

## Overview

Bariatric procedure (from the Greek words "baros," meaning "weight," and "iatrikos," meaning "medicine") is the term for a procedure that is done to help you lose weight.

It is not recommended for everyone who is overweight or obese. However, it may be an option if you are obese and have not been able to lose weight with other methods, or if you have other medical conditions that are related to being obese like high blood pressure, high cholesterol, arthritic joint diseases, and diabetes.

Body mass index (BMI) is a way to measure body fat that is based on your height and weight. A person is categorized as underweight, healthy weight, overweight (BMI of 25 to 29.9), or obese (BMI of  $\geq 30$ ) based on his or her BMI. While not every person with a high BMI is unhealthy, the use of BMI to identify unhealthy patients is a very important screening tool.

## Who is eligible for weight loss procedures?

Weight loss procedures are recommended **ONLY** for people with one of the following:

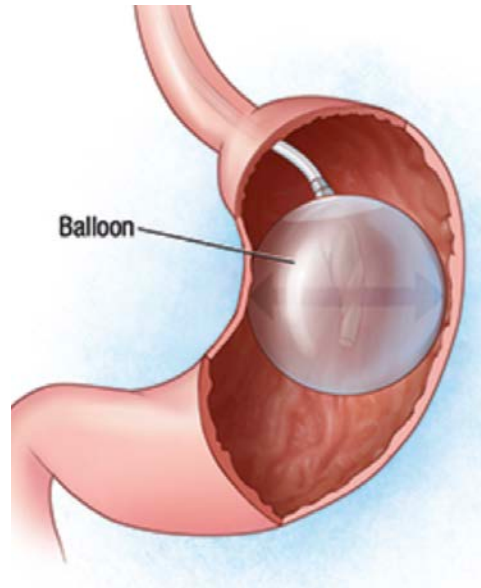
- Severe obesity (body mass index [BMI] above 40)
- BMI above 35 with a serious medical problem related to obesity (including diabetes, severe joint pain, sleep apnea, and many others) that would improve with weight loss.
- BMI above 30 with specific conditions, including a certain type of diabetes or a combination of diseases like high blood pressure, sleep apnea, high cholesterol, and diabetes (also known as "metabolic syndrome").

## ROEYA Clinics offer the following bariatric procedures:

### **Intragastric Balloon**

Intragastric balloon placement is a weight-loss procedure that involves placing a saline-filled silicone balloon in your stomach.

This helps you lose weight by limiting how much you can eat and making you feel full faster.



### **Botox**

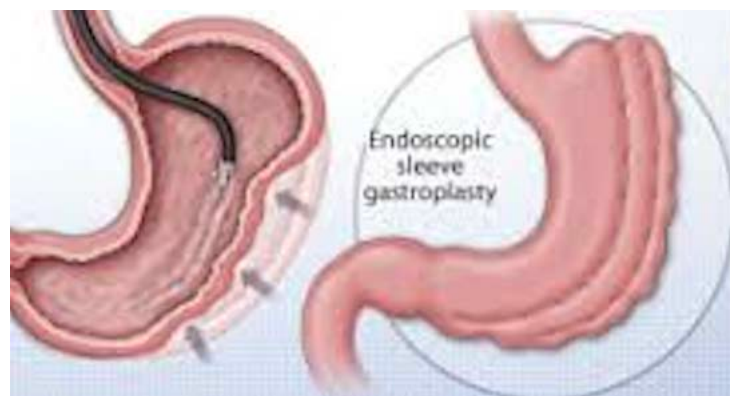
This endoscopic procedure involves injecting botulinum toxin (Botox) into the stomach muscle. This is done to delay gastric emptying, In other words, you feel full for prolonged periods of time.

It is effective for up to 6 months and leads to moderate weight loss.

### **Endoscopic Sleeve Gastroplasty**

Endoscopic sleeve gastroplasty is a newer type of minimally invasive weight-loss procedure. A device is inserted into your throat and down to your stomach. The endoscopist then places sutures in your stomach to make it smaller.

This procedure leads to significant weight loss by limiting how much you can eat.



## Endoscopic management of bariatric complications

In recent years, endoscopy has been a safer and more cost-effective approach to the management of weight loss surgery complications including gastrointestinal bleeding, development of ulcers, leaks, fistulas, strictures, weight regain and gastric band erosion.