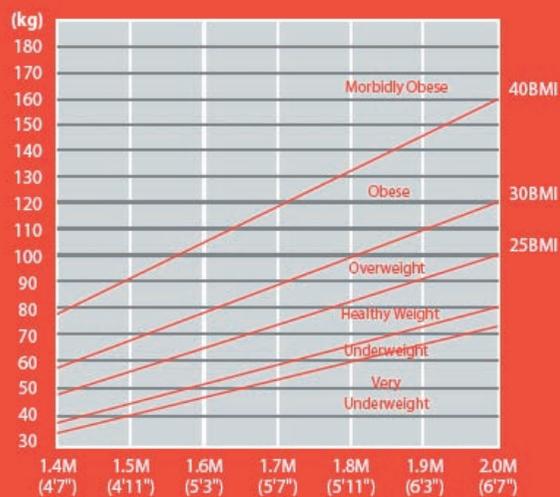




Body Mass Index (BMI)

Body Mass Index (BMI) Body Mass index is a way of estimating what weight would be healthy for your height. It is your weight in kilograms divided by your height in metres squared. It is used as a guide only. Weight Loss Surgery, or bariatric surgery, is generally for people with a BMI greater than 35, who have a weight related condition, are fit enough for surgery and are satisfied they have tried nonsurgical methods to lose weight but are unable to achieve maintained weight loss.

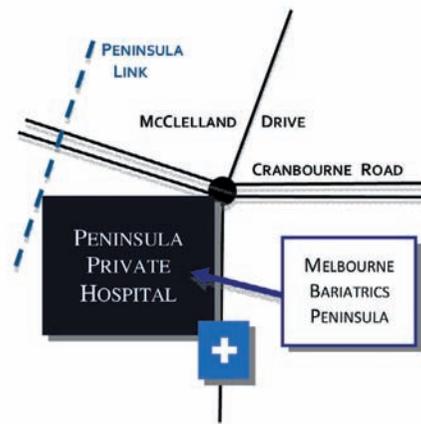
BODY MASS INDEX CHART



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WEIGHT LOSS SURGERY

your second chance

A guide to
Weight Loss Surgery



MELBOURNE BARIATRICS
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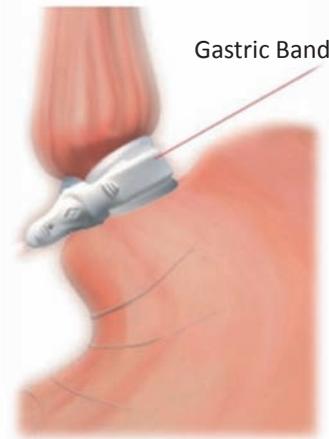
What does it mean to be obese?

Defined as a BMI greater than 30, obesity is really when your body is suffering because of your weight. Obesity is associated with a long list of medical conditions and psychological problems, but also simply makes life more difficult. People who are morbidly obese are more likely to die younger.

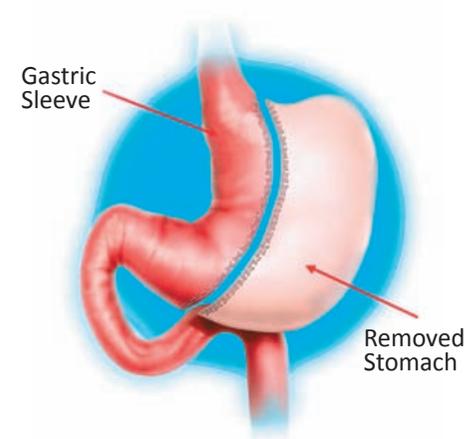
Obesity related health risks

Diabetes	Some Cancers
Cardiovascular Disease	Stroke
High Blood Pressure	Reflux
Asthma	Arthritis
Sleep Apnoea	Infertility
Depression	Gallstones
High cholesterol/lipids	Incontinence
Polycystic Ovary Syndrome	

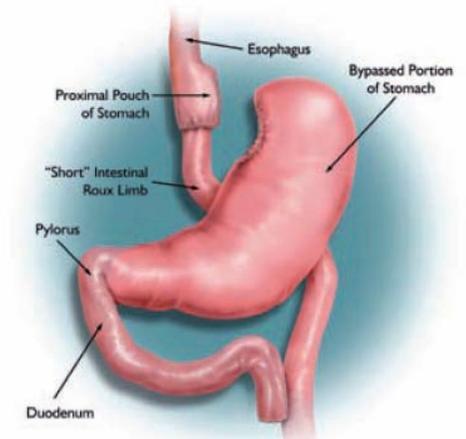
Some of these conditions (particularly those in the left column) resolve in more than 80% of people after weight loss surgery.



Adjustable Gastric Band



Sleeve Gastrectomy



Roux en Y Gastric Bypass

Which operation is best for me?

For more information go to our website
melbournebariatrics.com.au
or email info@melbournebariatrics.com.au

Weight loss has numerous benefits.

When these benefits outweigh the risks of surgery, surgery can be considered. Ask your surgeon if your conditions are likely to respond with weight loss surgery.

There are two main approaches to weight loss surgery:

- 1. Restrictive** Bands or staples are used to decrease the size of the stomach and so less food can be eaten.
- 2. Malabsorptive** Calories and nutrients are absorbed by certain parts of the bowel. These operations bypass these parts.

Adjustable Gastric Band (Restrictive)

An adjustable, silicone band is placed high up on the stomach with keyhole surgery. It decreases the stomach's capacity for food, slowing down eating and decreasing appetite. Adjusting your eating habits and ultimately your lifestyle to match results in sustainable weight reduction. It is the only adjustable or reversible operation. This operation is very popular in Australia for many reasons including having the lowest risk. The average weight loss of 50-60% of excess weight is much higher than non-surgical methods, but is the lowest of the weight loss operations. Some patients prefer to have this operation done with a new technique involving fewer incisions and therefore less scars (Single Incision Laparoscopic Surgery)

Sleeve Gastrectomy (Restrictive)

This as a new type of "stomach stapling" which involves removing three-quarters of the stomach leaving it at less than 300ml. Also known as Tube Gastrectomy, this operation results in restricted food intake and decreased appetite while maintaining quite normal eating habits. This operation may be considered a good option for sweet-tooths and emotional eaters and for those not able to attend frequent follow-up appointments. The average amount of weight loss is greater than for the adjustable gastric band at around 75%, and faster. There is no malabsorption and the operation is done keyhole, but is not reversible or adjustable. The operative risks are higher than for the band but less than for bypass.

Gastric Bypass (Restrictive with Malabsorptive)

These generally result in greater weight loss and are larger, more complex, higher risk operations. They involve making numerous changes to the gastrointestinal tract: the stomach holds less and the bowel absorbs less, so you can eat less food and absorb less nutrition and calories. These operations are best suited to people who need to lose a large amount of weight and revision surgery. Malabsorption and "dumping" can occur.

live life *achieve your goals*