

Gastric Bypass in Houston

When you're considering bariatric surgery, one of the first steps is finding out more - more about the benefits and risks of the procedures. And remember: Only you and your bariatric surgeon can decide which procedure is right for you.

What is Gastric Bypass?

Designed to reduce the size of the stomach and to bypass part of the small intestine, Roux-en-Y gastric bypass surgery uses a **combination of restriction and malabsorption**.

This procedure is considered the gold standard in bariatric surgery. During the procedure, the surgeon creates a smaller stomach pouch. The doctors then attaches a Y-shaped section of the small intestine directly to the pouch. This allows food to bypass a portion of the small intestine, which absorbs calories and nutrients.

How Does This Weight Loss Surgery Work?

The Roux-en-Y bypass surgery affects weight loss in two ways: 1) the smaller stomach pouch restricts food intake and 2) bypassing a portion of the small intestine means that calories are absorbed to a lesser extent. Gastric Bypass Roux-en-Y surgery is performed laparoscopically. During the laparoscopic procedure, six small incisions are made and surgeons use specialized instruments and a tiny camera to perform the surgery.

Advantages of Gastric Bypass

- **Rapid weight loss.** Patients lose an average of 70 percent of excess body weight within 12 to 18 months after surgery.
- **Proven long-term track record.** Studies show that 10 to 14 years after surgery, patients have maintained an average loss of 60 percent of their excess weight.
- **Reduced co-morbidities.** The procedure significantly reduces, and sometimes, even eliminates conditions related to obesity, including high blood pressure, Type II diabetes and sleep apnea. Type 2 diabetes is often resolved even before ideal weight loss is achieved.
- **Reduced desire to eat.** Patients report that they feel fuller faster and achieve satiety - the feeling of being satisfied - with less food; therefore, overeating is less likely to occur.

Life After Gastric Bypass

Health Benefits

Studies found that gastric bypass:

- Resolved type 2 diabetes in 83.8% of patients and often resolved the disease within days of surgery
- Resolved high blood pressure in 75.4% of patients
- Improved high cholesterol in 95% of patients

Quality of Life

One meta-analysis stated that for bariatric surgery patients who experienced significant weight loss:

- Overall quality of life improved greatly.
- They experienced improved physical functioning and appearance.
- They experienced improved social and economic opportunities.

Recovery

One study found that gastric bypass patients were able to:

- Leave the hospital after 1 - 2 days
- Return to work 1 - 2 weeks after surgery

Complications

Potential complications can include leaks at the connection sites of the pouch and small bowel; infection; small bowel obstruction; internal hernia; pulmonary embolus and even death. Patients can avoid vitamin and mineral deficiencies with proper supplementation, and our staff is there to ensure that nutritional levels are regularly monitored. A condition known as dumping syndrome can occur from eating high-fat, high-sugar foods. While it isn't considered a health risk, the results can be very unpleasant and may include vomiting, nausea, weakness, sweating, faintness, and diarrhea. Dumping can also be viewed as a positive side effect to your surgery. Dumping will actually enhance your weight loss efforts by discouraging you from eating high fat, high sugar foods.

You must supplement your diet with a daily multivitamin and calcium. You may also need to take vitamin B12 and/or iron.

A requirement to this surgery is that it is difficult to view the remaining portion of your stomach. If there are problems after surgery such as ulcers, bleeding, or malignancy, the stomach, duodenum, and parts of the small intestine cannot be seen easily using X-ray or endoscopy.