

## Sleeve Gastrectomy

### What is Metabolic Surgery?

Metabolic (bariatric) surgery refers to a group of procedures where changes are made to either the stomach, the small intestine, or both, resulting in better diabetes control and durable weight loss. Of key importance is the effect on hormones that regulate appetite and satiety, such as ghrelin and GLP-1, which helps provide a feeling of fullness from smaller amounts of food while also controlling hunger cues. Overall, health is improved.

Most metabolic surgery procedures are done laparoscopically, through several tiny incisions, rather than through one long incision. Benefits generally include faster recovery time and fewer complications.

### Sleeve Gastrectomy

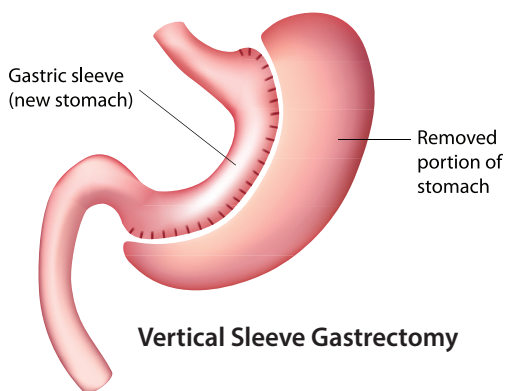
Sleeve gastrectomy is a non-reversible procedure in which the surgeon works along the natural curve of the stomach and removes a large portion of it in order to create a smaller, sleeve-shaped stomach. There are no changes to the small intestine in this procedure; only a portion of the stomach is removed. The resulting smaller stomach generates a faster feeling of fullness to limit the amount of food eaten at one time. Hunger hormones also reduce between-meal appetite.

Many times, this procedure is performed on its own. However, sleeve gastrectomy is also the first stage of the duodenal switch, another metabolic surgical procedure.

### Following Surgery

Surgery is a permanent change and requires life-long follow-up. The types of food and the amounts of food that can be consumed will change following surgery. However, once healed, regular foods are introduced back into the diet. Each procedure works differently, and we will help decide which one is right for you. Research has proven that benefits of surgery can extend beyond weight loss, as patients may require fewer medications to treat type 2 diabetes, high blood cholesterol and certain other conditions.

All medical treatments have risk. Surgical complications are usually minor, and major complications happen less often than those in untreated disease. You will have extensive preparation to minimize problems. Our comprehensive team of physician specialists, dietitians, and behavioral health professionals is dedicated to your safety and success.



*This publication is designed to be a general aid to help you better understand your health concerns. It offers current health information and suggestions, however it is not all-inclusive. The goal is to help you work with your primary care physician toward improving your overall health. Please see your local personal physician or community hospital for specific health needs. Billings Clinic HealthLine has additional information and resources available on a variety of topics to help you stay healthy and find answers to your health-related questions.*

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