

# Weight-loss Procedures: Overview Chart



	Gastric Bypass	Gastric Sleeve	Gastric Band
<b>Also called</b>	Roux-en-Y (pronounced "ROO-en-WHY")	Vertical Sleeve Gastrectomy	Adjustable Band
<b>Surgical technique(s)</b>	Minimally invasive or open	Minimally invasive or open	Minimally invasive
<b>Procedure category</b>	Combination procedure (Both restrictive and malabsorptive)	Restrictive	Restrictive
<b>Procedure summary</b>	<ul style="list-style-type: none"> <li>Most of stomach is closed off, leaving a small pouch</li> <li>The small intestine is rerouted slightly</li> </ul>	The stomach is altered into a long narrow (sleeve-shaped) pouch. The excess part of the stomach is removed.	A silicone band is placed around the stomach at its upper end, creating a small pouch
<b>How it promotes weight loss</b>	<ul style="list-style-type: none"> <li>The small size of the pouch restricts food intake</li> <li>Intestinal bypass reduces the amount of calories absorbed by the body</li> <li>The procedure reduces the patient's levels of "hunger hormone"</li> </ul>	<ul style="list-style-type: none"> <li>The small size of the pouch restricts food intake</li> <li>Because part of the stomach is removed, the level of "hunger hormone" is lessened, reducing appetite</li> </ul>	<ul style="list-style-type: none"> <li>The small size of the pouch restricts food intake</li> <li>Surgeon can tighten band at later date to restrict food intake further</li> </ul>
<b>Weight-loss results</b>	65% to 80% of excess weight lost at 12 to 18 months	60% of excess weight lost at 2 years	41% to 54% of excess weight loss
<b>Impact on type 2 diabetes</b>	Diabetes resolved (ended) in 84% of patients typically within 30 days	Long-term results not yet reported; thought to be similar to gastric band surgery results	Diabetes resolved in 73% of patients. As weight is lost, type 2 diabetes goes into remission
<b>Impact on other conditions</b>	<ul style="list-style-type: none"> <li>Lower cholesterol levels: 95% of patients</li> <li>Resolved (ended) high blood pressure: 68% of patients</li> <li>Resolved obstructive sleep apnea: 80% of patients</li> </ul>	Resolution rates comparable to gastric band procedures at 12 to 24 months	<ul style="list-style-type: none"> <li>Lower cholesterol levels: 78% of patients</li> <li>Resolved high blood pressure: 43% of patients</li> <li>Resolved obstructive sleep apnea: 95% of patients</li> </ul>
<b>Costs/Insurance (Cost ranges represent geographic and other variables)</b>	\$17,000 to \$30,000; many insurance companies authorize full or partial coverage for patients who meet eligibility requirements	Although this procedure is considered "newer" than other two, some insurance companies will authorize coverage, especially in patients who have BMI > 60 or other high surgical risk factors	\$12,000 to \$25,000; some insurance companies authorize full or partial coverage for patients who meet eligibility requirements
<b>Recovery time</b>	2 to 3 days in hospital; back to work in 2 to 3 weeks	1 to 2 days in hospital; back to work in 1 to 2 weeks	About 1 day in hospital; back to work in 2 weeks
<b>Long-term dietary needs</b>	<ul style="list-style-type: none"> <li>3 small, high-protein meals/day</li> <li>&lt; 800 calories/day for 12-18 months, then 1000-1200</li> <li>Avoid sugar and fats</li> <li>Vitamin supplements</li> </ul>	<ul style="list-style-type: none"> <li>600-800 calories/day for 24 months, then 1000-1200</li> </ul>	<ul style="list-style-type: none"> <li>&lt; 800 calories/day for 18-36 months, then 1000-2000</li> <li>Be careful with certain foods that can get stuck (eg, rice, dense meats, nuts)</li> </ul>