Bariatric surgeries at Reading Hospital are performed robotically — which means your procedure is minimally invasive, offering faster recovery times and better outcomes. From gastric bypass to gastric sleeve and duodenal switch, bariatric surgery can make your weight loss goals a reality and even place certain metabolic diseases into complete remission. Take the first step to bariatric surgery and take our private, online info session.

**Gastric Sleeve**

- Minimally invasive procedure with shorter operating time
- A thin vertical sleeve of stomach (about the size of a banana) is created using a stapling device — the rest of the stomach is removed
- The procedure limits the amount of food you can eat and reduces hunger
- Food consumed passes through the digestive tract in the usual order (does not reroute intestines) allowing it to be fully absorbed in the body
- Places certain metabolic diseases (e.g., type 2 diabetes, high blood pressure, high cholesterol) into remission
- Has minimal long-term complication rates when compared to other procedures, such as LAP-BAND®
- Most patients go home after one night in the hospital
- Weight loss occurs over 12 months

Gastric Bypass

• Gastric bypass surgery is widely accepted as the “gold standard” for bariatric surgery and one of the most popular bariatric surgery options

• A small pouch (about the size of a walnut) limits portion sizes and decreases hunger

• Food bypasses the stomach and upper portion of the small intestine

• Gastric bypass surgery is proven to place type 2 diabetes into complete remission

• This procedure may almost eliminate your need for medication for high blood pressure and/or high cholesterol

• According to a study from the U.S. National Library of Medicine National Institutes of Health, 95% of patients reported an improved quality of life one year after gastric bypass surgery

1 https://www.obesitycoverage.com/the-experts-guide-to-gastric-bypass/

2 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1421184/

Duodenal Switch

• Combines a gastric sleeve with shortening the length of the small intestine available to absorb the food you eat

• Uses staples to reduce the stomach to about 30% smaller than its normal size

• Food still passes through the stomach normally, but comes in contact with less intestine for a reduced amount of absorbed calories

• More aggressive approach resulting in greater weight loss and less recurrence of obesity

• May be the best option for individuals with higher weight (BMI over 50)

• Will likely improve or cure most or all obesity-related comorbidities, including type 2 diabetes, hyperlipidemia, hypertension and sleep apnea

By rearranging the gastrointestinal tract, weight loss surgeries such as gastric sleeve, gastric bypass and duodenal switch can place type 2 diabetes into complete remission. In addition to weight loss, individuals with a BMI of 35-40+ with inadequately controlled diabetes may experience the following benefits after bariatric surgery:

• Normal blood sugar levels due to decreased intake/absorption of calories
• Elimination of all diabetic medicine
• Decreased levels of the hunger hormone, ghrelin
• Decreased insulin resistance
• Increased levels of anti-diabetic hormones such as GLP-1 and PYY

Are you ready to get started? Go back to RHBariatrics.org and watch our private, on-demand info session to begin your journey to weight loss.