

INFORMATION OVERVIEW FOR LAPBAND PATIENTS

Obesity is a common medical problem in our society. There are different ways of defining the levels of obesity. The most commonly used is Body Mass Index (BMI).

Body Mass Index BMI = Weight (kg) / Height (m²)

eg A person of 120 kilos and 165cm tall : $120 / (1.65 \times 1.65) = 44$

Severe obesity (BMI > 35) is associated with major medical, physical and social problems and is a result of an imbalance between calorie intake and energy expenditure.

There is a long list of serious illnesses that are either caused by or made worse by obesity. These include Type 2 diabetes, hypertension, heart disease, sleep apnoea, orthopaedic joint problems and some cancers. As a result, obese people have reduced life expectancy.

Difficulty with physical activity, social isolation, feelings of embarrassment, employment challenges, and poor self esteem and body image can collectively contribute to reduced quality of life and depression in people who are obese.

Substantial and sustainable weight loss is rarely achievable with dieting, even in closely monitored medical studies. Current best practice is for surgical intervention together with long term lifestyle modification.

The aim of bariatric (weight loss / metabolic) surgery and accompanying lifestyle modification is to reduce BMI down to a stable sustainable level which provides dramatically improved health outcomes and reduction in the health risks of the above-mentioned diseases.

Making corrections to eating behaviours, food and beverage choices and snacking / grazing (nonhungry) eating patterns requires perseverance and practise. This, together with developing a regular routine of physical activity will provide patients with a proven method of sustainable weight loss.

The Doctors, Dietitian, Psychologist and Exercise Physiologists are dedicated to provide the long term support and evidence- based care required for best results after surgery.

REALISTIC EXPECTATIONS FOR WEIGHT LOSS

At the initial consultation with the doctor a "target weight" will be discussed. This is calculated on the basis that the average weight loss after lap band surgery is generally between 50 - 60% of the excess weight over a 1-2 year period. Younger and more active people tend to lose more weight than older and less active people. The rate of weight loss is roughly 0.5 - 1 kilo per week although this can vary throughout your journey. The amount of weight you will lose is determined by several factors : the integrity of the surgical placement of the band, optimal adjustment of the band to achieve early satiety (satisfaction) after consuming a very small nutritious meal of solid food, your understanding of the recommendations regarding eating behaviours, food and beverage choices and the regularity of planned exercise and activity.

We know that any sustained reduction in weight will lead to improvements in the medical conditions associated with obesity. It is not necessary to achieve "ideal" weight for improved health. Significant sustained weight loss is a great outcome, even if the resulting BMI is above 26.

HOW DO YOU GET THE BEST RESULTS FOR YOU?

Undergoing lap band surgery with the AOS / Innovations Healthcare team means that you are in a partnership with us. OUR RESPONSIBILITIES are that you have a safe and correctly performed operation, and that you are provided with the best follow-up and accurate information by our team of doctors and allied health professionals. YOUR RESPONSIBILITIES are that you understand the guidelines of eating, planned exercise and activity as discussed in this information pack, and that you attend for follow-up at the clinic.

HOW DOES THE BAND WORK?

With optimal adjustment (green zone), the lap band reduces your hunger. When you eat a small solid food meal you feel satisfied, not hungry any more. We refer to this feeling as SATIETY. The band induces early satiety. It does this by pressing on the nerves in the stomach wall which signal the brain, especially when we eat solid food.

You will be given a Green Zone Card by the doctor at your first appointment after surgery. You will learn how to judge whether your band is too loose (yellow zone), just right (green zone) or too tight (red zone)

Remember to check in with this zone card every couple of weeks - if you think you are not in the green zone, its best to come in to see us. We can then discuss your situation. Band adjustments are simple and performed in the rooms at AOS/ Innovations Healthcare. It is common to require up to 6 or more adjustments in the first 6 months or so to achieve green zone.

It is particularly important to be aware of red zone symptoms. Red zone = band is too tight :- you might experience frequent difficulty in swallowing solid foods, food getting stuck, regurgitation or vomiting, coughing at night. You may find that you are choosing "easier" softer foods. Its **not** a good idea to put up with these problems - please ring and come in. Complications can occur and weight loss is compromised when you are in the red zone. Vomiting when you are unwell with gastro or other illness is potentially harmful to you and the band. It is important that you contact us at any time including after hours by ringing the office number (08)83592411 or 1300622772. Vomiting needs to be managed **immediately**.

GUIDELINES FOR LIVING HAPPILY AND HEALTHILY WITH YOUR BAND :

These are the most important guidelines to help you achieve the best outcome for your health and to look after your band. It is your responsibility to understand and incorporate these into your daily living :-

1. 3 Small meals a day

When you are "in tune" with your body, you will recognise that you get hungry in the morning, afternoon and evening. Eating when you are hungry seems obvious. Becoming aware of your hunger signals and recognising when you are satisfied, or not hungry, are important and fundamental steps towards improved eating behaviours.

2. Aim to reduce eating between meals

Between meals, you may think you are hungry. If you are, it may be that your band is in the yellow zone, and you need to have an adjustment. But it may also be that your previous meal was lacking in protein. Or it may be that a drink will suffice. A small healthy snack is a good idea if you are hungry, to help you get through to the next meal. We will discuss these things with you.

3. Eat slowly, stop eating when you are no longer hungry

This skill is one of the key steps to success for weight loss and long term weight control. It is important to understand that the lap band induces early satiety (satisfaction) but does not restrict the amount of food you can eat. It is your responsibility to end the meal when you are satisfied. Eating more food beyond that point is possible, but it is overeating. Overeating will not only sabotage your weight loss, but potentially contribute to complications with your band.

Eating slowly is critical to help you lose weight and to look after your band. Using a small plate of bread and butter size or small bowl is very useful. Placing your cutlery down on the table between every mouthful is an excellent method of slowing down. Its a great behaviour to model for your family - we need to look after the next generation!

4. Focus on nutritious foods

Healthy, nutritious foods of solid texture tend to help you feel satisfied for longer after eating, for example, foods containing protein and those higher in fiber. High energy “indulgence” foods and drinks are to be enjoyed occasionally in moderation.

5. Beverages

For weight management, most of your energy intake should come from food rather than beverages, so try to minimise high energy drinks such as soft drinks, full cream milks, energy drinks, juices and alcohol. These are “occasional” or “sometimes” drinks rather than everyday water substitutes.

6. Planned Exercise

Burning up the fat stores by exercising not only contributes to weight loss but also independently improves insulin sensitivity, diabetes, high blood pressure, balance and strength and well being. Aiming to get regular planned exercise that is accessible and enjoyable is recommended. Our exercise physiology team will help you.

7. Incidental Activity

This is the activity we do every day in the course of our working life and leisure time. Standing, walking, fidgeting, using the stairs, being outside more all contribute in a positive way to weight loss and wellbeing.

8. **Always** keep in contact with us

Evidence shows that successful patients are those who attend follow-up regularly. Guidance and support with lifestyle and behaviour changes is very important for success especially when patients are having difficulties. We urge you to keep your regular review appointments with the doctors, dietitian, exercise physiologists and clinical psychologist. We encourage you to contact us anytime you are having problems.