



# Weight Management Programme

Weight loss surgery can help to improve your  
health and general well being



BON SECOURS HOSPITAL  
College Road, Cork

Tel: 021-4542807

Fax: 021 4542350

[www.bonsecours.org/ie/cork/index.html](http://www.bonsecours.org/ie/cork/index.html)

**This information booklet will help you to make up your mind regarding surgery. It is not meant to replace a discussion between you and your doctor, but it may act as a starting point for discussion.**

## **What is Obesity?**

Obesity is a chronic disease involving an accumulation of excess fat sufficient to harm health. Individuals are considered obese if their body mass index (BMI) is  $30\text{kg/m}^2$  or higher. BMI is calculated by dividing the weight in kg by height in metres squared ( $\text{kg/m}^2$ ). Obesity rates have escalated worldwide in recent years. Today in Ireland over 20% of the population are obese and over 2% are morbidly obese ( $\text{BMI} > 40\text{kg/m}^2$ ). If your BMI is greater than  $35\text{kg/m}^2$  and you have tried everything to lose weight without success then you may derive significant long term benefit from laparoscopic weight loss surgery. However, it is important to realise that surgery is not a quick fix and that it is vital to make a significant alteration in your lifestyle (which includes diet modification and increase in daily exercise) and that you make a life long commitment.



## What causes Obesity?

- **Hereditary**

Obesity tends to run in families, suggesting a genetic cause. There may also be a combination of lifestyle and genetic factors.

- **Environment**

Environmental factors can influence obesity. Eating a poorly balanced diet and lack of exercise are significant factors which can contribute to obesity.

- **Psychological**

Disordered eating habits such as binge eating or emotional eating can lead to obesity. Many people over eat in response to negative emotions such as: boredom, sadness, or anger.

- **Metabolic Disorders**

Changes in your metabolism may affect your energy balance and your weight. An example would be an underactive thyroid gland. Certain neurological problems can also lead to over eating. Some types of brain surgery (especially on the pituitary gland) can result in overeating.

- **Drugs**

Drugs such as steroids and anti depressants may cause weight gain.

## What are the risks of Obesity?

Obesity is a serious health risk. It is linked to a wide range of illnesses (co-morbidities) such as Type 2 diabetes, heart disease, high blood pressure, cancer, sleep apnoea, infertility, depression, high cholesterol, gallstones and back and joint pain. The risk of dying prematurely from a range of diseases increases as BMI increases. In addition, the longer the duration of obesity, the higher the risk of premature death. If your weight is 50% above average the risk of you dying prematurely is more than doubled.

## What are the benefits of Obesity Surgery?

For morbidly obese people, surgery is the only proven method to lose weight and to maintain weight loss in the long term. Large international trials have demonstrated that surgery cures or improves many of the diseases associated with obesity such as: diabetes, hypertension, coronary artery disease and joint pains. Surgery also reduces the risk of cancer and reduces the risk of an early death.

## Are you eligible for Surgery?

Only a qualified Bariatric Surgeon (a surgeon specialising in obesity surgery) can determine if you are a candidate for obesity surgery. If you meet the following criteria surgery will likely be of benefit to you:

- Your BMI is 40 or above
- Your BMI 35 or above and you have obesity related health conditions
- You have previously attempted to lose weight under medical supervision and tried anti-obesity medications (Xenical, Reductil)
- You do not have any hormonal or neurological disorders responsible for excess weight
- You are willing to make significant lifestyle modifications and a life long commitment to follow up care.

## How much weight can I expect to lose?

After obesity surgery patients can expect to lose 50% of their excess weight within the first one to two years, and to maintain this in the long term.

## What is Weight Loss Surgery?

Weight loss surgery reduces the amount of food you can eat by reducing the size of your stomach and bypassing it. The two most commonly performed operations are Laparoscopic Gastric Banding and Laparoscopic Gastric Bypass. Your consultant surgeon will discuss the options with you and which one would suit you and your lifestyle best.

## What is Laparoscopic Surgery?

Laparoscopic surgery involves making a number of small (1cm) incisions rather than one big one. It takes between a half and one and a half hours to perform. You are usually discharged from hospital within two to four days following surgery.

## What are the risks of surgery?

Your consultant surgeon will discuss these in detail with you. Generally the incidence of complications following this surgery is very low.

## The Team involved:

All patients undergoing bariatric surgical intervention at the Bon Secours Hospital are assessed by a Multidisciplinary Team consisting of:

- Consultant Bariatric Surgeon
- Consultant Anaesthetist
- Consultant Respiratory Physician
- Consultant Endocrinologist
- Consultant Cardiologist
- Consultant Psychiatrist
- Senior Dietitians
- Specialist Nurse
- Psychologist
- Chartered Physiotherapists
- MDT Co-ordinator

## Treatment Options

The more frequently performed interventions are:

- Endoscopic Intra-gastric Balloon Insertion
- Laparoscopic Gastric Band
- Laparoscopic Gastric Bypass
- Laparoscopic Sleeve Gastrectomy

## How do I access Surgery?

- To access this service you must be referred to the Consultant Bariatric Surgeon by your GP/Dietician/Hospital Physician
- At initial consultation with the Consultant Surgeon a detailed assessment will be carried out. He will go through the risks and benefits of the procedures available to you.
- You will also have a Psychological assessment.
- You will be seen by the dietitian for pre-surgery nutritional advice.
- Your case will be discussed by the Multidisciplinary Team.
- You will see the consultant Surgeon for further discussion at six weeks after your initial consultation when you have had time to digest all of the above information, and a date for surgery will be arranged if appropriate.
- Following surgery you will have fortnightly dietetic support for two months then be offered consultations every 1-3 months for the first year and annually thereafter. (see package price on page 7)

- You will be entered into the Bon Secours Hospital post surgical exercise programme, which lasts for a period of 6 months.
- You will be reviewed by the team on a regular basis the first year following surgery and annually thereafter. Follow up is life-long to ensure the best results for you.

## Package Price

We offer a fixed package price for Weight Loss Surgery.

This price includes:

- The surgery and hospital stay
- Any immediate follow up related to the surgery
- Two post-operative consultations with the consultant surgeon
- Post procedure consultations with a dietitian (maximum of 6)
- Pre and post procedure consultations with a physiotherapist / exercise physiologist (maximum of 6)
- The post operative exercise program
- Assessment by the Multidisciplinary team
- Psychological assessment
- Access to a Specialist Nurse

If you are privately insured your insurance company may cover part of the costs of surgery.

Please contact Michael Russell, Head of Finance at 021 4941991 for details on price and payment options.

## Consultant

- Consultants Name:  
**Mr Colm O Boyle** *MA, MB, FRCSI (General Surgery)*
- Contact Details:  
Secretary: Catriona  
Suite 9, The Cork Clinic Western Road, Cork  
Tel: 021 4941144