

Bariatric & Metabolic Weight Loss Surgery

North Memorial Health

Video Transcript: English

Introduction

Hi, everyone. I'm Dr. Jonathon Gipson, the Medical Director of North Memorial Health's Bariatric Weight Loss Surgery Program. Today, my team is going to introduce you to bariatric weight loss surgery. By the end of this video, you'll have enough information to decide whether surgery might be a good option for you.

But first, I want to thank you for joining us. This is an important first step in your weight loss journey. By the end of this video, you'll know more about obesity. You'll know more about bariatric weight loss surgery options offered here at North Memorial Health. And you'll know more about what to expect before, during and after your surgery. You'll know about the lifestyle changes that you need to lose weight and to keep it off. You'll know, most importantly, about the amazing results that we've had here at North Memorial Health. And lastly, you'll need to know the next steps.

But before we get started, I wanted to take a minute to tell you about our bariatric weight loss surgery program. North Memorial Health has performed weight loss surgery since 2013. We became accredited by the Metabolic Bariatric Surgery Accreditation and Quality Improvement Program in 2015. Accreditation involves a rigorous voluntary peer evaluation in accordance with nationally recognized bariatric surgical standards. This ensures the highest quality outcomes. We've also achieved the highest level of accreditation, which is the comprehensive status.

The Chronic Disease of Obesity

The definition of obesity is a chronic, progressive disease resulting from multiple environmental and genetic factors. Let's take a closer look at what that means.

When we define obesity, we often look at the severity of the disease. One standard measurement of obesity is the body mass index, or BMI, which is a formula using your weight and height to determine if you're obese or not. The easiest way to figure out your BMI is to use an online calculator. This gives us a way to compare people to each other and to their weight changes over time.

Studies show when a person's BMI increases over time, the risk of developing diabetes and heart disease also increases. Those with a BMI of 30 or greater are within the obese weight category. As a BMI increases, so do the risks of chronic conditions like diabetes, high blood pressure, heart disease, as well as conditions like sleep apnea, reflux disease and even some cancers.

When we're talking about obesity, it's important to remember weight gain is a normal function of your body, and there are usually many factors that can lead to

obesity. Obesity can run in families as a result of genetics, learned eating behaviors and other factors that predispose a customer to weight gain. Medical factors and many medications can lead to weight gain. Certainly, life stressors and stress hormones can lead to weight gain.

Once a person develops obesity, it's often a chronic and progressive disease. Most customers who come to us have struggled with obesity for many years and have tried many, many diets or meal plans and exercise programs.

Generally speaking, to lose weight, people need to burn more calories than they consume. The cornerstone of healthy living is a healthy eating habit and daily exercise. Our bariatric team reinforces these healthy behaviors before and after surgery to make weight loss and its health benefits last.

Surgery is only one day, and it's only one part of the journey in the treatment of obesity. Ideally, it helps to reinforce the healthier eating habits and lifelong behavior changes that you need to achieve for meaningful, durable weight loss.

Being overweight can have significant physical, social, and psychological effects. It can lead to health problems like diabetes, high blood pressure, infertility, and even increased cancer risks.

We all know that the best way to treat diseases is by preventing them. It's possible to decrease the likelihood of these conditions with significant weight loss. If these diseases already exist, it's oftentimes possible to improve them with weight loss. This type of significant weight loss is often only achievable through surgical intervention.

I've tried everything. Now what?

Losing weight can be very difficult. Many people struggle most of their lives trying to lose weight. If you've tried many times to lose weight and cannot keep it off, weight loss surgery may be an option for you.

The North Memorial Health weight loss surgery team includes a bariatric nurse coordinator, dietitians, psychologists, exercise specialists, pharmacists, sleep medicine specialists, community paramedics and our surgical team. We all work together with you and your primary care provider to determine if surgical intervention is the right choice for you. Our team works together to provide a coordinated care plan and to help you achieve your health and weight loss goals.

Recent studies show surgery is the most effective way not only to lose weight but to regain your health. These operations can have a profound effect on your body, including improving the health of multiple organ systems, your heart, your lungs, your liver, and kidneys.

Of the North Memorial Health customers who've had weight loss surgery, many have seen incredible results. We've seen a 40% reduction in all causes of death compared to those who have not had weight loss surgery. Up to 90% of those with multiple conditions like diabetes and high blood pressure saw improvement, even in some

cases resolution of those conditions. In fact, your average obese customer with diabetes under the age of fifty can expect to live an average of seven to ten years longer if they have surgery.

Weight loss surgery is our most powerful tool to help customers that are obese with chronic health conditions to regain their health and improve their quality of life. This is always our top priority.

The National Institute of Health Guidelines have become the standard for determining who is the candidate for surgical intervention. Here are some of those guidelines. Generally, if you're obese and have chronic health conditions associated with your obesity, weight loss surgery might be a good option for you. It's also important that you don't have chemical dependency or alcohol dependency, and you should have stopped smoking for at least six months before surgery. Maybe most importantly, you need to have a strong support system. Bariatric surgery isn't something you do on your own.

The goal of surgery is to improve your health. And this process involves education, health maintenance and behavior changes prior to surgery. That's why it's important you stop smoking before your surgery and you get your age-appropriate cancer screenings. Ideally, you're exercising and you're eating healthy, so when the day of surgery comes, you're at your best health for a successful outcome. Perhaps most importantly, you need to be committed. Surgery is just one step on the journey to reaching your health goals.

I'd like to thank you for spending your time with me. Next, I'd like to hand things over to my colleague, Dr. Sarah Lippert, to talk more about the types of weight loss surgery that we perform here at North Memorial Health.

What types of surgery are available?

There are two surgical procedures we perform at North Memorial Hospital for weight loss: sleeve gastrectomy and Roux-en-Y gastric bypass. Both procedures are done using laparoscopic or robotic technology with small incisions. This allows our customers to have less post-operative pain and a quicker recovery.

We'll take a closer look at each surgery and how digestion is affected in a minute. But first, it's important to understand how your body currently digests food to have a better picture of how digestion changes after surgery.

During normal digestion, food is chewed and mixed with saliva in the mouth. This starts the digestive process. Swallowed food goes down the esophagus and into the stomach. The lower part of the esophagus, called the lower esophageal sphincter, then squeezes shut to prevent food from refluxing back into the esophagus.

Digestion continues in the stomach, where food mixes with stomach acid. The food then exits the stomach at the pyloric sphincter and travels through the small intestine. In the small intestine, food is further digested by bile from the liver and enzymes from the pancreas. Here, the calories from food are absorbed. The small

intestine contents then empty into the colon, which absorbs water and water-soluble vitamins.

The first weight loss surgery we'll discuss is the sleeve gastrectomy. Sleeve gastrectomy surgery involves removing the stretchy part of the stomach called the stomach fundus. This surgery creates a narrow tubular stomach. This smaller, less ostensible stomach gives you the sensation of being full after eating a very small meal. This surgery also reduces the amount of an appetite stimulating hormone called ghrelin. People who have had the surgery report less hunger cravings. Food is then digested normally in the small intestine and the rest of the digestive tract.

Because part of the stomach is permanently removed, this is a non-reversible surgery. Customers who've had a sleeve gastrectomy experience an average weight loss of 60% of their extra body weight.

The second weight loss surgery we'll cover is the Roux-en-Y gastric bypass surgery. With this surgery, an incision is made in the stomach to form a small stomach pouch or what we call a gastric pouch. The larger part of the stomach stays in the body but is excluded from the digestive process. The small intestine is then divided, and a limb of small intestine is attached to the new stomach pouch.

After swallowing, food goes down the esophagus and into the small gastric pouch. It then immediately travels down the limb of small intestine. After a length of four or five feet, it is joined by the second part of the small intestine. Here digestive enzymes from the pancreas and bile from the liver mix with the food and calories are absorbed.

The small size of the gastric pouch gives customers the feeling of being full after eating a small meal. Roux-en-Y gastric bypass also induces hormonal changes that improve or resolve diabetes and further aid in weight loss. This operation can help improve chronic heartburn or reflux disease.

Now that you understand the two types of surgery, you may be wondering which one is right for you. Our team will work with you during the consultation process to help you make that important decision.

I understand that bariatric surgery is a big decision, and I want to assure you that it's safe. Recent studies show that bariatric surgery is as safe as gallbladder surgery, and the risks are both limited and rare. Risk of death or mortality within thirty days is approximately 0.1% for a sleeve gastrectomy to 0.2% for Roux-en-Y, about one in a thousand people. For a sleeve gastrectomy, the risk of a leak from the stomach staple line is 0.76% and risk of a re-operation is 1.2%. For a Roux-en-Y gastric bypass, the risk of a leak from the pouch or the intestine is 1.5%, and the risk of a re-operation is 3.19%.

We've seen in our customers that the benefits of bariatric surgery far outweigh the possible associated risks. The reality is, is that the risk of obesity is more life threatening than the risk of surgery. Statistically speaking, surgery is the most effective way for customers to reach their weight loss goals and maintain weight

loss. In general, weight loss surgery is considered a success when you lose and keep off at least 50% of your excess body weight for five years or more.

Now that you have a better understanding of your weight loss surgery options, my colleague, Dr. Munya Chimukangara will talk to you about how to prepare for your surgery and what the recovery process looks like.

How do I prepare for surgery?

Now, you've heard the benefits of bariatric surgery and the surgery types we have to offer. You're probably wondering what are the next steps I need to take before surgery? After you watch this video, which is step one, providing you critical information about the program, we expect you to undergo a medical evaluation. The next step following that will be a consultation with the bariatric team. And finally, reaching your pre-op goals.

Let's take a closer look at each one of these latter steps. We start with the medical evaluation process to get a better understanding of your overall health and ensure we are managing any medical issues that you might have to avoid complication.

During this medical evaluation, you will have a clinic consultation and endoscopy, an ultrasound of your gallbladder, as well as required lab work. As part of the consultation step, you will meet with our bariatric team, which includes the bariatric nurse coordinator, a psychologist, a dietitian, a pharmacist, and the surgeon. This is your bariatric team, and they work with customers like you every day. During these consultations, you will learn about lifestyle changes and medication changes to help maintain weight loss after surgery.

Finally, we want you to work towards reaching some goals before your surgery. This will help reduce complications. Your bariatric team will discuss specific, customized goals to you that have to do with weight loss, exercise, as well as eating habits. We will work to set those specific goals that make sense for you.

What can I expect after surgery?

Let's talk about what you can expect after surgery. Let me remind you, we take a minimally invasive approach to surgery. That means little holes, no big incisions. We do not use routine tubes, catheters, or drains. So, you will be able to be mobile. This is crucial in your recovery as it allows you to get up moving early, and it helps with a speedy recovery.

Now, let's address some common questions people have.

When can I eat?

We expect you to eat right away following surgery. We start you immediately on a clear liquid diet.

What about pain?

Because of the minimal invasive nature of the surgery, pain control is largely with non-narcotic medications like Tylenol. We also use agents like a binder as well as ice and heat.

When can I move?

We expect you to start moving right away following surgery.

Are there any new medications I should expect?

There are a few of those. Nausea is common after stomach surgery. Because of this, we put everybody on nausea medications for the first few days. We also give you a medication called Omeprazole, which is a proton pump inhibitor, also known as an antacid. Customers take this for three months to allow proper healing of the stomach, and this is not intended for heartburn.

When can I go home?

As long as you're drinking well and your pain is controlled, you'll be discharged from the hospital either the same day of surgery or the next. This is unique to our program.

What can I expect when I get home?

Now let me introduce you to a unique aspect of our program, which we call the Community Paramedic Program. We don't want you to be alone in this journey, and we are committed to supporting you in this early recovery. Once you are discharged, you will receive a professional evaluation and care in the comfort of your own home by a visiting paramedic. This provides support and reassurance in your early recovery.

What about follow-up?

There will be follow-up visits scheduled with the bariatric team. This includes the bariatric dietitian, nurse practitioner, and surgeon. Follow-up appointments are crucial and critical to the success of your journey. Customers who schedule and attend follow-up appointments are most successful in losing and keeping off the weight. Set yourself up for success by attending each and every appointment.

What about going back to work?

Most customers go back to work two weeks following surgery, with limited restrictions. And the reason for two weeks is at this point, most customers are drinking enough liquids to prevent dehydration.

After surgery, you will want to follow a prescribed diet progression. Let's talk about that for a moment. In the first stage, the goal is to keep you hydrated. You will get about eighty ounces of clear liquids a day, liquids being like water, broth, and Crystal Light. In this stage, you will be sipping liquids constantly. So, if you are not a great water drinker already, we recommend you start to practice now by drinking eighty ounces of water a day.

Once you are ready to move on from a clear liquid diet, you advance to a full liquid diet, and this is stage two. In this stage, you can have things like skim milk, water, and protein shakes, for example. The goal of stage two is to start introducing more protein in your intake. Protein is crucial in healing from surgery. However, we want you to remember to stay hydrated by drinking lots of fluid and introducing this new protein.

About a month from surgery, you enter stage three. This is an exciting time as you get introduced to solid foods. This will taste great after a month of drinking or eating, if you will, a liquid diet. Your stomach is now ready for heavy meals. In this stage, you can eat foods like plain yogurt, fruit yogurt, pureed meats. Your stage three goal remains the same as those of the preceding state: Maintain hydration and increase protein intake.

About six weeks following surgery, you come to stage four, which is the final diet progression. At this point your stomach has healed mostly and is ready to handle more solid food. Some recommended foods in this stage would be foods like eggs and tuna salad. Hydration and protein intake, however, remain the keys for success in recovery and weight loss following bariatric surgery.

Now, you might be wondering, what does the long-term recovery look like and what lifestyle changes will I need to make? I am happy to introduce you to Elizabeth Becker, a nurse practitioner, who will walk you through these topics. I want to end by taking a moment to congratulate you for taking a step towards a healthier life and best wishes in this journey.

What changes will I need to make?

I'm going to talk with you about lifelong changes you'll need to make to maintain your weight loss and have a long, healthy life. These include changes to your diet, medications, and lifestyle.

First, we'll talk about how eating will change long term. It's important to understand that you won't be able to eat the same quantity of food after surgery, and you may need to have a different relationship with food. Think of food moving forward as fuel for your body to help you be healthy and aid in weight loss in a healthy way.

Here's a few tips we talk about:

- Measure your portions and have an overall awareness of the quality and quantity of the food you eat for the rest of your life.
- Eat slowly and chew each bite twenty to thirty times before you swallow. This will make your food easier to digest and absorb.
- Separate solid foods and liquids by twenty to thirty minutes, both before and after mealtime. About a year after surgery, most patients will eat three quarters to one cup of food a meal.
- Protein will be important and should be consumed at every meal. Focus on eating the protein portion of your meal first.

- Lifelong portion control is very important. Typically, this is three meals a day and no snacking.
- As you learned before, water is an important part of your daily life. Sixty-four ounces or eight cups a day is the minimum amount of water you need to stay hydrated after surgery. But when you start exercising, water is very important, and eighty ounces is really the daily recommendation.

If you consistently plan your meals, know what you're eating every day, and get your daily exercise, you'll have the best outcomes for long-term weight loss. We know that making changes in your eating habits can be difficult. We're here to support you along the way.

Let's talk about exercise. Exercise is a great way to maintain your weight. It also supports a healthy lifestyle. We ask that exercise becomes a part of your regular routine. This means getting aerobic exercise most days of the week and also incorporating some sort of weight training. We realize that exercise can be a difficult habit to make and maintain. Everybody starts somewhere. We'll help you build on small changes to work towards these goals.

With dietary changes, some vitamins and minerals need to be replaced. Vitamin supplements are very important for preventing deficiencies and future health problems. Eating small portions of food, along with changes in your digestion after surgery means you will need to take supplements every day to help get certain essential vitamins and minerals. We'll provide you with the recommended supplementation plan. Typically, this is a multivitamin with iron, B12, calcium, and vitamin D. It's very important to keep taking these supplements for life unless someone on your health care team directs you otherwise. We will be meeting with you regularly, so we'll be able to make recommendations on getting the right vitamins and minerals.

Please know that supplements may not be covered by insurance and could be an added expense. But you will likely be taking fewer medications as you get healthier, which will help offset the additional expense of these supplements. You may need to adjust some of your medications, either temporarily or for life. This could include discontinuing some of your daily medications for chronic health conditions, and that's our long-term goal.

Your bariatric team will work with your primary care provider and a pharmacist to help plan these changes. Some changes may include switching from extended-release medications to a liquid, crushable, or chewable form, so it's easier for you to swallow. You'll also need to avoid anti-inflammatory medications like ibuprofen and Aleve. These can reduce the protective lining in the stomach and lead to ulcers. Tylenol is typically safe for most customers and encouraged if needed.

Long term, we wanted to avoid medications that can cause weight gain. Please discuss any new medication with your providers as this can be a common side effect.

Sleeve gastrectomy customers can usually swallow and tolerate pills a few months after surgery. We will advise you when it's safe to start taking these medications again. Gastric bypass patients typically need medications that are smaller than one centimeter or the size of a pencil eraser. This is to allow safe passage of the medication out of the new stomach pouch. When you're seeing a new provider, be sure to list bariatric surgery in your medical history so they can consider this as part of your care.

There are a couple of other lifestyle changes that are important to note. These involve avoiding alcohol and nicotine. Alcohol in general contains empty calories and can impair weight loss efforts. You should abstain from alcohol for the first year after surgery and until your weight is stable. Alcohol may then be consumed in small quantities after that first year. For gastric bypass customers in particular, alcohol can be rapidly absorbed into the blood stream after surgery. This means you can become intoxicated with a very small amount of alcohol. If you're using alcohol for stress management, coping, or other unhealthy ways, please talk to us so we can get you the needed help.

All our customers are required to be tobacco- and nicotine-free before surgery. This includes chewing tobacco, cigarettes, cigars, snuff, and even e-cigarettes. Avoiding tobacco and nicotine helps improve your overall health before your surgery. This is the ultimate goal and will aid in the healing process.

After bariatric surgery, both tobacco and nicotine can restrict blood supply to the newly operated on stomach or intestine. This can put you at high risk for blood clots, infection, pneumonia, or poor healing.

Now you know the steps to prepare for weight loss surgery, what the surgery options are, and what to expect after surgery. As you're making the big decision to take the next step in your weight loss journey, I want you to remember we're here to support you along the way, and we're committed to providing comprehensive care for life. It's what makes our weight loss surgery program unique.

As part of our program, we will meet with you and set up an individualized care plan, so you know what to expect both before and after surgery. Each person is unique, and we tailor a weight loss plan to you. Now let's hear from one of our customers on how weight loss surgery changed her life.

A bariatric surgery success story

Hi, my name is Jackie Kettler. I had my bariatric surgery four years ago at North Memorial Health. Before my surgery, I was forty-eight years old and a hundred pounds overweight. The things that I wanted to do were becoming increasingly difficult. I got winded really easily, I noticed going to the dog park and things like that when I was with friends. I couldn't walk and talk at the same time. I was carrying around way too much weight for my five-foot-two frame.

I was quick, I was motivated. I had made the decision, and I wanted to just do it. I went and did the class. I went and saw Dr. Gipson. Right before my surgery,

everybody was like, “Are you ready?” Because it took so much to get here. “Are you ready?” And I am like, “Yes, I’m ready. I’m ready to change. I’m ready to lose the weight. I’m ready to be happy again.”

I can chase my grandchildren now. I’m a part of the world. Instead of sitting on the sidelines watching it go by. You deserve this. I mean, honestly, everybody does. And I tell everybody I would do it again tomorrow. I’d do it again the next day. I would do it again because it was so worth it. I mean, I think Dr. Gipson gave me my life back.

We’ve seen some amazing results in all of our patients. Here are a few stats I’d like to highlight. Over 90% of our patients with diabetes have been able to reduce their medications they take to manage their disease, and at one year, over 87% are off all their medications.

Bariatric surgery reduces the risk of death from obesity related causes up to 89% and reduces the risk of obesity related cancers by 60%.

In general, weight loss surgery is considered a success when you lose and keep off at least 50% of your excess body weight for five years or more.

For high blood pressure, we have seen an 83% reduction in medications that are used to treat the disease. And over 50% of our patients are off all of their medications.

To verify you viewed this video in its entirety, please complete and submit the form at the end of the video. One of our team members will reach out to you to help you work through the next steps in the process.

Congratulations on completing this first step in your weight loss journey. You are on your way to a healthier you.

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Bariatric & Metabolic Weight Loss

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