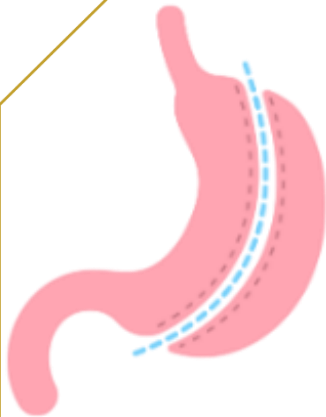




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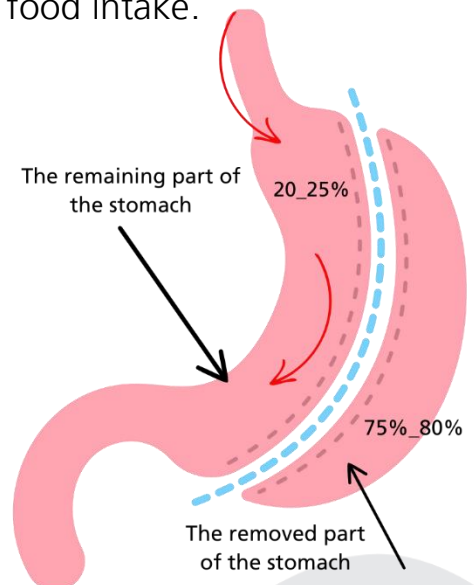
مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Gastric Sleeve



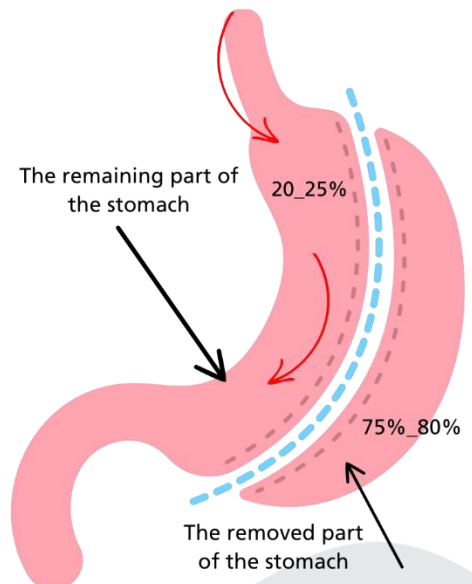
What is gastric sleeve?

A gastric sleeve, also known as sleeve gastrectomy, is a surgery that reduces the size of the stomach and reshapes it into a narrow tube-shaped structure. After the surgery, the stomach becomes much smaller, making it harder to stretch when eating, and produces less of the hormone ([ghrelin](#)) which is responsible for causing hunger. As a result, people feel full with less food intake.



What is gastric sleeve?

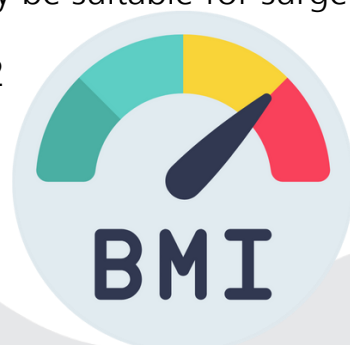
Compared to gastric bypass surgery, sleeve gastrectomy is considered less aggressive because it does not involve rearranging the intestines. This reduces the likelihood of malnutrition. Additionally, unlike other weight loss surgeries, no permanently implanted device is required for sleeve gastrectomy.



When is the surgery recommended?

Surgery for weight loss is **ONLY** advised for those who have any of the following conditions:

- BMI [body mass index] greater than 35.
- BMI over 30 with a significant obesity-related medical condition (such as diabetes, excruciating joint pain, sleep apnea, and many more) that would be alleviated by losing weight.
- Some racial groups, such Indians and Southeast Asians, are more likely to be truncally obese and will therefore be affected by obesity at lower BMIs; as a result, these patients may be suitable for surgery at a lower BMI of 27.5 kg/m²



What are the contraindications of the surgery?

Here are the contraindications that you need to consider:



Current drug and alcohol abuse



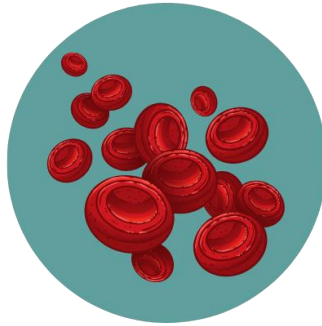
Uncontrolled and untreated eating disorders (bulimia)



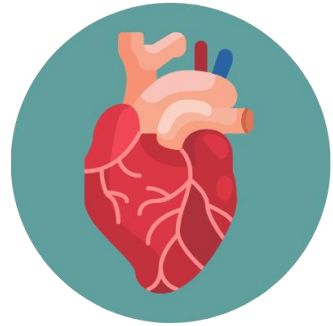
Untreated major depression or psychosis



Inability to comply with nutritional requirements, including lifelong vitamin replacement after the surgery



Severe coagulopathy



Severe cardiac disease with prohibitive anesthetic risks

What are the complications?

It's important to keep in mind that all surgeries come with risks of complications, and sleeve gastrectomy is no exception. However, the likelihood of complications occurring with this surgery is less than 1%. Some of the surgical complications may include:

- Bleeding
- Infection
- Reactions to anesthesia
- Leaking from the staple line.



What are the complications?

After the surgery, some people may experience long-term complications, which are typically treatable. These complications may include the development of:

- Scar tissue that narrows the stomach causing nausea, vomiting and difficulty eating.
- Nutritional deficiencies can occur as it becomes harder to get enough nutrients when eating much less. People who undergo bariatric surgery are usually prescribed daily nutritional supplements for life.



What are the complications?

- Gastroesophageal reflux can also be a complication, and some people who had acid reflux prior to surgery may experience it worsening afterward. However, medication can often help treat this. Finally, rapid weight loss caused by the surgery can make gallstones more likely, leading to pain after eating. In this case, another surgery called a [cholecystectomy](#) may be necessary to remove the gallbladder.



What are the outcomes?

The gastric sleeve procedure has a high success rate, with individuals typically losing around 60 to 65 % of their excess body weight within two years of the surgery. For someone who is 120 pounds (54.43kg) overweight, this means losing approximately 72 to 78 pounds (32.7 to 35.38 kg). However, just like with gastric bypass, it is crucial to maintain a healthy lifestyle following the surgery for long-term success. It's worth noting that the long-term outcomes of gastric sleeve surgery can vary more than those of gastric bypass.





Comments:



Sources and references:

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Review and audit:

The content of this booklet has been reviewed by consultants of General, Bariatric and Minimal Invasive Surgeryat Department at King Fahd University Hospital.

General, Bariatric and Minimal Invasive Surgery

Department

Health Awareness Unit

IAU-24-517



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