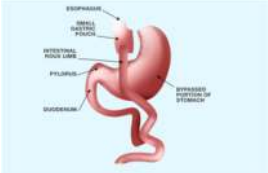
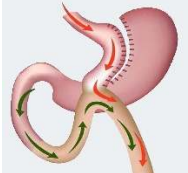
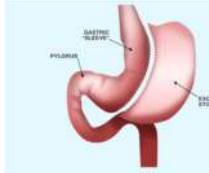
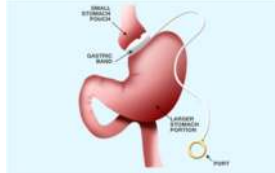


Bariatric Surgery Comparison

	Gastric Bypass (RYGB)	Mini Gastric Bypass (MGB)	Sleeve Gastrectomy	Gastric Band
				
How it works	Limits food intake Changes in signalling Reduced hunger Metabolic effects	Limits food intake Changes in signalling Reduced hunger Metabolic effects	Limits food intake Changes in signalling Reduced hunger Metabolic effects	Limits food intake
Reversible	Yes	Yes	No	Yes
Excess Weight Loss (1 yr)	70%	70%	60%	40%
Surgical time	60-90 minutes	40-60 minutes	40-60 minutes	30-40 minutes
Hospital Stay	1-2 nights	1-2 nights	1-2 nights	Daycase
Number of incisions	5--6	5	5	5
Complications at 30 days	1 in 20 (5%)	1 in 20 (5%)	1 in 20 (5%)	1 in 100 (1%)
Mortality	1 in 500 to 1 in 2000 (0.2 – 0.05%)	1 in 500 to 1 in 2000 (0.2 – 0.05%)	1 in 500 to 1 in 2500 (0.2 – 0.04%)	Less than 1 in 2000 (<0.05%)
Vitamin/Mineral supplementation	Daily vitamins/minerals + B12 injections	Daily vitamins/minerals + B12 injections	Daily vitamins/minerals	None
Long term risks	Hernia, ulcer, malnourishment, poor weight loss, weight regain	Hernia, ulcer, malnourishment, reflux, poor weight loss, weight regain	Reflux, stricture, malnourishment, poor weight loss, weight regain	Slip, erosion, intolerance band removal, poor weight loss, weight regain

- **Sleep Apnoea:** overall 50% of patients with OSA are able to come off treatment
- **Diabetes:** overall 65% of patients with Type 2 diabetes were able to return to a state of no indication of diabetes meaning they were able to stop their medication
- **Other Comorbidities:** Positive effects of surgery also on lipid profile, joint problems, functional status and mobility, cancer risk, acid reflux, fertility, asthma and others
- **Bariatric surgery may not** improve depression or other mental health problems
- **Chronic pain and Fibromyalgia:** symptoms may be made worse following surgery with higher doses of analgesics required