

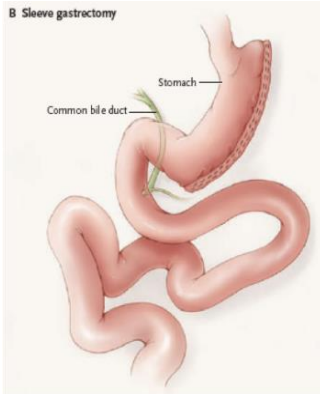
Bariatric Surgeries

What is a Bariatric Surgery?

Bariatric surgery is a name used to describe a surgery option for weight loss. This surgery procedure is mainly used to help treat obesity in individuals who have not been able to lose weight through other processes. The stomach size is surgically reduced (about only 10% to 20% will remain), drastically limiting an individual’s ability to take in food. The decrease in the number of calories the body absorbs allows for weight loss to occur.

Sleeve Gastrectomy (gastric sleeve or vertical sleeve)

This procedure creates a size change to your stomach. The majority of the stretchable stomach is removed, about 90%. The area that produces ghrelin (the hunger hormone) is removed. The remaining stomach is a sleeve (banana shaped).

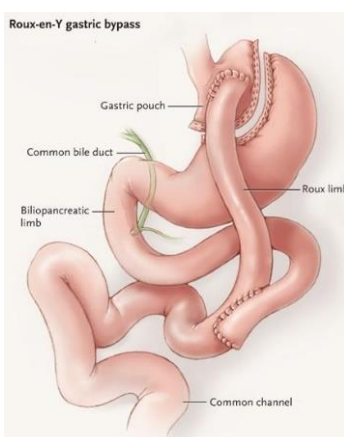


The stomach will be able to hold about 4 ounces of food. The basic stomach function will be the same. Weight loss occurs due to the decrease of food able to be eaten

Photo: <https://www.barringtonsurgeons.com/services/bariatric-surgery>

Gastric Bypass (roux-en-y gastric bypass)

This procedure creates a size change to your stomach. An upper small pouch is created, the gastric pouch. The remaining stomach, the duodenum (the 1st portion of the small intestine), and a part of the upper jejunum (the 2nd portion of the small intestine) is bypassed. The lower jejunum is connected to the gastric pouch and the remaining upper jejunum is attached to the end part of the jejunum. This forms a y connection in the jejunum.



The bypassed stomach is not removed, but ghrelin will not be able to enter the new pouch. The stomach will be able to hold 1 to 2 ounces of food. The basic stomach function will be the same.

Weight loss occurs due to the decrease of food able to be eaten.

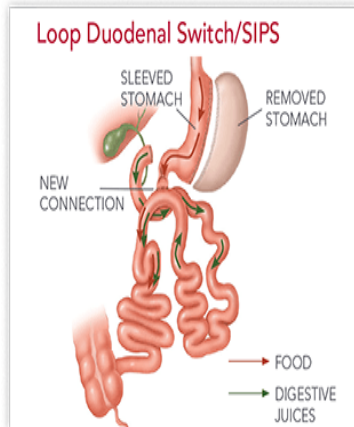
Photo: <https://www.barringtonsurgeons.com/services/bariatric-surgery>

Newer Bariatric Surgery

Stomach Intestinal Pylorus Sparing (SIPS)

What is the SIPS procedure?

This surgery creates a size change to your stomach. The majority of the stretchable part of the stomach is removed, about 85%. The remaining stomach is a *sleeve*. It will be able to hold 4 to 6 ounces of food. The basic stomach function will be the same.



From the stomach, food will pass through the spared pyloric valve (controls how fast food leaves the stomach) and will bypass a portion of the duodenum (1st part of the small intestine). The remaining duodenum will attach to the end portion of the small intestine (8-13 feet).

Photo: <https://www.phs.org/doctors-services/services-centers/bariatric-center/Pages/faqs-patient-resources.aspx>

This process combines the Sleeve Gastrectomy and the Gastric Bypass procedures and will leave the pyloric valve for a more normal digestion and absorption process.

SIPS allows for weight loss to occur, while more nutrients from foods eaten will be absorbed by the body and will decrease diarrhea related surgery complications.

Weight-loss Surgery Side Effects

Some side effects to weight-loss surgery:

- Bleeding
- Infection
- Blockage of your bowels
- Leaks from areas that were stapled or sewn during surgery
- Diarrhea
- Blood clots
- Decreased nutrient absorption
- Gallstones
- Nausea and or Vomiting
- Trouble swallowing

References

1. <https://www.centerforweightlossurgery.com/weight-loss-surgery/single-anastomosis-duodenal-switch-sips/>
2. <https://www.niddk.nih.gov/health-information/weight-management/bariatric-surgery>
3. <https://bariatricsurgeryco.org/bariatric-surgery/duodenal-switch-surgery/>
4. <https://archbold.org/what-is-bariatric-surgery>