

UW Medicine

WEIGHT-LOSS SURGERY



At UW Medicine, our weight-loss surgery team helps patients who are obese shed pounds and regain their health. We've been providing expert, compassionate care to residents of Seattle, the Pacific Northwest and beyond for more than 30 years – and we're one of only six weight-loss surgery centers in the United States funded by the National Institutes of Health to study the outcomes of bariatric (weight-loss) surgery.

Individualized care, exceptional service

The UW Medicine weight-loss surgical team understands how important these procedures are to our patients' lives. That's why we are dedicated to supporting you every step of the way – from the initial consultation through expert surgery and comprehensive follow-up care.

Our approach to weight-loss surgery

The UW Medicine weight-loss surgery team believes in a collaborative approach to health care. Our physicians first carefully assess your health history, medical issues and body type. Then we'll discuss the various weight-loss surgical options, making sure you receive the support and education you need to make an informed decision.

This combination of customized care, innovative treatments, education about your weight-loss surgery options and continual support ensures that you receive the right surgery and the appropriate follow-up care.

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Need more information?

Contact our weight-loss surgery team at 206.598.2274 or visit us online at uwmedicine.org/weight-loss.

Our Services

We perform three operations for surgical weight loss: the Roux-en-Y Gastric Bypass, the Laparoscopic Adjustable Gastric Band (Lap-Band®) and the Sleeve Gastrectomy. Each of these operations has advantages and disadvantages, which your surgical team will discuss with you in detail.

Roux-en-Y Gastric Bypass

In the Roux-en-Y Gastric Bypass, your surgeon divides the stomach just below the esophagus, creating a small pouch about the size of an egg; this pouch is then connected directly to the small intestine, bypassing a portion of your small intestines. Because the stomach is reduced in size, you'll feel full after eating less.

Sleeve Gastrectomy

In the Sleeve Gastrectomy, your surgeon permanently removes between 85 percent and 90 percent of your stomach, leaving a thin, narrow tube of stomach. The reduced size of your stomach results in eating less and losing weight. Because the stomach is reduced in size, you'll feel full after eating less.

Laparoscopic Adjustable Gastric Band (Lap-Band) Procedure

In the Adjustable Gastric Band procedure, your surgeon places a small inflatable silicone band around the top of the stomach, creating a small pouch the size of an egg, which allows you to eat less, still feel full and lose weight. The band can be adjusted to ensure you get the appropriate fit – and to encourage continued weight loss.



Is weight-loss surgery right for me?

Weight-loss operations can have an enormous impact on your life in terms of number of pounds lost, and overall improvement in your health and quality of life.

Candidates for weight-loss surgery have a BMI over 40 or a BMI of 35 or greater along with significant weight-related medical problems such as diabetes, heart disease, or severe sleep apnea.

Other criteria include:

- being overweight for more than five years
- having had only short-term success with previous serious attempts to lose weight
- having a primary physician
- being prepared to make substantial changes in your eating habits and lifestyle