

Update on Bariatric and Metabolic Surgery for Management of Complicated Obese Patients

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I have no disclosures

Laparoscopic/Bariatric Surgeons and APPs

- William S. Richardson, MD
- James B. Wooldridge, MD
- Jessica S. Koller Gorham, MD
- Amber Weydert, PA-C
- Banee Madison, PA-C

Other members of our Team:

- Registered Dietitians
- Medical Assistants
- Bariatric Clinical Care Coordinators



What Is Criteria for Bariatric Surgery?

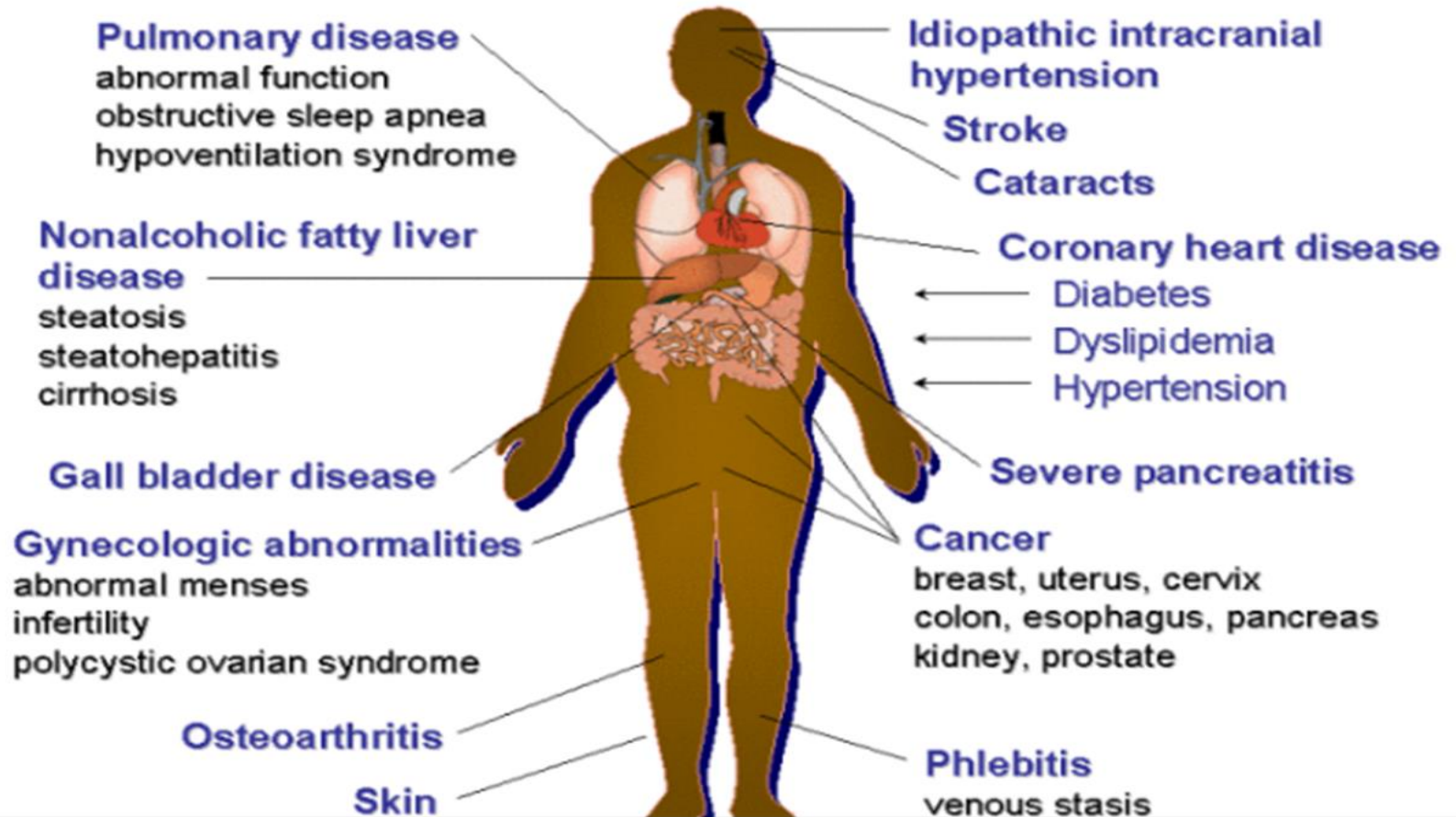
- Defined as greater than 200% of ideal weight, more than 100 lbs. overweight, or a Body Mass Index (BMI) of ≥ 40
- Clinically severe obesity is when serious medical conditions occur as a direct result of the obesity

- Types of Obesity Based on BMI

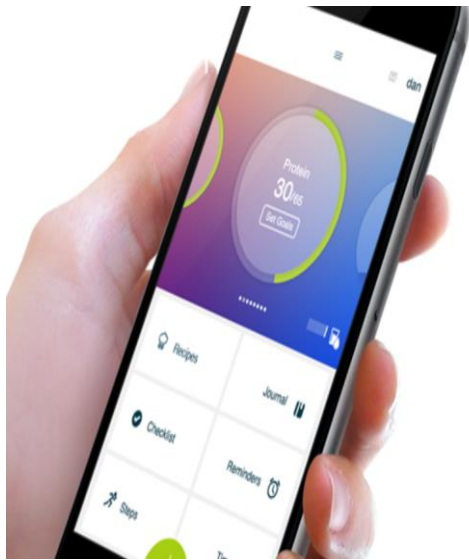
- | | |
|------------------------|-----------------|
| • Normal | 19-25 |
| • Overweight | 25-30 |
| • Obese Type I | 30-35 |
| • Obese Type II | 35-40 |
| • Morbidly Obese | greater than 40 |
| • Super Morbidly Obese | greater than 60 |



Medical Complications of Obesity



Did you know: Obesity is the 2nd leading cause of death in the United States and leads to early death in >50% of people



Download our Baritastic App to Stay Connected

Download the app and enter the code below in the "Connect to My Program" section: 22701

Enter a code specific to Ochsner into the Baritastic app.

Important contacts, diet guidelines, discharge instructions, and more are accessible for patients in the Baritastic app

Track food:

Calories, Protein, Fat, Carbs, Automatically Tracked

Scan Packaged Food Barcodes

Water Intake

Comprehensive Bariatric Surgery Work Up

- Psychology Clearance
- Clearance by your PCP or other specialists may be required
- Dietician visits



Laura Laborde, R.D.



Marian Vigo, R.D.

Building an Active Lifestyle

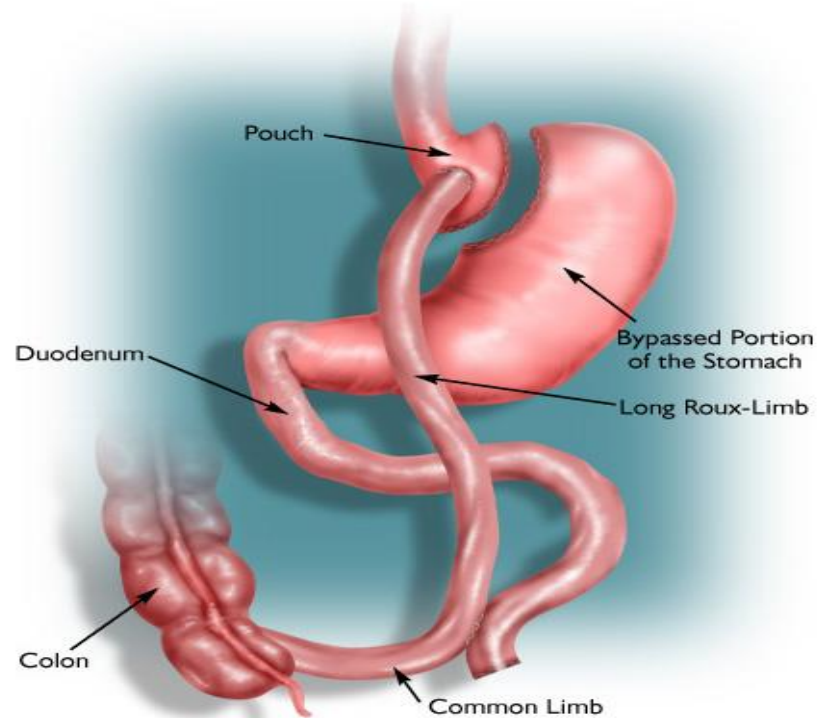
- Walk, Bike, Swim, Exercise Videos, Chair Exercise
- Ochsner Fitness Center

Insurance

- Ochsner Bariatric Clinic does not take primary insurance of Medicaid
- Potential surgery candidate - verify with insurance if you have bariatric benefits:
 - ROUX-EN-Y GASTRIC BYPASS (CPT CODE 43644)
 - SLEEVE, GASTRECTOMY (CPT CODE 43775)
 - REVISIONAL BARIATRIC SURGERY
- You will meet with our Financial Counselor who will help you understand your coverage

Laparoscopic Roux-en-Y Gastric Bypass

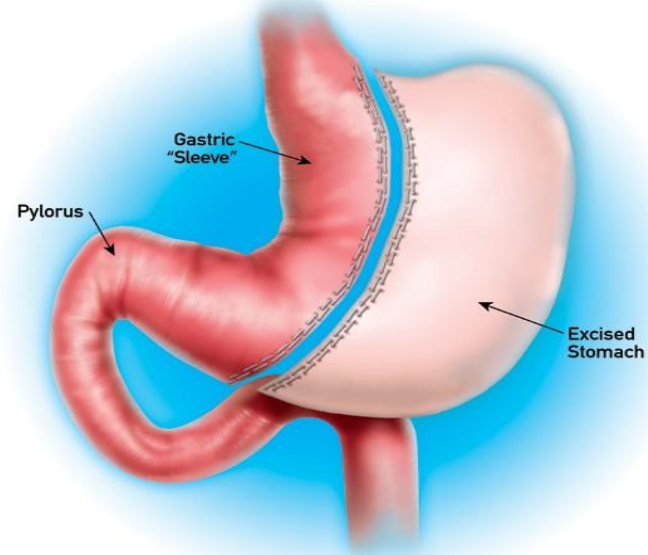
- A small stomach pouch is made and the first part of the small intestines is bypassed
- Early satiety, hunger suppression
- 60-80% EBW loss
- Risks Include:
 - Anastomotic leak
 - Bleeding
 - Infection
 - Blood Clots
 - Dumping syndrome
 - Unmask lactose intolerance
 - Marginal ulcer
 - Internal Hernia



Roux-en-Y Gastric Bypass

Sleeve Gastrectomy

- Restrictive and neuroendocrine effects
- 80-85% of the stomach is removed; irreversible
- Early satiety, hunger suppression, and improved glycemic control
- 50-70% EBW loss
- Risks Include:
 - Leak from staple line
 - Intractable GERD
 - Bleeding
 - Infection
 - Blood Clots



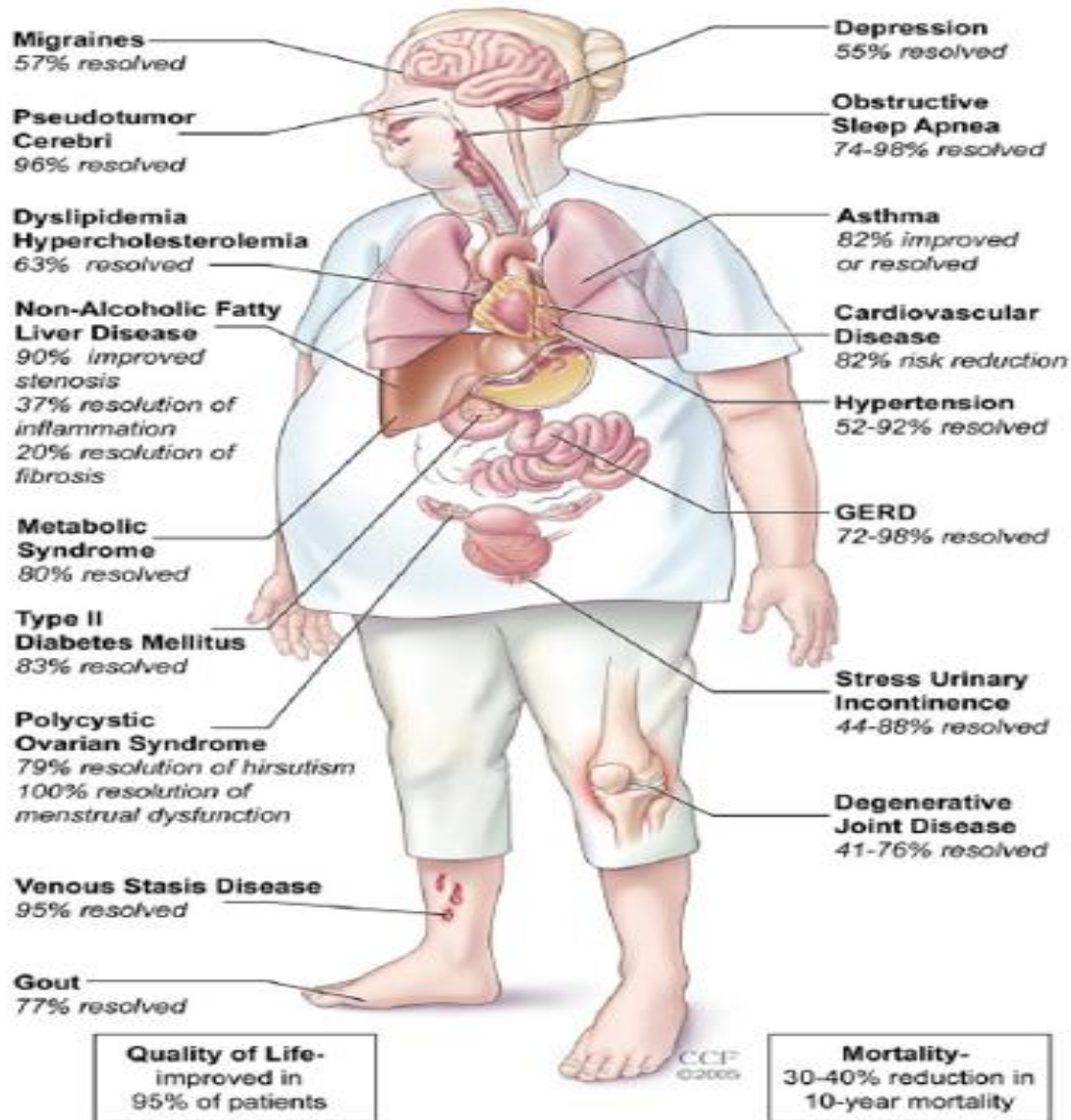
EBW = Excess Body Weight

Sleeve Gastrectomy

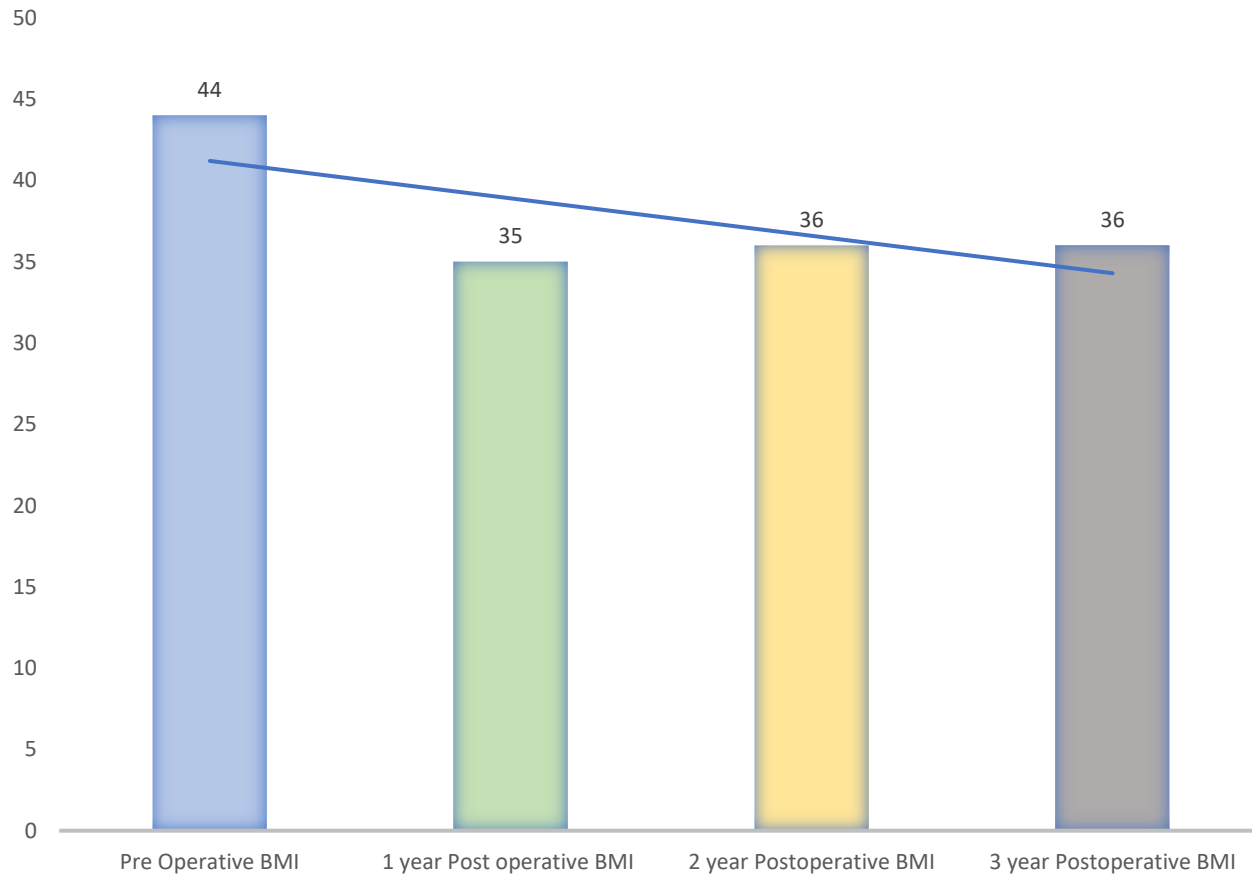
Side Effects of Surgery

- Post-prandial pain, nausea, or vomiting
- Bloating
- Dumping Syndrome - helps reinforce healthy diet
 - (Gastric Bypass Only)
- Nutrient Deficiencies
- Loose Skin
 - Pannus, arms, legs; insurance may or may not cover removal

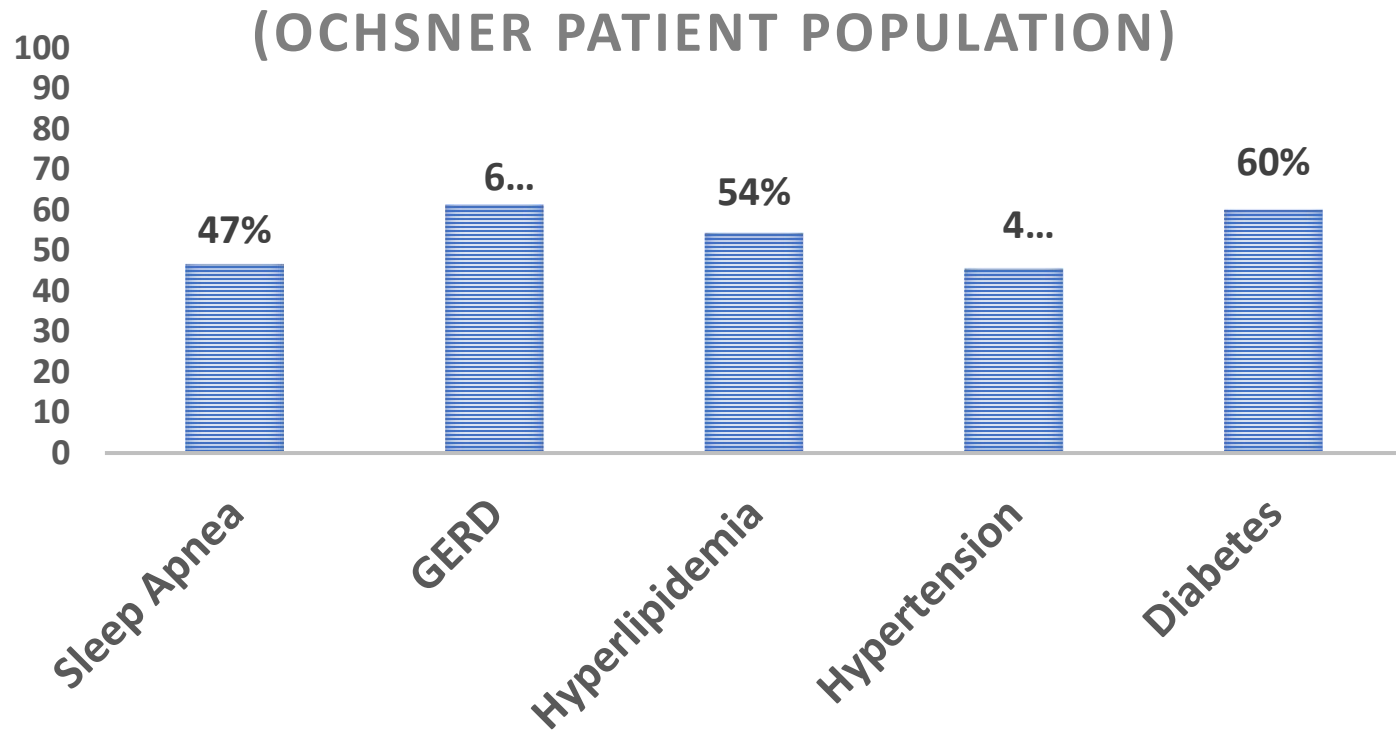
Benefits of Bariatric Surgery



Before and After, Average BMI 1, 2, & 3 years after surgery



Percentage elimination of various comorbidities 1 year after surgery



Post-Operative Course

- Walking the evening of or day after surgery!
- Liquid diet starts evening after surgery
- Patients are at high risk of dehydration
- Follow-up appointments at 2 weeks, 2 months, 6 months and 1 year, with annual visits thereafter
- Close monitoring of vitamin/nutrient status
- Return to work schedule
 - At 1-2 weeks (with light duty until 6 weeks)
 - At 6 weeks can resume regular duty

Diet Progression After Surgery

High Protein Liquids Phase



Puree Foods Phase



Soft Foods Phase



Regular Bariatric Diet
(3 months after surgery)



Lifelong Nutrition Goals

- Meet fluid goal of 48 to 64 oz per day
- Take vitamins daily
- Consume a minimum of 80 grams of PROTEIN per day
 - Always eat protein foods first!
 - Not enough protein affects healing, causes muscle and hair loss
- Eat decreased portion sizes
- Avoid refined sugar and fried foods to prevent dumping syndrome

How does Ochsner provide long term support?

Patients are an equal partner in their success story

- Surgical Weight Loss Support Groups - New Orleans
- Partnership with Ochsner Fitness Center
- Close follow-up after surgery
- Telemedicine visits available for your convenience
- Crescent City Farmers Market
 - Top Box Foods
 - Affordable, nutritious options

Bariatric surgery and Quality of Live

- 7 years after bariatric surgery, SLEEVEPASS trial, randomized
- Sleeve and bypass significantly increased QOL
- Bypass had significantly more weight loss than sleeve

JAMA Surg 2020 Online ahead of print

Bariatric Surgery Decreases Rate of Sight Threatening Diabetic Retinopathy

- Meta-analysis, 14 studies included, 110,300 DM/252,289 control patients
- Significant fewer patients with worsened DR at one year.

Caberry W Yu et al. Am J Ophthalmol 2021

Bariatric Surgery Decreases CV Risk

- Reduces macrovascular complications in pts with 2DM
- 50% reduction in macrovascular complications and 61% reduction in all cause mortality in 2DM

Obes Surg 2021 Jan 7, meta-analysis

- Bariatric surgery significantly decreases the risk of MI and Stroke

Ann Surg 2020 Nov 18, Matched cohort study

Bariatric Surgery Decreases Cancer Risk

- Meta-analysis
- 35% less risk of colon cancer
- Br J Surg 2020 Mar 107(4)
- Systemic review
- Decreases cancer incidence and cancer mortality
- Obes Surg 2020 Apr 30(4)
- Population based cohort study
- Reduced cancer incidence at a population based level
- Obes Surg 2019 Mar 29(3)

Bariatric Surgery Decreases Mortality

- Meta-analysis, Systemic Review
- Decreased all cause mortality, reduced CV mortality, reduced 2DM, reduced incidence of HTN, reduced HLD, reduced ischemic heart disease

PLoS Med 2020 July 28;17(7)

Obligatory SARS-CoV-2 Slide

- Meta-analysis, 3 retrospective studies, 9022 patients
- Lower rate of mortality and hospital admission
- Rate of mortality was 133 vs 33/100 without vs post bariatric surgery
- Rate of hospitalization was 412 vs 164/1000 without vs post bariatric surgery

Obes Surg 2021 Jan 8;1-7

Bariatric Surgery Decreases Hepatic Failure

- Meta-analysis
- RBY is the most effective therapy for NASH (also Pioglitazone)
- For every 1% decrease in BMI there was a 1.3% reduction in NAS

Diabetes obes Metab 2020 Dec 23

Bariatric Surgery Bridge To

- Transplant
- Heart transplant with LVAD
- Joint replacement

Frequently Asked Questions about Cost

CareCredit
Organization



Do you accept Medicaid?

We currently do not accept Medicaid.

Does my insurance company cover surgery?

Call our Bariatric Surgery Financial Counselor at **504-842-0173** to discuss your coverage and deductible.

Any available assistance with cost?

Credit Care is a healthcare financing service to offer a line a credit to cover out of pocket cost or apply for a loan through a bank or credit union.

Why do I have to commit to so many visits before I can have surgery?

Some Insurance Company Requirements Include:

- 6 month physician-supervised nutrition and exercise program
- Documentation of a 2 and/or 5 year weight history

Patient Results!

Questions? Contact me...

wrichardson@Ochsner.org
504-842-4883

