

# CHOOSING A BARIATRIC PROCEDURE

SAFEST	Orbera Balloon	Temporary, no surgical cuts
↑	Gastric Band	No cutting the stomach, easily reversible
↓	Sleeve Gastrectomy	Reliable weight loss, reasonable safety profile
	Gastric Bypass	More complex, anti-reflux
MOST EFFECTIVE	SADI* procedure	Best weight loss, newer option

*The three most important factors in choosing a bariatric procedure are your **weight, BMI\*** and associated **medical conditions**. Note that most patients looking at invasive weight loss procedures will have a BMI above 35 (with a few exceptions).*

## KEY POINTS

- The **sleeve gastrectomy** can be considered a good default procedure for most patients as it combines reliable weight loss with a reasonably good safety profile
- Patients with **BMI over 50** are at risk of a less satisfactory outcomes with sleeve surgery, particularly in the long term. **Gastric bypass** or **SADI\*\*** may give better long term weight loss outcomes in this group.
- **Diabetics** with high BMI are also at risk of failing to achieve desired outcomes with a conventional sleeve and may consider the bypass or SADI. Insulin injecting diabetics will usually get a better result with these procedures compared to conventional sleeve.
- **Reflux** symptoms: Patients with severe reflux symptoms (e.g. intractable heartburn, acid in the mouth at night) should consider **gastric bypass surgery** which has anti-reflux properties.
- **Low BMI**: Patients with BMI in the 30s and particularly low 30s may find the gastric band is a safe and relatively gentle alternative for more modest weight loss. Outcomes are not as predictable as sleeve however and more clinic contact is required.
- **Age considerations**: young patients (e.g. less than 30 years) should consider the long term implications of any procedure undertaken. The irreversible nature of the sleeve may put some younger patients off this option and older patients (e.g. over 60) may consider the more complex procedures as unnecessary for their needs.

Note that **private health insurance** is typically required for more complex or high risk options. Comprehensive information and multimedia describing the operations in detail can be found at [www.anthonyclough.com.au](http://www.anthonyclough.com.au)

\*BMI = Body Mass Index. Calculate by dividing your weight (kg) by the square of your height (in metres). Example:  $120\text{kg} / (1.66\text{m})^2 = 43.5 \text{ kg/m}^2$

\*\*SADI, also known as SIPS, refers to the loop duodenal switch procedure