

## Health Benefits

The health benefits of losing weight are numerous. Most patients will lose between 50-65% of their excess weight. Lap-Band patients typically lose around 40% of their excess weight. The exact amount of weight that is lost depends on making proper food choices and your compliance with exercise guidelines after surgery and follow-up in the program. The time over which the weight loss occurs depends on the procedure that is chosen. The risks of many of the serious diseases associated with obesity decline dramatically as weight loss occurs and many conditions can be reversed. Many of the medications required for the diseases can be stopped or the dosages lowered. This means less money spent on doctor's visits and medications and more money in your pocket.

In many of the medical conditions associated with obesity, there is no medical intervention that can achieve the profound effects as obtained with bariatric surgery. In addition, bariatric surgery has been shown to increase lifespan and reduce risk of premature death by up to 40%. Long-term maintenance of the weight loss has been documented in numerous studies. On average, five years after surgery, patients maintain 50% of their excess weight loss.

Some medical conditions that improve after bariatric surgery:

**Hypertension/High blood pressure** – Some studies show up to 70% of patients are able to come off all of their blood pressure medications. Many others patients are able to significantly reduce the number or dose of their medications.

**Diabetes** – Evidence suggests that bariatric surgery changes the chemical signals between the stomach, intestine, brain, and liver—changing the underlying mechanisms of diabetes. Numerous studies have demonstrated that bariatric surgery can eliminate the need for diabetes medication in some patients and a marked reduction in need for medications in others. Out of the three bariatric surgeries we perform, gastric bypass has the most impact on improvement/resolution of diabetes.

**Obstructive sleep apnea** – Majority of bariatric surgery patients report better sleep and feel more refreshed. Obstructive sleep apnea is resolved in up to 80% of patients.

**High cholesterol** – Cholesterol levels normalize for many patients within the first year of surgery.

**Degenerative Joint Disease** – Many patients who had physical limitations because of joint pain find that after surgery they can now participate in many activities including sports. Lower back pain and disc disease is often relieved and overall

improvement is usually seen. However, if there is pre-existing nerve injury or structural damage, complete resolution of pain may not occur.

Other conditions which have been shown to improve after surgery include asthma, stress urinary incontinence, polycystic ovarian syndrome, acid reflux, certain cancers, and many others.