

AUCKLAND | WEIGHT LOSS | SURGERY



Auckland Weight Loss Surgery offers a full complement of weight loss procedures. We help individual patients select a procedure that best matches their goals. Our surgeons work in conjunction with a clinical nurse specialist, dietician and psychologist offering a holistic approach to obesity surgery.

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Weight loss surgery may help you if:

- Your weight is significantly greater than you would like it to be
  - You find it difficult to lose weight by diet and exercise
  - You are concerned about the health consequences of your weight
  - Your weight affects your quality of life
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Surgery for morbid obesity (bariatric surgery) has helped many people lose weight in excess of that possible by diet, and then to maintain that weight loss.

It can dramatically improve your quality of life.

It can also overcome or improve medical conditions associated with obesity such as:

- Type II Diabetes
- Sleep apnoea
- High blood pressure
- High cholesterol
- Infertility
- Joint problems

Auckland Weight Loss Surgery offers all common types of weight loss procedures performed today, all of which can be performed by laparoscopic (keyhole) surgery.

## Laparoscopic Adjustable Gastric Band - 'Band'

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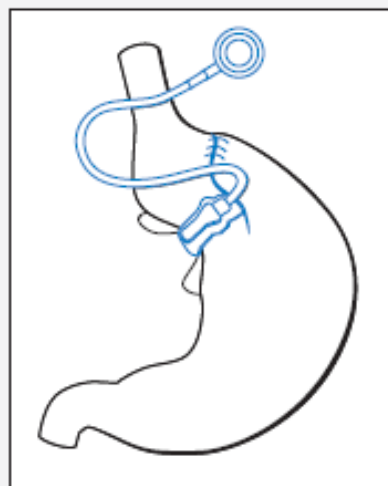
An adjustable band is placed around the top of the stomach, limiting the amount of food that can be taken.

### Pros

- Simple, safe, short recovery period
- Major complication rate is low
- Minimal change to stomach and intestines

### Cons

- Complications can occur several years after surgery
- Weight loss is slow, can be unpredictable, and is not as good as other operations
- Requires the most work from patient and lifelong band volume adjustments
- Some solid foods are not well tolerated after surgery



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### Criteria for weight loss surgery:

- Body mass index (BMI) greater than  $40\text{kg/m}^2$ , or  $35\text{ kg/m}^2$  with significant co-morbidity
- Repeated failure of weight control through diet and exercise alone
- Acceptable operative risk
- Informed, motivated and willing to change lifestyle

## Laparoscopic Sleeve Gastrectomy - 'Sleeve'

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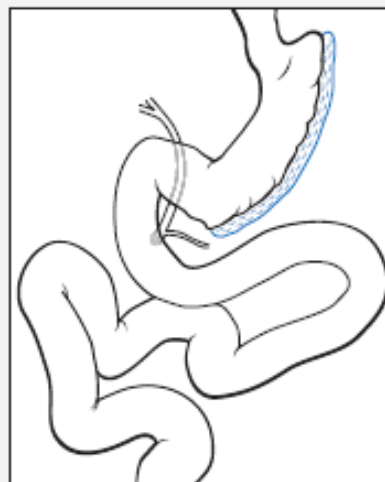
80% of the stomach is removed, limiting the amount of food that can be taken and powerfully suppressing hunger.

### Pros

- Removes the part of the stomach that produces the hunger hormone (ghrelin)
- Less chance of intestinal blockage or vitamin deficiency than bypass procedures
- Good first stage procedure for very big patients
- Results show promise as definitive procedure for patients with BMI 35-45kg/m<sup>2</sup>

### Cons

- Possibly less weight loss than the bypass
- Bigger patients may need to have a second procedure later
- Eating 'soft calories' (ice cream etc) may slow weight loss
- Staple line leaks can occur
- Not reversible, but can be converted to another weight loss procedure



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## Laparoscopic Gastric Bypass - 'Bypass'

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The stomach and first part of the small intestine are bypassed, this restricts food intake and stimulates hormones that suppress hunger and improve Type II Diabetes.

### Pros

- Small stomach pouch and hormonal effect produce strong sensation of fullness with very small meals
- Excellent weight loss, sustained long-term
- Dumping syndrome makes it harder to cheat by eating sweets

### Cons

- Leaks from staple lines and joins
- Ulcers, particularly in smokers
- Small risk of intestinal blockage
- Life long vitamin supplements required



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If you are troubled by obesity and are looking for a life-long solution, please discuss this with your family doctor or contact our clinic directly for an appointment.



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