

BARIATRIC SURGERY





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Board-certified Bariatric Surgeon

Dr. Zerey is a graduate of McGill University, Montreal, earning his Doctor of Medicine and Master of Surgery degrees. He completed a general surgery residency also at McGill University followed by fellowships in Minimally Invasive Surgery (both Clinical and Research) at Carolinas Medical Center. Dr. Zerey was also part of the Clinical Investigator Program at the Royal College of Physicians and Surgeons of Canada and the Aviation Medicine Program at McGill University.

He is certified by the American Board of Surgery and the Royal College of Physicians and Surgeons of Canada and is a member of the American College of Surgeons, Canadian Association of General Surgeons, and the Canadian Health Services Research Foundation. He is fellow of the Royal College of Physicians and Surgeons of Canada and a member of the Society of American Gastrointestinal and Endoscopic Surgeons.

Dr. Zerey has published extensively, including journal articles in *Surgical Infections*, *American Surgeon*, *American Journal of Surgery*, *Journal of Surgical Research*, and *Surgical Innovation*. He has also co-authored chapters in two medical texts and is a frequent lecturer on surgical topics including Bariatric surgery.

What is Clinically Severe Obesity?

The body mass index [weight (kg)/ height (m²)] or BMI is used to determine level of obesity. To be eligible for surgery you must have a BMI over 40, which is typically at least 80–100 lbs. overweight. You may also be eligible if your BMI is over 35 and you have certain medical problems caused by obesity. Your BMI can be calculated on our website or give us a call.

Why is Excess Weight a Concern?

People with severe obesity are at increased risk for developing multiple medical problems, as well as, premature death. The following is a partial list of the medical problems associated with obesity:

- Asthma
- Depression
- Diabetes
- Heart burn
- Heart disease
- High blood pressure
- High cholesterol
- Infertility
- Joint pain
- Leakage of urine
- Leg ulcers and swelling
- Obstructive sleep apnea

All of the above medical problems have been shown to improve or resolve after surgery.

What are the Options for Losing Weight?

Diet and Exercise

There are almost as many diet and exercise programs as there are people overweight. Many of these can work for those looking to lose 10 or 15 lbs. Unfortunately, none of these programs have ever been shown to result in significant sustained weight loss in people with clinically severe obesity. However, diet and exercise are critical to maintaining weight loss after surgery, and to leading a healthier life. The surgery allows you to maintain your diet, and gives you the energy to exercise.

Weight Loss Drugs

There are only two prescription drugs approved by the FDA for weight loss. Neither of these has been shown to produce significant sustained weight loss in the

severely obese. The myriad of nonprescription diet pills are even less effective, and some are potentially dangerous. Because of the epidemic of obesity and the potential for huge profits, there is a great deal of money being spent on drug development. It is possible an effective weight loss medication will become available in the future, but there is currently little on the horizon.

Surgery

Many operations have been developed to create weight loss. Gastric bypass and lap-band surgery have proven to be effective treatment for severe obesity.

Weight-Loss Surgery

Gastric Bypass Surgery

The most popular and most tested is the Roux-en-Y gastric bypass. This involves making a thumb size pouch out of the stomach and connecting the intestines to it. The intestines are reconnected down-stream so that less nutrient absorption occurs. This operation has been around for over 30 years and reliably produces major weight loss that can be sustained for decades.

Lap-Band Surgery

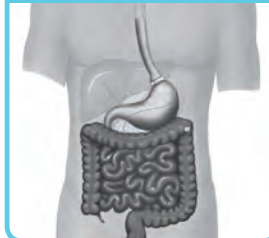
A newer approach is the adjustable gastric band. This is a plastic ring placed around the top of the stomach to limit the amount and rate of food consumption. Adjusting the tightness of the band is a simple office procedure, typically done 4–5 times in the first year. In general, there is less weight loss with this approach, but it is less invasive and possibly safer.

Both of these procedures are done laparoscopically through several small incisions and typically only require one or two nights in the hospital.

Gastric Bypass Surgery



Lap-Band Surgery



Life After Surgery

Because of the laparoscopic approach, the recovery is quite rapid. Most patients are back at work within 2 weeks. The biggest adjustment is the new diet. Patients have very little appetite and often struggle to get adequate protein in the first several months. They are required to take multivitamins every day for the rest of their life, to prevent any deficiencies. Exercise is critical to improving health and maintaining the weight loss long term. Fortunately, this becomes easier as the pounds come off and energy levels typically improve.

Risks

In deciding to have surgery, one must weigh the risks of the procedure against the risk of not losing weight. Several large scientific studies have found people undergoing the surgery are more likely to be alive in 5 years than similar obese people who have not.

A few of the potential complications:

- Narrowing of the pouch outlet requiring endoscopy (5%)
- Bowel obstruction from hernias or adhesions (less than 5%)
- Ulcers and bleeding (less than 3%)
- Internal infection resulting from leakage of digestive juices (1%)
- Blood clots – may lead to more serious condition called pulmonary embolism (0.5%)
- Death, approximately 1 in 200 gastric bypasses and 1 in 2000 gastric bands (This can be higher with inexperienced surgeons working outside of specialized centers.)

Taking the First Step

If you are interested in learning more about weight-loss surgery, please call us for the date of our next free information seminar at (805) 898–3172. The weight-loss surgery department has an experienced staff to guide you through this life-changing process.

We have helped many individuals improve their health and we look forward to meeting you and helping you achieve your goals.

Sansum Clinic

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Sansum Clinic is an independent nonprofit healthcare organization providing the full spectrum of quality healthcare in our community.



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