

WHAT IS METABOLIC SURGERY?

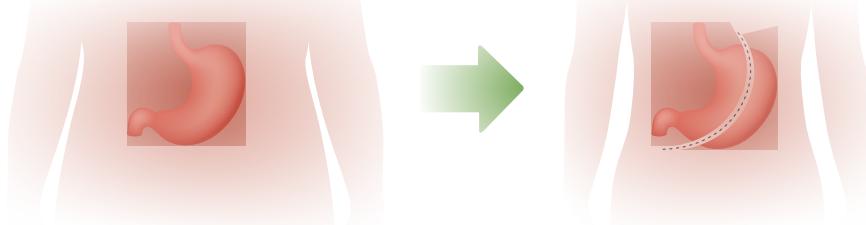
Metabolic surgery helps patients achieve long-term weight loss and diabetes remission.

WHAT IS METABOLIC SURGERY?

Metabolic surgery, sometimes known as bariatric surgery, is a procedure that helps to treat obesity and its associated conditions, including type 2 diabetes.

Metabolic surgery provides long-term results by **reducing the size of the stomach and altering the body's hormone and hunger appetite**. This can help to reduce the stomach's storage capacity or limit the absorption of calories.

It has been proven to be more effective than lifestyle, dietary and medication.



Conditions treatable with Metabolic Surgery

Metabolic conditions such as obesity and type 2 diabetes are usually treated with a combination of lifestyle changes and medication. For individuals **who do not respond** to conventional treatment or are severely obese, metabolic surgery may be a suitable option.

Obesity

Obesity, a chronic and progressive disease, is defined as having a Body Mass Index (BMI) of 30 or higher. It is associated with serious health problems that can reduce life expectancy. Such health problems include diabetes, hypertension, and high cholesterol which can lead to heart disease and stroke, as well as certain cancers. This cluster of disorders is known as metabolic syndrome.



Approximately
1 in 10
Singapore
residents are
obese.



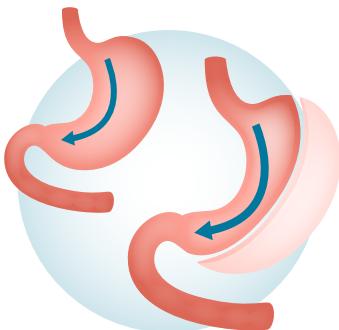
Those with a BMI of ≥ 27 may consider metabolic surgery.

Diabetes

If you have diabetes, diet and exercise remain the cornerstone of managing your condition. However, many are unable to achieve and maintain a healthy weight through these means. This can lead to poor blood sugar level control despite using medication and insulin injections.

Types of Metabolic Surgery

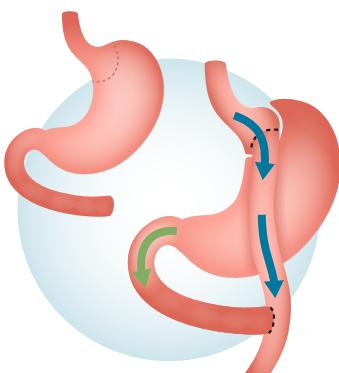
Laparoscopic sleeve gastrectomy and laparoscopic gastric bypass are 2 of the most common minimally invasive metabolic surgeries available.



Laparoscopic Sleeve Gastrectomy

- ✓ Reduces the size of the stomach to about 25% its original size.
- ✓ Removes part of the stomach where hunger-inducing hormones are produced. This helps regulate appetite by reducing the desire to eat.

After the surgery, the stomach will be about the shape and size of a banana. This limits the amount of food that can be eaten and helps the intestinal hormones control blood sugar more effectively, thereby causing diabetes to be in remission.



Laparoscopic Gastric Bypass (also known as Roux-en-Y gastric bypass)

- ✓ Creates a small egg-shaped pouch in the upper stomach, which is then connected to the lower part of the small intestine.
- ✓ Diverts food to a shorter segment of the intestines, limiting the absorption of calories.
- ✓ Disconnects most of the stomach from the remaining intestinal tract.
- ✓ Recommended for patients with severe diabetes mellitus, hypertension and/or high cholesterol.

After the bypass surgery, the stomach is no longer accessible for endoscopy procedures. Hence, this procedure is unsuitable for patients who are at risk for conditions like stomach cancer who may require an endoscopy in future.

Preparing for Metabolic Surgery

During consultation, your doctor will discuss which procedure is most suitable. You will also undergo blood tests, abdominal ultrasound and gastroscopy to ensure that you are fit for the recommended procedure.

A multi-disciplinary team of dieticians, physiotherapists and other medical specialists also play a big part in helping you manage any existing medical condition(s) prior to the procedure.



WHAT HAPPENS AFTER METABOLIC SURGERY?

The procedure usually takes approximately 2 hours.



Post-procedure, you will be warded for 3 to 5 days to monitor your recovery and be placed on a liquid diet before progressing to soft foods.



You can expect to be able to move around the same day the procedure and resume normal activities and exercise after 2 weeks.

Your recovery time will depend on your overall health. Your doctor, together with the medical team, will advise when you can resume strenuous activities.

Metabolic Surgery: Safety And Benefits

Metabolic surgery is generally well-tolerated, with long-term effectiveness.

All forms of surgery come with associated risks. However, such risks are minimised with an experienced team and proper post-surgery care.

The benefits of metabolic surgery include:



Significant long-term weight loss

Patients are able to achieve up to 70 - 80% excess weight loss after 18 to 24 months, depending on lifestyle and dietary changes.



Sustainable diabetes control

These procedures have a complex adaptive effect on the gastrointestinal hormones which play an important role in controlling blood glucose levels.



Complete remission of diabetes

Some patients may achieve complete remission of diabetes, with blood sugar levels returning to normal without the need for medication.

For sustainable post-surgery effects, it is also important for patients to remain committed and disciplined in making the necessary lifelong dietary and lifestyle changes recommended by their doctor to manage their condition.

Find out more about metabolic surgery from your surgeon to determine if it is suitable for you.

For more information, speak to us at:

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