




Comparison of surgical procedures

The following information provides an overview of the differences between surgical weight loss options. Only you and your surgeon can evaluate the benefits and risks of weight loss surgery and choose the most appropriate procedure for you.

	GASTRIC BANDING	GASTRIC BYPASS	SLEEVE GASTRECTOMY
			
Procedure description	<p>The REALIZE® Adjustable Gastric Band wraps around the upper part of the stomach, dividing the stomach into a small upper pouch that holds about ½ cup of food and a larger lower stomach.</p> <p>The degree of band tightness affects how much food you can eat and the length of time it takes for food to leave the stomach pouch.</p>	<p>In this procedure, the surgeon creates a small stomach pouch and attaches a section of the small intestine directly to the pouch. This allows food to bypass a portion of the small intestine.</p>	<p>During the sleeve gastrectomy procedure, a thin vertical sleeve of stomach is created using a stapling device. The sleeve is about the size of a banana. The rest of the stomach is removed.</p>
How it works to help you lose weight	<p>By creating a smaller stomach pouch, the REALIZE® Band limits the amount of food that can be eaten at one time, so you feel full sooner and stay full longer.</p> <p>As you eat less food, your body will stop storing excess calories and start using its fat supply for energy.</p>	<p>By creating a smaller stomach pouch, a gastric bypass limits the amount of food that can be eaten at one time, so you feel full sooner and stay full longer. By bypassing a portion of the small intestine, it also causes your body to absorb fewer calories.</p> <p>As you eat less food and absorb fewer calories, your body will stop storing excess calories and start using its fat supply for energy.</p>	<p>By creating a smaller stomach pouch, a sleeve gastrectomy limits the amount of food that can be eaten at one time, so you feel full sooner and stay full longer.</p> <p>As you eat less food, your body will stop storing excess calories and start using its fat supply for energy.</p>
How it affects digestion	<p>Allows for normal digestion and absorption. Food passes through the digestive tract in the usual order, allowing it to be fully absorbed in the body.</p>	<p>Changes the body's normal digestive process to reduce the number of calories and nutrients that are absorbed.</p>	<p>Allows for normal digestion and absorption. Food passes through the digestive tract in the usual order, allowing it to be fully absorbed in the body.</p>
Reversible	Yes	No	No
Total excess body weight lost	43% ⁴	61.6% ³	33% to 85%, ⁵ with an average of 55% ⁴

FACTORS COMMON TO ALL PROCEDURES

Cost savings over time

A recent study showed that bariatric surgery pays for itself in about 2 years.¹³ One important reason is that weight loss surgery may help to improve or resolve conditions associated with obesity, such as type 2 diabetes and high cholesterol,³ so patients save money on related prescription drugs, doctor visits, and hospital visits.¹³

Open or laparoscopic surgery

Weight loss surgery can be performed using open surgery or laparoscopic surgery. Laparoscopic surgery is considered to be minimally invasive because it's performed through small incisions. A laparoscopic procedure usually results in a shorter hospital stay, faster recovery, smaller scars, and less pain than open surgical procedures. Most surgeons prefer the laparoscopic approach.

Effect on pregnancy

Most doctors recommend waiting at least 1 year after the surgery before starting a pregnancy.

Ongoing clinical support

Only the REALIZE® Solution for gastric banding, gastric bypass, and sleeve gastrectomy includes the REALIZE mySUCCESS® Program, a Web-based clinical support tool designed to help you achieve and maintain a healthier weight. In fact, REALIZE Band patients who frequently use REALIZE mySUCCE

	GASTRIC BANDING	GASTRIC BYPASS	SLEEVE GASTRECTOMY
HEALTH BENEFITS SHOWN IN CLINICAL TRIALS			
Type 2 diabetes	47.8% resolved ^a 80.2% improved ^a	83.7% resolved ^a 90.6% improved ^a	56% resolved ^a 37% improved ^a
High blood pressure resolved	43.2% ^a	67.5% ^a	49% ^a
High cholesterol resolved	78.3% resolved ^a In addition, patients in the U.S. clinical trial experienced a 22% increase in good cholesterol (HDL) 36 months after surgery ^a	94.9% resolved ^a	43% resolved ^a
Obstructive sleep apnea resolved	94.6% ^a	86.6% ^a	60% ^a
Average costs (actual out-of-pocket costs vary and depend on whether insurance covers the procedure)	\$10,000 to \$17,000	\$26,000 for open surgery and \$17,000 for laparoscopic surgery ¹³	\$26,000 for open surgery and \$17,000 for laparoscopic surgery ¹³
Average surgery time	30 minutes to 1 hour	1 to 2 hours	1.5 to 3.5 hours ^a
Length of hospital stay	1 to 2 days	2 days ^a	2 to 5 days ^a
Risks	See page 17	See page 21	See page 25

^aREALIZE Band patients who frequently use REALIZE mySUCCESS® lose significantly more weight. Based on 12 months of patient-reported data from REALIZE Band patients using REALIZE mySUCCESS®. Frequent users were in the top third of patients based on frequency of entering a weight into REALIZE mySUCCESS®. Source: Ethicon Endo-Surgery, data on file.