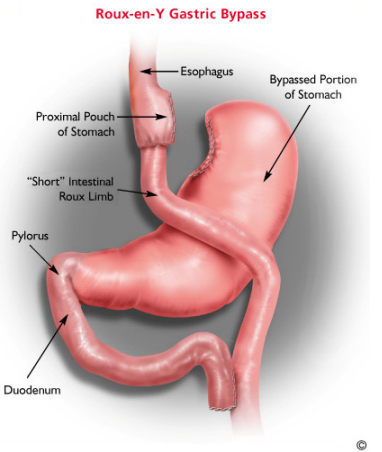
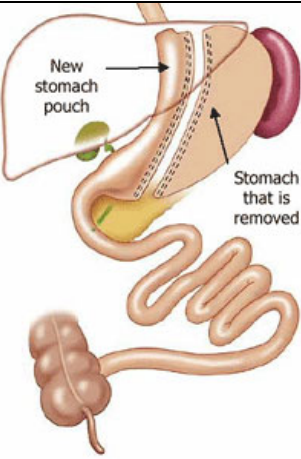
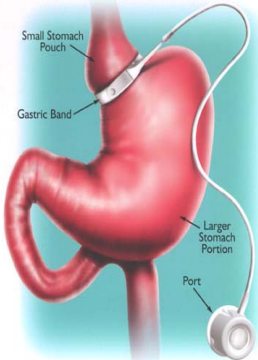


Comparison of Weight Loss Procedures Performed at Central Mississippi Medical Center

Modality of Weight Loss	Restrictive and Malabsorptive (Stomach and Intestines)	Restriction Only (stomach only)	
Type of Operation	Roux-en-Y Gastric Bypass (RNY, RGB)	Vertical Sleeve Gastrectomy	Laparoscopic Adjustable Gastric Band System (LapBand, Realize Band)
Anatomy	 <p style="text-align: center;">Roux-en-Y Gastric Bypass</p>		
Mechanism	<ul style="list-style-type: none"> - Significantly restricts the volume of food that can be consumed - Mild malabsorption - "Dumping Syndrome" when sugar or fats are eating 	<ul style="list-style-type: none"> - Significantly restricts the volume of food that can be consumed - NO malabsorption - NO dumping 	<ul style="list-style-type: none"> - Moderately restricts the volume and type of food able to be eaten - Only procedure that is adjustable - Delays emptying of pouch - Creates sensation of fullness
Weight Loss- (US average statistical loss at 10 years)	- 70% loss of excess weight	- 60-70% excess weight loss at 2 years - Long term results not available at this time	- 60% excess weight loss at 2-3 years - Requires the most patient effort of all procedures to be successful
Long-Term Dietary Modification (Excessive Carbohydrate/High Calorie intake will defeat all procedures)	<ul style="list-style-type: none"> - Patients must consume less than 800 calories per day in the first 12-18 months; 1000-1200 thereafter - Must avoid sugar and fats to prevent "Dumping Syndrome" - Vitamin deficiency/ protein deficiency usually preventable with supplements 	<ul style="list-style-type: none"> - Must consume 600-800 calories per day in the first 12-24 months; 1000-1200 thereafter - No dumping; no diarrhea - Weight regain may be more likely than in other procedures if dietary modifications are not adopted for life 	<ul style="list-style-type: none"> - Must consume less than 800 calories per day for 18-36 months; 1000-1200 thereafter - Certain foods can get "stuck" if eaten (rice, bread, dense meats, nuts, popcorn), causing pain and vomiting - No drinking with meals
Nutritional Supplements Needed (Lifetime)	<ul style="list-style-type: none"> - Multivitamin - Calcium - Vitamin B12 (possible) - Iron (possible) 	<ul style="list-style-type: none"> - Multivitamin - Calcium 	<ul style="list-style-type: none"> - Multivitamin - Calcium
Potential Problems	<ul style="list-style-type: none"> -Dumping Syndrome -Stricture -Ulcers -Bowel Obstruction -Anemia -Vitamin/mineral deficiencies (iron, B12, folate) -Leak 	<ul style="list-style-type: none"> -Nausea and vomiting -Heartburn -Inadequate weight loss -Weight regain -Additional procedure may be needed to obtain adequate weight loss -Leak 	<ul style="list-style-type: none"> -Slow weight loss -Slippage -Erosion -Infection -Port problems -Device malfunction
Hospital Stay	2-3 days	1-2 days	Overnight
Time Off Work	2-3 weeks	1-2 weeks	1 week
Operating Room (OR) Time	1.5 hours	1 hour	<1 hour