

Bariatric Surgery

Being overweight coupled with metabolic disorders is debilitating for many people. Fortunately, you can get rid of your everyday problems caused by obesity by opting for bariatric surgery. This is also called weight loss or metabolic surgery as it helps prevent or cure several metabolic disorders like obesity, type 2 diabetes, heart disease, hypertension, etc¹.

Bariatric surgery involves the reduction in the size of your stomach in to limit the intake of food and decrease the absorption of the food you eat. The smaller the size of your stomach, the easier you'll feel satiated (feeling full). Also, having fewer nutrients to absorb (malabsorption) leads to an overall reduced calories intake, helping you reduce lots of weight and gain control over diseases like diabetes, and coronary artery diseases. Now you can begin your comprehensive weight loss journey in [Houston, Texas, with Dr. Legget & Dr. Lee](#).

Types of Bariatric Surgery

At Minimally Invasive Surgeons of Texas (MIST), we offer you the least invasive types of weight loss surgery which are endorsed by the American Society for Metabolic and Bariatric Surgery (ASMBS). Our highly skilled surgeons, Dr. Legget and Dr. Lee will make sure that you get the most suited surgical procedure for your body. The surgeries are minimally invasive or laparoscopic i.e., without making large incisions on your body, using state-of-the-art technologies. You would have the option of:

- **Sleeve Gastrectomy** – also known as vertical sleeve surgery, is a procedure in which most of your stomach is removed (almost 80%), in a vertical fashion. The stomach is first separated from the adjacent organs followed by careful removal of the desired amount of stomach. Sleeve gastrectomy is a relatively short procedure and, as mentioned above, this surgery will

help you have less appetite and decreased intake of calories, leading to weight loss. However, this procedure is non-reversible as part of your stomach gets permanently removed^{1,2}.

- **Roux-en-Y Gastric Bypass (RYGB)** – this a more complex bariatric surgery in which surgeons connect the upper, smaller part of the stomach directly to the small intestine, bypassing the larger part of the stomach.

Gastric bypass is carried out in three steps. First, your surgeon will clamp (staple) the upper part of your stomach making a small pouch that will eventually become your primary food holding pouch. Secondly, this pouch is joined with a lower segment of the small intestine (last part of duodenum or early ileum). Thirdly, the bypassed stomach and upper part of the small intestine are attached to the lower part of the small intestine enabling the stomach juices to complete digestion.

It works in a similar fashion as gastric sleeve surgery, reducing your food intake capacity and altering hormones helping you feel fuller. It is a more complex procedure and mostly irreversible, however, it can be reversed due to a medical emergency^{1,2}.

- **Adjustable Gastric Band (AGB)** – In AGB surgery, surgeons place an adjustable band around the top part of your stomach which helps create an out-pocketing (balloon). The pouch has a lesser filling capacity, making you lose weight. Today, AGB is not routinely recommended as it needs several follow-ups to adjust the band size and has more re-operational visits^{1,2}.

According to the ASMBS, the above-mentioned procedures are quite helpful in reducing weight and controlling obesity-related diseases, like type 2 diabetes. However, gastric sleeve and gastric bypass are the most effective in controlling weight both long-term and short-term. A

research analysis showed that patients lost up to 84 pounds or 28% of their weight after a gastric bypass surgery^{1,3,4}.

Let us help you embark on your weight loss journey. Our board-certified surgeons at MIST, Dr. Legget and Dr. Lee will deliver the quality healthcare that you deserve, ensuring that you achieve a state of well-being. Take a step towards your health. Call us at (281) 580-6797 or [book your appointment online](#).

Reference:

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