

Bariatric Surgery

Treatments and Resources



Advent Health



It's time for a new start.

You've tried all sorts of ways to lose weight and be healthier, but nothing's worked; at least, not for long. Try as you might, your body feels like it's fighting against you because you're hungry all the time, too tired for exercise or just unable to shed the pounds that you need to. You realize the toll that the extra weight is taking — diabetes and heart disease are looming concerns. But, it doesn't have to be like this.

Within you, there is an answer. Within you, there is strength, health, vitality, happiness — and hope. Bariatric Surgery and Metabolic Medicine at AdventHealth Heart of Florida can help you unlock your full potential through leading-edge bariatric surgery options and a focus on whole-person healing.

Here, there's no such thing as a one-size-fits-all approach. We strive to restore and maintain your physical, emotional and spiritual health with personalized care that's tailored to your individual needs and goals. And, our world-class team will guide you through every stage of your evaluation and treatment.

You're ready for a new start and a new quality of life. We're here to help you achieve your goals. This guidebook will answer some of the questions you may have about bariatric surgery and what to expect following this type of treatment. You can also sign up for a free bariatric information session by calling 863-419-2271.



Is bariatric surgery right for you?

The idea of surgical weight loss is about much more than what you see in the mirror. By understanding the significant health issues that can accompany obesity or be worsened by it — including diabetes, hypertension, sleep apnea, heart disease, depression and infertility — it's easy to see why bariatric surgery can be a life-saving measure.

For some, bariatric surgery helps to make anatomic and physiologic changes that control the hunger they're fighting as they try to lose weight. And, the results of surgical weight loss can be profound. Not only can certain bariatric procedures help rid you of excess body fat, but they can resolve your diabetes or infertility problem while allowing you to enjoy daily pleasures like being active with your kids. In considering whether you might be a candidate for weight-loss surgery, the following criteria apply.

- Are you 100 pounds or more over your ideal body weight?
- Is your BMI 40 or greater?
- Is your BMI 35 or greater with obesity-related health issues, like diabetes or high blood pressure?
- Have you been unsuccessful with traditional weight-loss programs and methods?

If you answered “yes” to the questions above, call us at 863-419-2271. Our obesity medicine and bariatric surgery experts will assess your concerns, medical history and current health status to develop the best obesity solution for you. At your initial diagnosis, you'll be assigned a designated care coordinator who will be with you every step of the way.

Surgical Weight Loss

Over the past few decades, bariatric surgery has gained popularity as a means for treating both diabetes mellitus and obesity. It has proven to be the **ONLY** effective and long-lasting way to cause remission of diabetes — and to cause substantial and sustainable weight loss.

LAPAROSCOPIC SLEEVE GASTRECTOMY

The laparoscopic sleeve gastrectomy is a newer type of operation that can be done either as a standalone procedure for those who don't have much weight to lose, or are older or at higher risk. It can also be performed as part of a staged operation. Here, the size of the stomach is reduced so that patients feel full after a very small amount of food. As a result, they lose weight because they eat less. Hunger is also favorably affected following this procedure, because there is a reduced capacity to produce Ghrelin, a substance that plays a role in how you feel and relieve hunger.

Patients who undergo sleeve gastrectomy can generally experience a loss of 55 to 75 percent of their excess body weight. However, if you are relatively young and otherwise healthy, able to exercise and are very good about following the program, you could well exceed this average.

Importantly, this operation is the only bariatric procedure that has **no malabsorption** and **no foreign body issues** (as the Lap-Band® does). There is a very low risk at the time of surgery, relative to the RNY and the DS, and an extremely low risk of needing another operation in the future — especially compared to laparoscopic gastric banding procedures.

HOW MUCH WEIGHT WILL I LOSE?

A typical patient of our program will lose 50 to 80 percent of their excess body weight within 12 to 18 months following surgery. In our info session, we will explain the surgical options that can lead to astonishing results. That said, how much weight you lose following bariatric surgery depends on the type of surgery you undergo as well as your adherence to diet and exercise programs prescribed by your doctor.

Meanwhile, the health effects of non-band operations can be almost instantaneous. In fact, patients often come into the recovery room needing far less medication for diabetes mellitus than they required preoperatively.





How long will I need to recover following surgery?

At your initial diagnosis, you'll be assigned a designated digestive care coordinator who will be with you through each stage of the recovery process.

In most cases, patients remain in the hospital for about two days following bariatric weight-loss surgery. Full recovery is expected within six weeks. Most patients are able to return to work within one to three weeks of leaving the hospital.

Will I still be able to eat the same way?

Possible side-effects of bariatric surgery may include nausea or obstruction when food is not well-chewed, vomiting when too much is eaten and poor nutrition. All of which means you will have to change the way and amount that you eat following bariatric surgery. You should feel less hungry and feel full more quickly as a result of the surgery. You will also need to follow your doctor's instructions on exercise and physical activity.

Once you've achieved your desired weight, it will be your responsibility to adopt and maintain healthy habits that can help you stay at that level. Generally speaking, we advise our patients to eat three small but nutritious meals per day, exercise between three and five times per week, and be sure to write down everything you eat in a food journal that you can review and share with your doctor. You'll also need to attend regular follow-up appointments with your surgeon on an ongoing basis.



Our program is designed to help patients like you.

The Bariatric Surgery and Metabolic Medicine team at AdventHealth Heart of Florida is ready to help you make a new start toward a lighter, brighter future. Our elite weight-loss surgery specialists use advanced treatment techniques to help you take your life back from the debilitating disease of obesity.

We offer whole person, compassionate care that strives to restore and maintain physical, emotional and spiritual health. With a personalized surgical weight-loss program, you get an experience tailored to your goals.

Let's talk in person.

Get started on your path to permanent weight loss today by calling our care coordinator to sign up for a free information session at 863-419-2271.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

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