




# Banding and stapling

Procedure	What happens	Pros	Cons
<b>Laparoscopic adjustable gastric banding</b> 	<ul style="list-style-type: none"><li>○ An adjustable silicone band is placed around the upper part of the stomach to reduce its size, so the person feels full faster and thus eats less and loses weight</li><li>○ A port implanted under the skin allows for fine adjustment of the outlet diameter</li></ul>	<ul style="list-style-type: none"><li>○ Relatively simple surgery</li><li>○ No cutting of stomach</li><li>○ Initially low complication rate post-surgery</li><li>○ Improves mild diabetes</li><li>○ Reversible (if band is removed before complications set in)</li></ul>	<ul style="list-style-type: none"><li>○ Foreign body inserted</li><li>○ Requires regular adjustments in clinic</li><li>○ About 10 per cent of patients do not achieve any weight loss</li><li>○ Significant late complications, including infection, band erosion or slippage, requiring repeat surgery</li></ul>
<b>Laparoscopic sleeve gastrectomy</b> 	<ul style="list-style-type: none"><li>○ About 75 per cent of the stomach is removed</li><li>○ The early results of this relatively new procedure are promising</li></ul>	<ul style="list-style-type: none"><li>○ No foreign body is inserted as with banding</li><li>○ One-off surgery</li><li>○ Rapid initial weight loss</li><li>○ Reduces hunger pangs more than banding</li><li>○ Improves mild diabetes</li><li>○ Patients can eat better than after banding, but still experience good weight loss</li></ul>	<ul style="list-style-type: none"><li>○ Permanent and irreversible</li><li>○ Long-term (over five years) results are not known</li><li>○ Staple line on stomach can bleed or leak</li></ul>
<b>Laparoscopic Roux-en-Y gastric bypass</b> 	<ul style="list-style-type: none"><li>○ A small gastric pouch is first created, then a bypass to the small intestine is performed</li><li>○ This reduces calorific intake and alters the way food is digested</li></ul>	<ul style="list-style-type: none"><li>○ Greater weight loss than other methods</li><li>○ Can reverse established type 2 diabetes</li><li>○ Well-understood procedure which has been performed for more than 40 years</li></ul>	<ul style="list-style-type: none"><li>○ Surgeon requires more training</li><li>○ Staple line and gastrointestinal connections can bleed or leak</li><li>○ Late complications such as stomach ulcers and twisting of intestines can occur</li><li>○ Nutritional deficiencies can develop</li><li>○ Requires lifelong specialist care and nutritional supplements</li></ul>