



**Spire Healthcare**

### **Weight loss surgery**

If you are seriously overweight, losing excess weight can transform your life. Find out how you can make that change with the help of Spire Healthcare.



*Looking after you.*



**If you are seriously overweight, losing excess weight can transform your life. The benefits to your health can be impressive, and it can really help your physical, social and emotional wellbeing – helping you do more of the things you want and feel more confident and relaxed.**

Being very overweight, increases the risk of diabetes and high blood pressure which can lead to heart disease or stroke. Cancer, muscle and bone disorders, and problems with sexual function are also commonly linked with significant weight gain. It may also be affecting your quality of life and may lead to prejudice and discrimination. Generally speaking, reducing excess weight can lower the risk of dying early. It can also give you more energy to do things you've always wanted to do, by solving or preventing many of the health problems highlighted above.

If you have tried other ways to lose weight, but have not been successful, weight loss surgery may be the solution for you.

Research has shown that weight loss surgery (also known as bariatric surgery) works better than non-surgical treatments such as weight loss drugs or diets. Non-surgical methods often fail for people who are seriously overweight. People may achieve an initial weight loss of 10-15%, but the majority regain this weight within one year.<sup>1</sup>

At a Spire Healthcare hospital, a team of experienced specialists, including a qualified consultant surgeon, physicians, dieticians and nurses will provide you with tailored treatment to help you achieve the results you want. We consider your circumstances to give you the best possible chance of making the changes you want in your life - we're with you all the way.

1. Guidance on the use of surgery to aid weight reduction for people with morbid obesity. National Institute for Clinical Excellence, London: 2002. Section 2.7

### **Your body and food – a quick explanation**

Your body needs food as a source of energy. The amount of energy in food is measured in calories. Your digestive system breaks down the food you eat to release the energy it contains and your bloodstream then carries this around your body.

When you consume more calories than you need for your level of physical activity, the spare energy is converted into fat and stored around your body, causing your body weight to rise. Most people in the UK eat more calories than they use each day, but not everyone stores the excess energy as fat.

### **Achieve your weight loss goals with weight loss surgery**

By restricting the amount of energy from food your body can take in, weight loss surgery forces your body to start burning up stored fat.

Personal commitment to your decision is really important, as this will give your weight loss surgery the best chance of success. Before starting any treatment, it's important to talk through how your weight is affecting you, and to find out about the different options available. This will also enable you and your consultant to tailor a solution that would work best for you, with achievable lifestyle changes taken into consideration.



### **The risks and benefits involved**

Surgery isn't a quick and easy answer to weight loss and it does involve some risk. The most effective procedures are major operations that change the way your digestive system works. Sometimes further surgery is needed. Your consultant surgeon will be able to advise you on the specific risks and benefits involved with each procedure.

Overall, the risks from surgery are thought to be outweighed by the benefits<sup>2</sup>. Research has shown that people have an improved quality of life and reduced risk from medical conditions that are related to morbid obesity.

### **Is surgery the right solution for you?**

Your consultant will discuss all the options with you. Weight loss surgery may be a solution for you if:

- your weight is putting your health at serious risk. This is known as 'morbid obesity' and corresponds to a body mass index (BMI) of  $40\text{kg/m}^2$  or
- you have a BMI of  $35 - 40\text{kg/m}^2$  and a medical condition that could be improved by losing weight and if
- you have tried losing weight in other ways
- you are aged 18 or over
- you are fit enough to undergo surgery and an anaesthetic
- there are no specific medical or psychological reasons why you shouldn't have this type of surgery
- you understand that you'll need ongoing follow-up care from healthcare professionals.

2. Guidance on the use of surgery to aid weight reduction for people with morbid obesity. National Institute for Clinical Excellence, London: 2002. Section 4.1.5

## How to work out your body mass index

Use Spire Healthcare's online calculator [www.spirehealthcare.com/bmicalculator](http://www.spirehealthcare.com/bmicalculator)

Or divide your weight by your height once, then divide that by your height again.

For instance, let's say you weigh 120kg and are 1.7m tall:  
120 divided by 1.7 = 70.59  
70.59 divided by 1.7 = 41.52  
Therefore your BMI = 41.52 kg/m<sup>2</sup>

### BMI ranges are as follows:

Underweight	18.5 kg/m <sup>2</sup> (or less)
Healthy	18.5-25 kg/m <sup>2</sup>
Overweight	25-30 kg/m <sup>2</sup>
Obese	30-40 kg/m <sup>2</sup>
Morbidly obese:	over 40 kg/m <sup>2</sup> or over 35 kg/m <sup>2</sup> with obesity-related medical conditions

## Why choose Spire Healthcare?

Weight loss surgery is a long-term commitment and a lifelong change. For this reason, it's vital you choose carefully where to have surgery, so you can be sure you'll have the ongoing support you'll need. At Spire Healthcare, we're with you all the way.

### Qualified and experienced weight loss surgeons

Only experienced bariatric surgeons undertake weight loss surgery in our hospitals. If you'd like to check their credentials for yourself, you can find our consultants' profiles online at [www.spirehealthcare.com/weightloss](http://www.spirehealthcare.com/weightloss)

### Personal consultation with your independent surgeon – and extensive assessment

We undertake an extensive assessment on all our prospective patients. We do this to understand your specific needs better and to ensure that you are prepared for the change in your life as a result of surgery. We believe it helps our patients achieve their ultimate goal – sustained weight loss and quality of life improvement over the longer term.

### Multi-disciplinary weight loss support team

All our hospitals offering weight loss surgery have a multi-disciplinary weight loss surgery team. Our teams include:

- Weight loss surgery clinical nurse or
- Dietician experienced in providing dietary advice to weight loss surgery patients
- Anaesthetists experienced in working with overweight patients with co-morbidities (e.g. sleep apnoea).

### Range of procedures to meet your needs

We have the skills and capability to offer the full range of procedures – which means we can offer you the one which best meets your needs (Please refer to page 10 for details of the procedures we offer). Your surgeon will explain the differences and the procedure most appropriate for you.

### Privacy and comfort

Spire Healthcare offers you the reassurance that you will be treated in a safe, clean private hospital with a reputation for clinical excellence. You'll have your own private room, with en-suite facilities. We'll also prepare an individual food menu for you each day, so that your diet starts on track.

### **Surgery at a location convenient to you**

When you have any serious operation, having to travel a long way while you're still recovering can be difficult. At Spire Healthcare we undertake your surgery where you have your consultation – at one of our hospitals nationwide. It means you won't have to travel far to get home while you're still recovering and your family and friends will be able to visit easily without the hassle and cost of a long journey.

### **With you all the way – from your first appointment until long after your surgery**

Prior to your surgery, your dietician will give you dietary advice, taking into account your previous dietary history. After surgery, your dietician will give you ongoing personal support to help you manage your diet. You'll also have access to our nurses and your surgeon.

We can also put you in touch with a weight loss surgery support group (before or after surgery), so you can meet people who understand and appreciate what it feels like at different stages of your weight loss journey.

### **All inclusive prices – with no hidden extras**

Weight loss surgery is available under our Inclusive Care scheme\*, which gives you a guaranteed fixed price in advance. It means there'll be no hidden extras to pay. The price includes surgeon, anaesthetist, dietician, hospital fees and aftercare. Your consultant will be able to let you know whether Inclusive Care is right for you – if not, we'll provide you with an alternative.

\* Terms and conditions apply. Details available on request.





## Preliminary procedures

### 1 Drug therapy

There are two types of anti-obesity drugs, one aims to decrease your appetite and the other works by reducing the absorption of fat in the intestine. It's worth noting that these medicines have risks, so you'll need to consider the options carefully. Your consultant will be able to advise you on the risks and benefits of these medicines. Your weight loss will also need to be monitored regularly, ideally by a dietician.

### 2 Gastric balloon insertion

This is a temporary measure which can help bring your weight down before you go on to weight loss surgery. Using an endoscope (a thin, flexible telescope via your mouth), a balloon is inserted into your stomach under sedation. The balloon is then filled with liquid or air to partially fill the stomach and create a feeling of fullness. This is a relatively minor procedure, but it may take your stomach a little while to get used to the balloon. The balloon is not usually left in for longer than six months and your consultant may advise a low fat diet or drug therapy at the same time.

## Permanent procedures

### 3 Adjustable gastric banding

Gastric banding restricts the amount of food your stomach can hold. Your consultant usually uses keyhole surgery to place an adjustable band around the upper part of your stomach. The band will need to be adjusted by injecting fluid into it after surgery. Because there's no cutting or stapling, gastric banding is a less serious operation than gastric bypass, so you recover from it more quickly.

### 4 Gastric bypass

This is a more complex type of surgery. It both restricts the amount of food you can eat making you feel full with a small meal, and reduces the amount of food your body can digest and absorb. It can be performed by open or keyhole surgery. Usually you will need to take a permanent course of supplements, vitamins and anti-ulcer medicine after this, on a long-term basis. A gastric bypass is a major procedure and does involve a risk of complications. You may also experience unpleasant side-effects, which you can discuss with your consultant. However, the overall risks from surgery are thought to be surpassed by the benefits of losing excess weight.

### 5 Duodenal Switch

In the first stage of a Duodenal Switch, about three quarters of the stomach is removed in a procedure known as a sleeve gastrectomy. However, much of the normal working of the stomach, although smaller than before, is maintained. Most of the small intestine (the duodenum) is bypassed so that your body has less time to absorb any food. This procedure separates food from bile and other digestive juices, and reduces the size of the stomach to make you feel full sooner than usual. The complications are similar to those of a gastric bypass. Likewise, post-operation you will require long term follow-up care, a diet change and food supplements.

## Six simple steps to surgery

1. Call our weight loss surgery team to book an appointment now on 0800 434 6622.

2. Attend an optional free appointment with our weight loss surgery specialist nurse for an initial assessment and more information.

(Steps 2-4 can happen on the same day. If you'd like us to arrange this, please just ask us).

3. Attend appointment with your surgeon to discuss surgical options and the implications of surgery.

4. Attend dietician appointment to discuss the dietary changes you can expect before and after your surgery.

5. Start your pre-operative diet before surgery (if required).

6. Pre-operative assessment and surgery. Ask your consultant and dietician about your aftercare arrangements.

**Take the next step on your weight loss journey now – call us on 0800 434 6622 to book your appointment.**





# Spire Healthcare

Weight loss surgery at your nearest Spire Healthcare hospital.

- 1. Edinburgh**  
Spire Murrayfield Hospital
- 2. Washington**  
Spire Washington Hospital
- 3. Leeds**  
Spire Leeds Hospital
- 4. Manchester**  
Spire Manchester Hospital
- 5. Wirral**  
Spire Murrayfield Hospital
- 6. Leicester**  
Spire Leicester Hospital
- 7. Sutton Coldfield**  
Spire Little Aston Hospital
- 8. Norwich**  
Spire Norwich Hospital
- 9. Solihull**  
Spire Parkway Hospital
- 10. Cambridge**  
Spire Cambridge Lea Hospital
- 11. Harpenden**  
Spire Harpenden Hospital
- 12. Cardiff**  
Spire Cardiff Hospital
- 13. Bristol**  
Spire Bristol Hospital
- 14. Redbridge**  
Spire Roding Hospital
- 15. Tunbridge Wells**  
Spire Tunbridge Wells Hospital
- 16. Southampton**  
Spire Southampton Hospital
- 17. Portsmouth**  
Spire Portsmouth Hospital

**Call 0800 434 6622 or visit**  
**[www.spirehealthcare.com/weightloss](http://www.spirehealthcare.com/weightloss)**



Call us today to arrange an appointment with a consultant surgeon or to ask about the weight loss options at your nearest Spire Healthcare hospital.

Call 0800 434 6622

\*Calls are free from landlines, mobile providers may charge.



**Spire Healthcare**

Spire Healthcare  
15–19 Bloomsbury Way  
London  
WC1A 2BA

[www.spirehealthcare.com/weightloss](http://www.spirehealthcare.com/weightloss)

SPIRE and the SS logo are trademarks of BHS (Holdings) Limited



A list of our registered hospitals and clinics is available at [www.spirehealthcare.com](http://www.spirehealthcare.com)

GEN.WLB.A5.1007.D