

## Gastric Bypass

Nowadays, obesity is becoming a serious problem growing at an increasingly alarming rate all over the world. It is now considered as a global epidemic and as such, there are now surgical procedures being done that can help people lose unwanted and unhealthy excess weight. One procedure that is fast becoming popular is the Gastric Bypass Surgery also known as a “Stomach Staple.” For those in the field of medicine, the surgeons and specialists, they consider this operation procedure as the benchmark for excellence. This success is being brought about by scientific ingenuity as seen in the results among patients who went through Gastric Bypass Operation.

And the most common type of Gastric Bypass Operation is called **Roux-en-Y gastric bypass (RGB)**. This type of operation combines two types of procedures: *the restrictive procedures that work by decreasing food intake and the malabsorptive procedures that alter digestion and cause food to be poorly digested and incompletely absorbed so that it is eliminated in the stool. Roux-en-Y gastric bypass is the most frequently performed weight loss surgery in the United States. This procedure involves the creation of a small stomach pouch with the remainder of the stomach completely stapled shut and divided from the pouch. The outlet from the pouch then empties directly into the lower portion of the jejunum, thus bypassing calorie absorption. By adding malabsorption to a restrictive weight loss procedure, food is delayed in mixing with bile and pancreatic juices that aid in the absorption of nutrients. The result is an early sense of fullness, combined with a sense of satisfaction that reduces the desire to eat.*<sup>[1]</sup>

Although this operation is considered successful and relatively safe, there are still risks that are commonly associated with operation of any kind. There are till the risks of infection,

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1[1] Group, Edward F. III, Dc, PhD, ND, DACBN *Weight Loss Surgery* retrieved (October 15, 2005)  
<http://www.stomach-stapling-info.com/bariatricsurgeryoneyearpostop.htm>

external bleeding and respiratory problem. And like any operation, patients have to stay in a hospital for three to four days. When released to the hospital the most important caution the patient must always remember is maintain the strict diet as prescribed by the doctor. Failure to do so can lead to staples popping and more serious and potentially life-threatening injuries. But of course, the good thing here is that on average, patients lose ten pounds per month and can be at a healthy weight within a year and a half after the operation.

People involved in the Weight Loss Surgery as a consequence have formed themselves into groups with a common aim that revolves around the continuing success of the weight loss surgery. In general there are two types of groups under this theme: the Support and the Organizer Groups. Support Groups are usually the means by which patients who are considering gastric bypass or who had surgery to learn from each others' experiences. This group is further divided into three categories. Pre-Op Support Group provides a venue for patients who are contemplating to go through this surgery to be educated. In here, they can obtain first hand information from other patients who have had gastric bypass and who are willing to share their experiences and advice. They can invite medical practitioners to inform them with all the details regarding the operation, ranging from the surgical procedure itself, the nutritional guides, side effects etc. This group can also provide the venue for new patients or those who are planning to meet others like them in order to ask questions and share their hopes and concerns. The education can be given not only to the patients but to their respective families as well. They can get their moral, emotional, psychological and most importantly spiritual support from this group.

Under the education scheme of the pre-op support group, following are sample topics for an education seminar of patients from [pacific surgery.com](http://pacificsurgery.com). Dr. Johnell, Lorrie Linguist, RN, and Patrice Johnell, RN, present information seminars to give patients and others a comprehensive

foundation of knowledge about all aspects of the program and the surgical treatment for morbid obesity. Some significant topics from their seminar sessions are: (1). Total Number of Cases to Date; (2). Incidence of Complications and Death to Date; (3). Philosophy on Obesity, and Treatment of Obese Patients.; (4). Obesity & Morbid Obesity, Definitions and Prevalence; (5). Health and Psychological Consequences of Morbid Obesity; (6). BMI and Ideal Body Weight; (7). Who is a Surgical Candidate – The Screening Process; (8). What the Old and New Surgical Procedures; (9). Typical Improvement in Health Problems with the GBP; (10). Typical Post-op Timeline for Getting Back to Work and Back to Normal; (11). Early and Late Complications of Bypass Statistics; (12). Expected Outcomes and Weight Loss Outcomes; (13). Insurance and Program Fee; (14). How soon Patients Can Have Surgery; (15). Getting in the Best Possible Shape for Surgery (exercise prescription, target heart rate, aerobic programs, antioxidants, vitamins and minerals, recommended vitamins, stopping smoking, maintaining your weight, hormone replacement therapy, use of non-steroidal anti-inflammatory drugs and antidepressant and seeking psychological help).

The Post-OP Support Group is usually a gathering for patients at any point of their post operations. This gathering can also be attended by surgeons, nutritionists, fitness experts or hospital staff. There is still education taking place here, mostly through forum, testimonials and lectures. Post-Op group contributes greatly in the success of the weight loss program.

According to [ObesityHelpChapters.com](http://ObesityHelpChapters.com) *“Success in weight loss surgery is directly linked to post-operative support. Studies show a correlation that the longer a patient participates in a group, the greater success they see. Many post-ops eagerly participate in support groups for the first 6-8 months following surgery. Many of those who flounder and/or leave support groups find weight starts returning at 18-24 months after surgery. “*

Aside from Support Groups under the theme Gastric Bypass Operation there are organizations that further categorized themselves into several groups. To be specific, the [obesityhelpchapters.com](http://obesityhelpchapters.com) has come up with Chapters, Affiliates and Candidates. They are groups of leaders and aspiring leaders who take charge or who will take charge of the formation and organization of groups depending on the level of their expertise. Those who have completed leadership courses or trainings are under the Chapter group. Those who have gone training under the Chapter Group are called Affiliates. They are privileged to the latest information on Weight Loss Surgery and wide ranged of topics geared toward Weight Loss Surgery patients. And those who are just going to start the training are classified under the Candidate groups.

Support groups activities are not just confined with meetings, lectures, forum or other formal forms of activities. They also do their gatherings in gyms and resorts where they can bring along their respective families. These settings provide programs such as weights, water aerobics, and other personal fitness activities.

One more interesting program that can be done in a support program is the Gentle Yoga. This was offered by Laura Makey, a Gastric bypass patient herself and professor at California State University, San Marcos. This activity aims for the strengthening and toning of the body from the inside out through a gentle but highly effective stretch of the body. You only have to focus on relaxing, breathing and opening of self. This can help a person get in tune with her needs and desires on physical, emotional and spiritual levels.

There are also many support groups organized by the practitioners themselves. They can be a multidisciplinary team that provides preoperative education, support classes, postoperative support group settings where nutrition, exercise and behavior modifications are reinforced during

meetings, classes in different locations. They can be composed of surgeons, nutritionist, dietitians, psychologist, behaviorist, dermatologist, nurses, medical assistants, even insurance experts.

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