procedures are commonly performed through a laparoscopic (small incision) approach

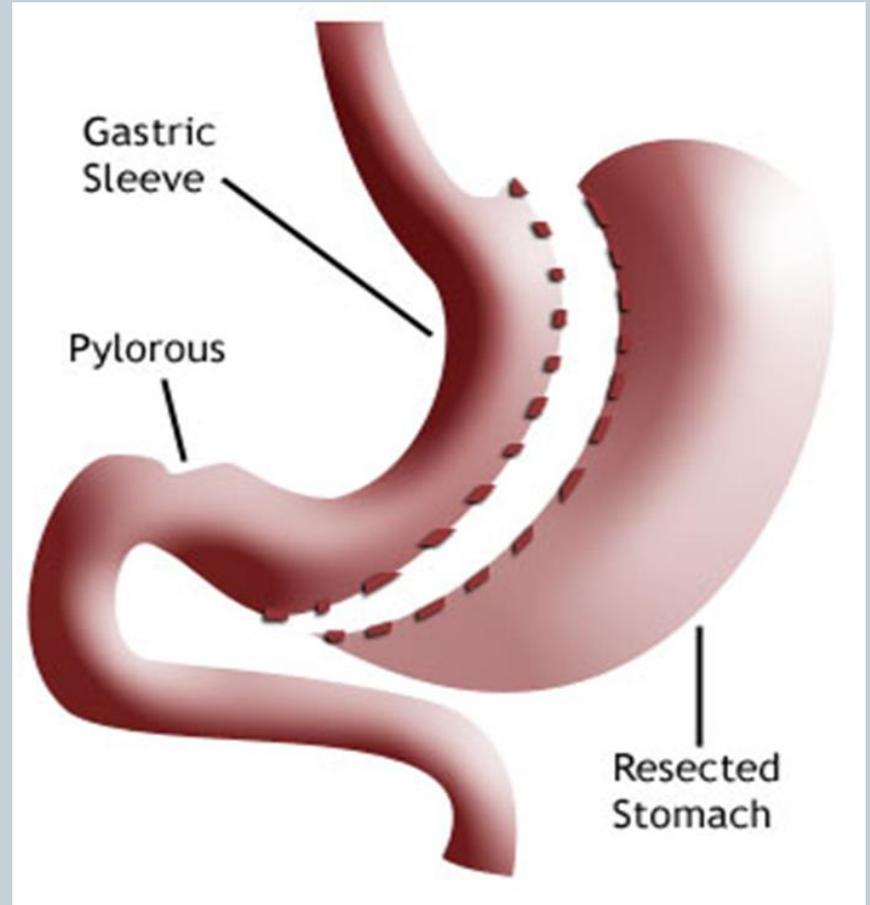
Laparoscopic Approach

- Small incisions
- Length of stay
 - Laparoscopic Approach: 2-3 days
 - Open Approach: 5-7 days
- Return to work
 - Laparoscopic Approach: 2-4 weeks
 - Open Approach: 4-8 weeks
- Your surgeon will discuss your individual case with you and the use of laparoscopy



Sleeve Gastrectomy

- Mainly restrictive procedure
 - Remove about 85% of the stomach
- Hormonal effects



Gastric Bypass

Weight loss mechanism:

- Restriction (small stomach pouch)
- Malabsorptive (bypass part of small intestine)
- Hormonal (feel less hungry between meals)



Which procedure is right for you?



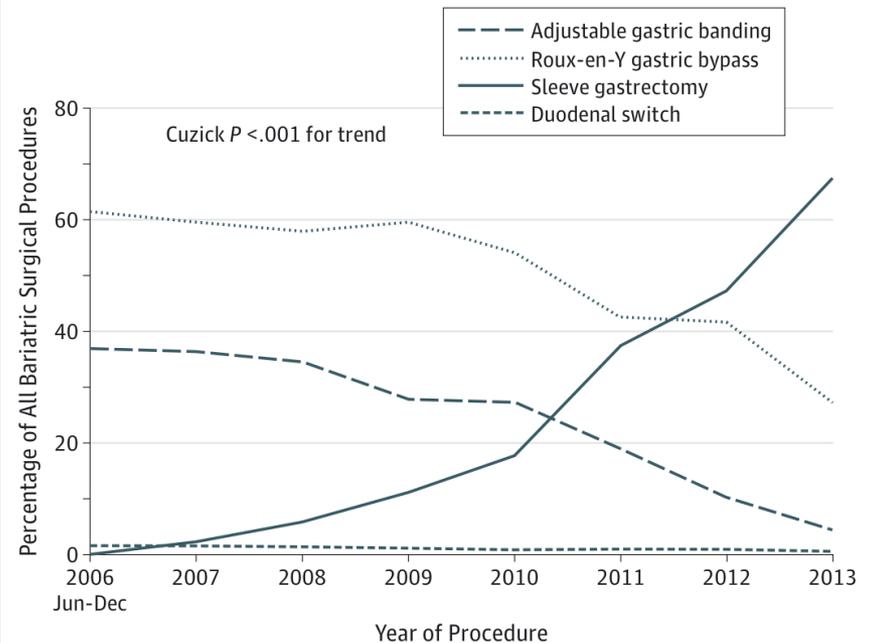
	Gastric Bypass	Sleeve Gastrectomy
WEIGHT LOSS (%Excess weight)	65-70%	55-60%
RISKS	0.2% death 3% complication	0.1% death 2% complication

Procedure use, 2013



- Sleeve Gastrectomy: ~70%
- Gastric Bypass: ~25%
- Other: ~5%
- In most patients, sleeve gastrectomy is the right choice of operation, unless you have severe acid reflux disease
- Your surgeon will discuss your choice of operation with you during your clinic visit

Figure. Relative Use of Common Bariatric Procedures in Michigan Between June 2006 and December 2013



Other Considerations



- **Pregnancy**
 - Avoid pregnancy for 12-18 months after surgery
 - Fertility may increase with weight loss discuss birth control with your primary care physician
- **Excess skin**
 - Plastic surgery is an option if excess skin remains 2-4 years after bariatric surgery

Overview of the Process



- This is an elective surgery therefore medical workup is required
- Everyone will meet with a Bariatric Nurse Practitioner and Registered Dietitian for an “initial intake”
 - Review medical history, current medications, physical assessment, nutritional intake, exercise regimen, diet/weight trend history
 - The dietitian will follow you throughout this process
 - ✦ MOVE, TeleMOVE!, or individual office visits
 - The nurse practitioner will mail you a letter of the necessary tests and visits you will need prior to surgery

Overview of the Process



- Your case will be discussed with the bariatric team
- If deemed a surgical candidate then RD & NP continue to work with you during your visits to monitor your weight loss efforts
 - This can take anywhere from 2-6 months or longer
- Once you are cleared from all other necessary medical departments, you will meet with the bariatric surgeons and schedule your bariatric nutrition class
- You will start your liquid diet about 2 weeks prior to surgery

Pre-Op Work Up



- This is determined by the bariatric team after your case has been reviewed and approved
- Work up may include, but is not limited to
 - Required Mental Health evaluation
 - Required to view this informational session and complete quiz
 - Sleep study or a sleep machine download
 - Cardiology clearance
 - Pulmonary clearance
 - Physical therapy evaluation with exercise recommendations
 - On-going communication and weight checks with the Dietitian
 - Adequate weight loss
- Consults will be placed by the bariatric team, however it is up to YOU to ensure you follow through with your appointments and update us on your status!

1st stage

- Talk with your PCP
- Watch a video
- Meet with bariatric Nurse Practitioner and Dietitian
- Get started on weight loss

2nd stage

- Your case is reviewed, approved, and pre-op workup is completed
- Continue to meet with the Dietitian and demonstrate weight loss
- Select surgery date
- Your case is reviewed and you are found not to be an appropriate surgical candidate

3rd stage

- Finalize surgery date
- Meet with a surgeon for final approval
- May participate in a non-surgical weight management program

First visit with the Nurse Practitioner



- Extensive past medical and surgical history
- Laboratory tests
- Physical assessment
 - Including weight, height, neck and waist circumferences
- Bariatric surgery
 - Types of surgeries, estimated weight loss, review of pre-op workup, informational session contact
- What to expect postop
 - Hospital length of stay, follow up care, restrictions, return to work guidelines

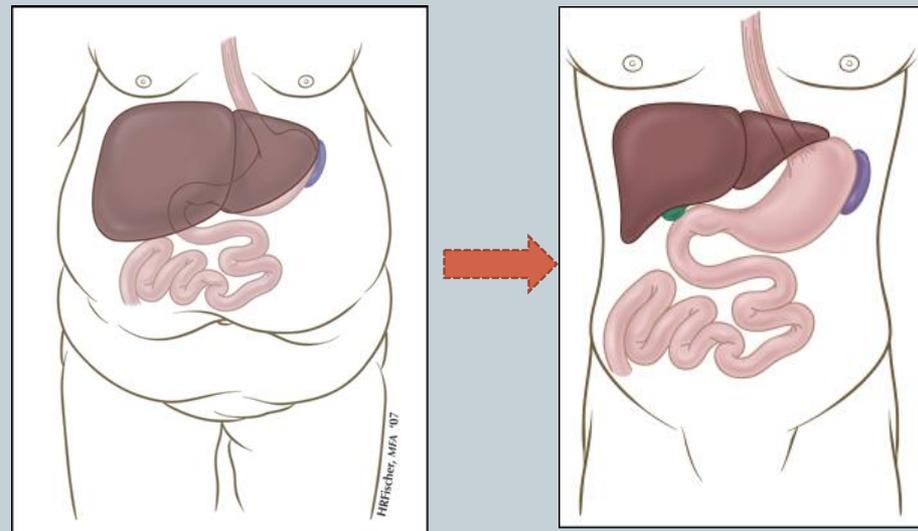
First visit with the Dietitian



- **Basic weight loss education**
 - Calorie reduction, exercise regimen
 - Develop SMART goals
- **Get involved**
 - Choose from either MOVE! Group classes, TeleMOVE! or monthly office visits
 - Need regular weight checks throughout entire bariatric process
- **If you have Diabetes**
 - Can attend the Diabetes Education classes (offered either a 4 week course or 1 all day class)
- **Review basics of bariatric surgery**
 - Handouts provided including informational session form
 - Pre and postop nutritional therapy

Pre-Op Liquid Diet

- You will be placed on a 1,200 calorie liquid diet 2 weeks prior to your scheduled surgery
- Unflavored Bariatric Advantage protein powder will be provided
- Adequate weight loss must be demonstrated prior to surgery, which will be discussed with you by our team



The goal of this diet is to shrink your liver size for easier access to the stomach and reduce surgical risks

Diet Stages after Surgery



- Clear liquids (water, broth, sugar free jello) for 1-2 days
- Full liquids (clears plus milk, puddings, tomato soup, yogurts) for 2 weeks
- Pureed foods (baby food consistency) for 2-4 weeks
- Soft foods (moist meats, no raw vegetables) for 2-4 weeks
- Bariatric regular diet for lifetime
 - 3-6 small meals daily, no concentrated sweets or carbonated beverages, avoiding fried/greasy foods, avoiding drinking with meals

Medications and Supplements



	Actigall	Multivitamin	Calcium Citrate + Vitamin D	Vitamin B12
Gastric Bypass	Twice daily for 6 months *Only needed if you still have your gallbladder	Twice daily	3 times daily	Daily sublingual (under the tongue) or monthly injection
Sleeve Gastrectomy	Twice daily for 6 months *Only needed if you still have your gallbladder	Daily	Twice daily	Daily sublingual (under the tongue) or monthly injection

Other Services



- **Mental Health**
 - Health psychology available: individual or phone visits
 - Group classes
- **MOVE!/TeleMOVE!**
 - Group or individual visits, in-home monitoring with regular weight checks and daily educational sessions
- **Support groups are available starting April 2015**
- **The dietitian would like to continue to have at least an annual visit with you starting a year after your surgery**

Next Steps



- Begin weight loss. Some amount of preoperative weight loss is required prior to surgery as a safety measure; the Bariatric Team will discuss this issue with you
- If you are smoking or using chewing tobacco, you need to stop. All patients are required to be nicotine-free for at least 3 months before surgery.
- Visit our website for additional information:
http://www.annarbor.va.gov/services/Bariatric_Surgery.asp

Thank you!



*PLEASE WRITE DOWN ANY QUESTIONS YOU
MAY HAVE AND BRING WITH YOU TO YOUR
FIRST CLINIC VISIT.*

*ALSO PLEASE BRING A 2 DAY FOOD RECORD
FOR THE DIETITIAN TO REVIEW.*