

## **Adjustable Gastric Banding Surgery**

Weight loss surgery has been determined by The National Institutes of Health to be a means to successful, sustainable weight-loss. Why, you may ask, have surgery instead of choosing a nonsurgical option to weight loss such as diet and exercise? It has been estimated that less than ten percent of all obese people who attempt non surgical weight loss maintain that weight loss. What is a successful means of weight loss? Adjustable gastric banding is one safe, surgical system that is used for weight loss. The band is a tool used to assist in achieving weight loss because it reduces a patient's appetite and limits their food intake by reducing the size of their stomach. But, patients are also responsible for the surgery's success. They must be committed to following doctor's orders with revised diet, exercise and follow-up physician visits. Adjustable gastric banding is a minimally invasive surgical technique which is often performed on an outpatient basis. There are fewer risks and side effects associated with the adjustable banding procedure including there is no "dumping syndrome" (when food passes through the digestive system too quickly causing cramping, and other digestive issues) as opposed to gastric bypass surgery. The band is adjustable allowing for "relief" during times like pregnancy when the need or desire to eat more increases. In addition, the desire to overeat is reduced significantly because the band limits food consumption.

The adjustable gastric band is made of a hollow, silicone ring, which is filled with saline and placed around the upper portion of the stomach and is stitched into place. The result, a new, smaller stomach or pouch is created. The larger portion of the stomach remains below the band. Therefore, the food storage area of the stomach reduces greatly in size. This procedure gives you the sensation of feeling full faster, therefore reducing the amount of food intake. When less food is consumed, the body takes from its own fat reserves which lead to weight loss. The size of the band can be adjusted by adding or eliminating the amount of saline in the tube.