
Obesity, Bariatric and Metabolic Surgery

Sanjay Agrawal
Editor

Obesity, Bariatric and Metabolic Surgery

A Practical Guide

 Springer

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Foreword by President of British Obesity and Metabolic Surgery Society (BOMSS)

Obesity has become a pandemic, with billions of people across the globe now overweight or obese. This not only affects the health and longevity of each overweight person, but it also impacts massively on the economy and healthcare system in each and every country affected. As such, the management of this crisis is one of the greatest challenges facing the healthcare profession across the world.

No really successful pharmaceutical treatment currently exists and preventive measures seem just a pipe dream. This leaves bariatric surgery as the most effective tool that we have at the present time. The clinical value of such surgery is without question, and the number of bariatric operations performed has increased exponentially in recent years and continues to increase year on year.

Many different surgical procedures have been tried in the management of morbid obesity, and many different variations of each operation exist. *Obesity, Bariatric and Metabolic Surgery: A Practical Guide* is a major new surgical textbook, covering all aspects of obesity and its surgical management.

The book deals with the obesity epidemic, the underlying science of obesity and its health consequences. Non-surgical management of obesity is outlined, prior to an in-depth discussion of all aspects of bariatric and metabolic surgery. It describes the historical perspectives of obesity surgery, followed by a detailed discussion of patient selection and perioperative management. All of the different surgical techniques and variations of technique are described, each written by world experts in the field. It deals with the metabolic effects of bariatric surgery, and contains chapters dealing with the training, reporting and practice of bariatric surgery, finishing with many miscellaneous topics related to the field.

Not only is this textbook the perfect guide for the bariatric surgeon, but it will also act as a reference guide for physicians, family doctors and other healthcare professionals, such as dieticians and specialist nurses.

Sanjay Agrawal must be congratulated on putting together and editing what is undoubtedly the most modern and comprehensive textbook on the subject of the surgical treatment of obesity. He has brought together an amazing array of world renowned experts, each of whom has contributed chapters to the book. Looking at the list of authors is like reading a list of Who's Who in Obesity Surgery across the globe!

This book is set to become the worldwide reference guide to obesity and bariatric and metabolic surgery.

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Foreword by President of International Federation of Surgery for Obesity and Metabolic Disorders (IFSO)

It is a great honor for me as the current President of the International Federation of Surgery for Obesity and Metabolic Disorders (IFSO) to be requested to write the foreword for this book *Obesity, Bariatric and Metabolic Surgery: A Practical Guide*.

Obesity has been declared a worldwide epidemic. The etiology of obesity is highly complex and multifactorial encompassing genetic, environmental, physiologic, cultural, political, and socioeconomic factors. This makes it a challenge to develop effective interventions to prevent and manage obesity. The key solution for this epidemic is the prevention of obesity. However, once morbid obesity develops, bariatric or metabolic surgical intervention is the most effective and long-lasting treatment.

The editor of the book, *Mr. Sanjay Agrawal* from Homerton University Hospital, London, United Kingdom, has been able to collaborate with and motivate a large number of experts from around the world to contribute for the contents of the book. He has organized the time-limited submission and painstakingly reviewed all chapters to give the book its final shape.

A total of 152 authors from across the globe with practical experiences in the surgical and endoscopic treatment of obesity have elaborated upon the different aspects of obesity and its surgical management. The ever-increasing number of publications from across the world in the field of metabolic or bariatric surgery is an indicator of the rapid growth of this field of modern medicine.

Through 78 chapters, spread across 14 sections, this book offers a concise summary of obesity and its surgical management for a wide range of healthcare professionals involved within a multidisciplinary team such as surgeons, anesthetists, physicians, dietitians, psychologists, radiologists, and nursing staff. The 14 sections were edited mainly by surgeons and scientists from the United Kingdom. The chapters themselves were written by international experts in the field from 20 countries covering five different continents. This makes the book an excellent reference guide for physicians, surgeons, and general practitioners.

Besides the basic fundamentals, pathophysiology and surgical techniques for morbid obesity, other important practical aspects are also discussed in detail. These include the credentials for training in the field of metabolic surgery, the quality control of bariatric surgery services, and the data management and reporting systems used worldwide. Medico-legal issues that play an important role in metabolic surgery are described in a special chapter. The spectrum of actual procedures in the field of bariatric and metabolic surgery is completely represented in this book. Online videos for many of the procedures make this book an excellent training tool as well.

The well-documented therapeutic effects of metabolic/bariatric surgery on several obesity-related diseases, the increased life expectancy after weight-loss surgery and the fact that surgery is more cost-effective than nonsurgical management are likely to change the indications for such surgeries in the future.

Surgery for morbid obesity involves surgical manipulation of normal body parts to get a biological result that can potentially cause weight loss and arrest weight regain. Hence, such surgery is considered as metabolic surgery. The actual body weight and the body mass index are not the sole indications for surgery. Henry Buchwald, who first coined the term *metabolic surgery* said, "Metabolic surgery is cognitive surgery." The realization that bariatric surgery is

actually metabolic surgery is, however, relatively new. The term *bariatric* is expected to be changed to *metabolic* surgery in the future. The future of this field is extremely bright and rapid advancements likely to happen. Therefore, we can expect a second edition soon.

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Foreword by Pradeep Chowbey

Obesity is the modern-day scourge of mankind. The obesity epidemic is sweeping across nations, regions, and continents. There are enormous implications of the obesity pandemic for the affected population and health care delivery systems globally. Increasingly large segments of obese population have to contend with declining health parameter, poorer quality of life, and increased costs of health care.

The management of obesity is complex and involves several medical and surgical disciplines. Bariatric is an area of health care that epitomizes importance of teamwork and synergy in providing optimal health care delivery. Bariatric surgery today has evolved into a highly specialized surgical discipline in the short span of a few decades. Bariatric surgeons worldwide are a busy lot and the tribe is expanding in an effort to keep pace with demand.

On browsing through the list of contents of Dr. Agrawal's textbook, it is apparent that this is a textbook that is comprehensive, broad based, and yet exhaustive. The initial section of the textbook comprises an introduction to the problem of obesity and metabolic syndrome, the rationale and case for bariatric surgery, preoperative assessment, anesthetic considerations, and perioperative management of the bariatric patient. The subsequent sections describe the standard bariatric surgical procedures in elaborate detail as also different approaches like single incision bariatric surgery. Also included are complex situations like revisional surgery and some less commonly performed bariatric procedures. Newer endoscopic approaches and pure metabolic surgical procedures are described.

The expanse and scope of this textbook is immense. I cannot think of an important and relevant subject in bariatric surgery that has not been covered. I think this textbook would serve as a useful reference book for the armchair academic, the novice, and the experienced bariatric surgeon. I am impressed with the list of contributors that includes several leading practitioners in bariatric surgery.

I believe Dr. Agrawal's textbook will provide a reference and insight into the state-of-art information and knowledge on bariatric surgery as it exists today. I wish him the best for the current and all future endeavors.

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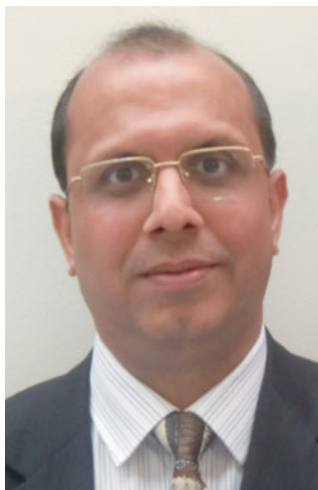
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Preface



Obesity has become an epidemic worldwide. Bariatric and metabolic surgery is in a state of continuing flux. For the clinicians and other health-care professionals involved in the care of an obese patient, keeping up with all these changes is a challenging task. This new book will offer a comprehensive yet concise summary about obesity and its surgical management, making it an ideal guide for all.

The book's 78 chapters are spread across 14 sections, each with an Honorary Section Editor. Each lead author was carefully selected and is an expert in their chosen subject. Over 150 experts from 20 countries across five continents have contributed to the content of the book.

The book covers all the aspects of bariatric and metabolic surgery including perioperative management, surgical techniques of common as well as newer procedures, complications, and outcomes. There are dedicated sections on revisional surgery, single-incision surgery and innovative endoscopic procedures. The book is well illustrated with photographs and video clips along with step-by-step guidance for a complete range of bariatric procedures. Medical aspects of obesity and metabolic syndrome are included in the introductory sections, and the last two sections cover diverse topics in this exciting field of bariatric and metabolic surgery.

I would like to express my deep appreciation and gratitude to the many people involved in the preparation of this book. First and foremost, the authors, for their timely submission of a high quality content within each chapter of the book. I would like to thank all the Honorary Section Editors who selflessly have invested enormous amounts of their time and energy in this project. I wish to record my special thanks to all the reviewers for their independent review of every chapter in the book. I would also like to mention Dr Natasha Das whose! careful attention to detail as copy editor has been critical to the quality of the finished book. Finally, I would like to thank my family, especially my wife and children who missed me greatly during this time-consuming endeavour and for their encouragement in completing this book.

The book will serve as an excellent manual for a wide range of healthcare professionals including bariatric surgeons, general surgeons, trainees, physicians, anaesthesiologists, dietitians, psychologists, radiologists and nursing staff.

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Contents

Section I Obesity and Metabolic Syndrome	1
Honorary Section Editor - Rachel L. Batterham	
1 Introduction to Obesity	3
Imran Alam and Sanjay Agrawal	
2 Etiopathogenesis of Obesity	13
Surya Panicker Rajeev and John Wilding	
3 Gut-Derived Hormones and Energy Homeostasis	21
Wui-Hang Cheung, Andrea Pucci, and Rachel L. Batterham	
4 Health Consequences–Obesity Associated Comorbidities	29
Julian J. Emmanuel and Simon W. Coppack	
5 Medical Management of Obesity	39
Robert C. Andrews	
Section II Introduction to Bariatric Surgery	51
Honorary Section Editor - Mervyn Deitel	
6 Historical Perspectives of Bariatric Surgery	53
Simon P.L. Dexter and Mervyn Deitel	
7 Evidence Base for Bariatric Surgery	65
Luca Leuratti, Haris A. Khwaja, and David D. Kerrigan	
8 Patient Selection in Bariatric Surgery	77
Rupa Sarkar and Peter C. Sedman	
9 Procedure Selection in Bariatric Surgery	85
Neil A. Jennings and Peter K. Small	
Section III Perioperative Assessment for Bariatric Surgery	91
Honorary Section Editor - Cynthia-Michelle Borg	
10 Preoperative Medical Evaluation of the Bariatric Surgery Patient	93
Christopher James Grocock, Senthil Natchimuthi, and Conor J. Magee	
11 Preoperative Dietary Evaluation of the Bariatric Surgery Patient	103
Mary P.M. O’Kane	
12 Psychological Assessment of the Bariatric Surgery Patient	109
Denise Ratcliffe	
13 Anesthesia Considerations in the Obese Patient for Bariatric Surgery	117
Nicholas J. Kennedy and Abigail A. Hine	

14	Preoperative Risk Scoring Systems in Bariatric Surgery	131
	Irfan Halim and Yashwant Koak	
15	The Structure and Role of the Multidisciplinary Team in Bariatric Surgery	141
	Omar Khan, Gul Bano, and Marcus Reddy	
16	Nursing Care of the Bariatric Surgery Patient	147
	Tamara Puplampu and Susan Simpson	
17	Perioperative Management of the Bariatric Surgery Patient	155
	Sean A.A. Woodcock	
18	Enhanced Recovery after Bariatric Surgery	167
	Sherif Awad	
Section IV Laparoscopic Roux-en-Y Gastric Bypass (LRYGB): Techniques, Complications, Outcomes, and Controversies.		
	Honorary Section Editor - Avril A.P. Chang	175
19	LRYGB: The Linear Technique	177
	Irfan Halim, Dimitri J. Pournaras, Sanjay Agrawal, and Yashwant Koak	
20	LRYGB: The Circular Stapler Technique (Includes Transoral as well as Transabdominal Anvil Placement)	185
	Corinne E. Owers and Roger Ackroyd	
21	LRYGB: The Hand-Sewn Technique	191
	Javed Ahmed and Waleed Al-Khyatt	
22	LRYGB: The Fully Stapled Technique	197
	Bruno Dillemans and Bert Deylgat	
23	LRYGB: Complications—Diagnosis and Management	207
	Susannah M. Wyles and Ahmed R. Ahmed	
24	LRYGB: Outcomes	231
	William R.J. Carr and Kamal K. Mahawar	
25	LRYGB: Current Controversies	239
	Kelvin D. Higa and Amit K. Taggar	
Section V Laparoscopic Sleeve Gastrectomy (LSG): Technique, Complications, Outcomes, and Controversies		
	Honorary Section Editor - Sandeep Aggarwal	245
26	LSG: The Technique	247
	Sandeep Aggarwal, Pratyusha Priyadarshini, and Michel Gagner	
27	LSG: Complications—Diagnosis and Management	259
	Rudolf A. Weiner, Islam A. El-Sayes, and Sylvia R. Weiner	
28	LSG: Outcomes	277
	Sasindran Ramar, Rajarajan Ramamoorthy, and Sanjay Agrawal	
29	LSG: Current Controversies	285
	Cynthia-Michelle Borg and Marco Adamo	

Section VI Laparoscopic Adjustable Gastric Banding (LAGB): Technique, Complications, Outcomes and Controversies	297
Honorary Section Editor - Sally A. Norton	
30 LAGB: The Technique	299
Chris S. Cobourn and John B. Dixon	
31 LAGB: Complications–Diagnosis and Management	307
Paul Constantine Leeder	
32 LAGB: Outcomes	321
Rishi Singhal and Paul Super	
33 LAGB: Current Controversies	327
Simon J.W. Monkhouse and Sally A. Norton	
Section VII Advances in Minimally Invasive Bariatric Surgery	333
Honorary Section Editor - Yashwant Koak	
34 Reduced Port Laparoscopic Bariatric Surgery	335
Alan A. Saber	
35 Single Incision LRYGB	343
Chih-Kun Huang, Jasmeet Singh Ahluwalia, Po-Chih Chang, and Ming-Che Hsin	
36 Single Incision LSG	351
Giovanni Dapri	
37 Single Incision LAGB	361
Saurav Chakravarty, Beth Murgatroyd, and Ameet G. Patel	
38 Robotic Assisted Bariatric Surgery	367
Ranjan Sudan, Brandon V. Henry, Vivek Bindal, and Erica Podolsky	
Section VIII Revisional Bariatric Surgery	375
Honorary Section Editor - Andrew C.T. Wan	
39 Revisional Surgery after Vertical Banded Gastroplasty	377
Michel Suter	
40 Revisional Surgery after LRYGB	385
Kelvin D. Higa and Steven S. Chang	
41 Revisional Surgery after LSG	393
Jacques M. Himpens and Andrew C.T. Wan	
42 Revisional Surgery after LAGB	403
Luigi Angrisani, Antonella Santonicola, Giampaolo Formisano, Ariola Hasani, and Michele Lorenzo	
Section IX Other Operations for Obesity	413
Honorary Section Editor - Conor J. Magee	
43 Laparoscopic Mini-Gastric (One-Anastomosis) Bypass Surgery	415
Robert Rutledge, Kuldeepak S. Kular, and Mervyn Deitel	
44 Laparoscopic Biliopancreatic Diversion with Duodenal Switch (BPD-DS) Surgery	425
David D. Kerrigan, Luca Leuratti, Haris A. Khwaja, and Charlotte E. Harper	

45	Laparoscopic Biliopancreatic Diversion (BPD) Surgery	437
	Roberto Maria Tacchino	
46	Laparoscopic Banded Gastric Bypass Surgery	447
	Mathias A.L. Fobi and Mohit Bhandari	
47	Single-Anastomosis Duodeno-Ileal Bypass with Sleeve Gastrectomy (SADI-S) Surgery	463
	Andrés Sánchez-Pernaute, Miguel Ángel Rubio, and Antonio J. Torres	
48	Laparoscopic Gastric Plication	469
	Almino C. Ramos, Patrícia Souza de Paula, and Josemberg Marins Campos	
49	Laparoscopic Gastric Pacing	477
	Karl Miller	
Section X	Endoscopic Approaches in Obesity and Bariatric Surgery	483
	Honorary Section Editor - Dan R. Titcomb	
50	Intragastric Balloon Treatment for Obesity	485
	Alfredo Genco, Roberta Maselli, Giovanni Casella, Massimiliano Cipriano, and Adriano Redler	
51	Endoscopic Duodeno-Jejunal Bypass Sleeve Treatment for Obesity	493
	Rodrigo Muñoz and Alex Escalona	
52	Newer Endoluminal Interventions for Obesity	499
	Mazen E. Iskandar and Elliot R. Goodman	
53	Endoscopic Treatment of Complications after Bariatric Surgery	505
	Josemberg M. Campos, Patrícia Souza de Paula, and Almino C. Ramos	
Section XI	Metabolic Effects of Bariatric Surgery	517
	Honorary Section Editor - Francesco Rubino	
54	Mechanisms of Action of Bariatric Surgical Procedures	519
	Karl J. Neff and Carel W. le Roux	
55	Glycaemic Control and Reduction of Cardiovascular Risk Following Bariatric Surgery	529
	Jessie A. Elliott and Carel W. le Roux	
56	Resolution of Obesity Associated Comorbidities (Diabetes, Hypertension, Sleep Apnoea, and Metabolic Syndrome) Following Bariatric Surgery	535
	Torsten Olbers and Suzanne Hedberg	
57	Metabolic Surgery for Type 2 Diabetes Mellitus in Patients with BMI <35 kg/m²	541
	Ricardo Cohen, Pedro P. Caravatto, and Tarissa Z. Petry	
58	Ileal Interposition with Sleeve Gastrectomy for Type 2 Diabetes Mellitus and Metabolic Syndrome	547
	Surendra M. Ugale and Alper Celik	

Section XII Training, Reporting, and Practice in Bariatric Surgery	555
Honorary Section Editor - Nagammapudur S. Balaji	
59 Training in Bariatric Surgery	557
David F. Hewin	
60 Bariatric Surgery Data Management and Reporting Worldwide	563
Rishi Singhal and Richard Welbourn	
61 Surgical Review Corporation (SRC) Center of Excellence Program for Bariatric Surgery	569
Neil E. Hutcher	
62 International Federation for Surgical Obesity (IFSO) Center of Excellence Program for Bariatric Surgery	575
John Melissas, Antonio J. Torres, Yury I. Yashkov, Luc A.G. Lemmens, and Rudolf A. Weiner	
63 Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) By American Society for Metabolic and Bariatric Surgery (ASMBS) and American College of Surgery (ACS)	581
Alan A. Saber, Moataz M. Bashah, and Sharon Zarabi	
64 Medico Legal Issues in Bariatric Surgery	585
Omar Khan and Marcus Reddy	
Section XIII Miscellaneous Topics	591
Honorary Section Editor - Omar Khan	
65 Nutritional Management after Bariatric Surgery	593
Gail L. Pinnock	
66 Management of Extreme Obesity (BMI > 60 kg/m²)	603
Shaw Somers and Nicholas C. Carter	
67 Respiratory Considerations and Effect of Bariatric Surgery in the Obese Patient	613
Manoj K. Menon and Angshu Bhowmik	
68 Infertility, Pregnancy, and Bariatric Surgery	623
Rahat Khan	
69 Non-alcoholic Fatty Liver Disease (NAFLD) and Bariatric Surgery	629
Shlok Balupuri, Angela C. Cheung, Kamal K. Mahawar, and Quentin M. Anstee	
70 Cancer, Obesity, and Bariatric Surgery	637
Duff M. Bruce	
71 Psychological Issues Before and After Bariatric Surgery	643
Vanessa Snowdon-Carr	
72 Health-Related Quality of Life Before and After Bariatric Surgery	653
Jane Ogden and Amelia Hollywood	

Section XIV Special Topics	659
Honorary Section Editor - Vinod S. Menon	
73 Management of Bariatric Emergencies by the General Surgeon	661
Christopher Peters, Gianluca Bonanomi, and Evangelos Efthimiou	
74 The Role of Primary Care in Bariatric Surgery	673
David William Haslam	
75 Intensive Care and Obesity	683
Katrin Eigener	
76 Radiological Imaging in Bariatric Surgery	689
Kamini Patel	
77 Adolescent Bariatric Surgery	707
Bradley C. Linden and Sean J. Barnett	
78 Body Contouring Surgery after Bariatric Surgery	713
Mark Soldin, Charles Jack Bain, and Maleeha Mughal	
Index	723

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