

Bariatric Surgery

Partners for a Healthier Life



Welcome!

Our patients are the reason for everything we do. We see the good bariatric surgery does for our patients' health and quality of life at all 5 of our Michigan locations. We are rewarded by the physical and emotional changes we see every day.

Bariatric surgery is a team effort that includes:

- a patient that is making healthy life changes.
- a skilled surgical team that helps the patient reach their goals.

You are not alone if you have had a lifetime of struggles with your weight and health. About 93 million Americans have obesity. This affects their physical, mental, and emotional health. Bariatric surgery can be life-changing, even lifesaving, if you have not been able to get lasting results with diet and exercise alone.

Patient Lindsay Long

"I have struggled with my weight for as long as I can remember. I exercised and tried every diet imaginable but was edging up to 300 pounds. Since my surgery, I've maintained a 90-pound weight loss and have more energy than I thought was possible."



Before



18 months after surgery

How do I qualify for bariatric surgery?

Bariatric surgery, also called weight-loss surgery, is not for everyone. Bariatric surgery is not a cosmetic surgery or a quick and easy way to improve the way you look. It is major surgery that works with healthy eating and regular, intentional exercise.

In order to qualify for bariatric surgery and be successful you must:

- Have a Body Mass Index (BMI) of 40 or higher. This is called extreme obesity.
- Or
- Have a BMI of 35 to 39 (this is called obesity) and have a serious weight-related health issue, such as:
 - Type 2 diabetes
 - High blood pressure
 - Severe sleep apnea
 - Severe joint pain or mobility issues

How will I benefit from bariatric surgery?

One of our patients was taking many prescription medicines, including insulin for diabetes before he had surgery. After 1 year of surgery he needed no medicine at all and was running in marathons.

Bariatric surgery can be life changing and has long-term benefits. Not everyone has the same results, but many people who have the surgery will no longer need prescription medicine and will see big changes in long-term health issues, such as an changes in:

- High blood pressure
- Sleep apnea
- Diabetes
- Arthritis and movement issues
- Gastroesophageal Reflex Disease (GERD)
- Bladder problems
- Asthma
- Depression and anxiety
- High cholesterol
- Fertility problems

Some people choose to have bariatric surgery before a total hip or knee replacement to improve outcomes and lessen the discomfort and length of recovery.

Bariatric surgery also has these benefits:

- Studies suggest it lowers early death by 30% to 40%.
- Can decrease the risk of certain cancers, such as breast, prostate, and uterine.

How does it work?

Bariatric surgery makes changes to your digestive system. It allows you to eat less food, changes how you absorb nutrients, or both. It is not quick, but will help you make the lifestyle changes you need to make.

Bariatric surgery is 1 point in the Triangle of Success for weight-loss.

The other 2 points are **healthy eating** and **regular, intentional exercise**.

Bariatric surgery works best when done with with these 2 lifestyle changes.

Remember that all 3 things are important. You cannot pick and choose how you are going to get healthy. This is an “all-in” lifestyle change.



How safe is it?

Bariatric surgery is generally very safe. All major surgeries have the risk of complications or even death. The risk of death from bariatric surgery is very low. Research shows that the risks related to obesity are far greater than the risks related to bariatric surgery.

Here are the facts:

- The risk of death from bariatric surgery is 0.1%.
- Bariatric surgery is safer than having your gallbladder removed.
- The risk of a major complication or problem is less than 5%.
- Bariatric surgery can lower your chances of dying in 5-years by 89%.

What to expect: The 5-Step Process

Step 1: Intake

Your intake navigator is here to make your experience easier with personal support and will:

- Make sure you meet the requirements for bariatric surgery.
- Help you with insurance and paperwork.
- Go over your medical, surgical, and weight-loss history.
- Schedule your appointments with a registered dietitian, exercise specialist, and behavioral health specialist.

You may need to make changes to what you eat and drink, and the medicine you take for the best results.

Step 2: Education

We want you to be successful! The changes in eating and activity we ask you to make are needed for the best results.

Diet & Nutrition

What and how you eat will impact your long-term weight loss. A registered dietitian will work with you on:

- How to adjust your food plan before and after surgery for success.
- Which dietary supplements you may need to make sure you get enough nutrients.

Activity

You need planned physical activity or exercise for long-term weight loss success and good health. Regular exercise will be part of your new life! Our Henry Ford exercise team are experts in how to safely increase your level of activity as you lose weight and build strength. Following a regular exercise plan will help keep you motivated and on track.

More visits will be scheduled based on your specific needs after your first meeting with an exercise physiologist.

They will help you plan an exercise program that includes:

- Aerobics and endurance: walking, biking, swimming, or chair aerobics.
- Strength and resistance: free weights, weight machines, and wall pushups.
- Flexibility: stretching, yoga, or tai chi.

Step 3: Pre-Surgery

This step starts with an interview between you and a psychologist to make sure you understand everything about bariatric surgery and are ready to go forward. It will help you decide if bariatric surgery is the right choice for you at the right time. It will also help your health team decide if you will have long-term bariatric surgery success.

We need to make sure that you:

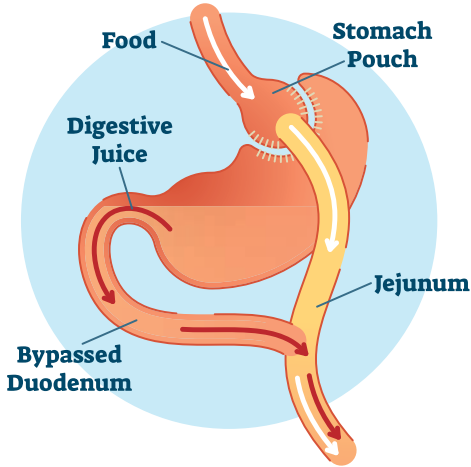
- Understand the surgical process, benefits, and risks.
- Have realistic expectations for what the surgery can and cannot do.
- Understand how your life may change after surgery.
- Can deal with setbacks.
- Are committed to lifelong changes that include healthy eating, intentional physical activity, taking vitamins and minerals, and having medical follow-ups.



Step 4: Surgery

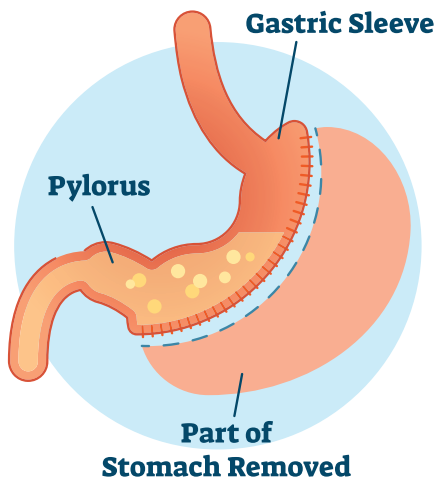
Henry Ford Health System offers Laparoscopic Gastric Bypass and Laparoscopic Sleeve Gastrectomy surgery that have been proven to be safe and effective.

Roux-en-Y Gastric Bypass



This is thought of as the “Gold Standard” of weight-loss surgery and has been done the longest. It is a laparoscopic surgery. This means that very small cuts will be made in your skin, and the doctor will use small tools and a camera. You will have a 1-ounce stomach pouch after surgery. The doctor will also bypass, or go around, part of the small intestine.

Every surgery has positives and negatives, and there is not 1 surgery that works well for everyone. The surgery team will talk with you about what will work best for you.



Sleeve Gastrectomy

This surgery removes 80% of the stomach. It does not involve a bypass of the intestines and is a laparoscopic surgery.

Every surgery has positives and negatives, and there is not 1 surgery that works well for everyone. The surgery team will talk with you about what will work best for you.

Henry Ford Health System also offers a newer procedure without any incisions called Endoscopic Sleeve Gastroplasty. This procedure is not covered by insurance. Your Henry Ford team will answer all your questions and help you decide which is best for you.

With any major surgery, there are risks that can include: bleeding, blood clots, infection, lung or breathing problems, bowel obstruction, gallstones, hernia, heart attack, stroke and ulcers. Your health care team will work with you to lower your chance of these risks.

- The risk of death in bariatric surgery is **0.1%**, making it **safer than having your gallbladder removed**.
- The risk of a major problem is **less than 5%**.
- Bariatric surgery can lower your 5-year death rate by **89%**.

Dumping Syndrome is a side effect of gastric bypass surgery that happens when undigested food, especially sugar, moves too quickly from the stomach to the lower bowel. This can cause stomach cramps, nausea, sweating, flushing and diarrhea within one to two hours after eating. Symptoms will usually go away by following your eating plan.

Step 5: Recovery and Your New Life

Recovery in the Hospital

You will have some discomfort right after surgery, but your nursing team will keep you comfortable. Over-the-counter medicine such as acetaminophen (Tylenol®) is usually all you need.

The nurse will help you get up and walk the day of surgery to reduce the risk of serious complications, like blood clots or pneumonia. This may be uncomfortable, but the sooner you get up, the better you will recover.

Recovery at Home

You will start with 10-minute walks, several times a day, and slowly walk faster and for longer every day.

You should be able to return to your job 2 to 4 weeks after surgery depending on the type of work you do. Be sure to discuss this with your surgeon and employer before surgery.

Things to avoid after surgery

Short Term	Long Term
For 2 weeks or until incisions heal <ul style="list-style-type: none">• Hot tubs, swimming pools, baths, lakes, and other bodies of water.	<ul style="list-style-type: none">• Smoking, vaping, e-cigarettes and any nicotine products, including gum and patches.• Alcohol.• Marijuana, including edibles, and all illicit drugs.• Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Motrin®). <p>**Please talk to your surgery team if another doctor tells you to take any new medicine after your surgery.</p>
For 1 month <ul style="list-style-type: none">• Resistance or weight training exercises.	
For 6 months <ul style="list-style-type: none">• Elective surgery.	
For 18 months <ul style="list-style-type: none">• Pregnancy (birth control is recommended).	
For 1 year once you have maintained weight loss <ul style="list-style-type: none">• Plastic surgery that includes excess skin removal.	

Starting your healthy life

Your new, healthier life starts before your bariatric surgery. You will eat foods that give your body the energy you need to work at its highest level.

You will still be able to talk to your registered dietitian, and you will see your health care team for regular check-ups and support. Your hard work will make a difference in the amount of weight you lose and your long-term success.

Schedule your appointment today! We look forward to working with you!

Call the Bariatric Surgery Intake Center to start your weight-loss journey at (866) 326-6790.

