



Capital Health

# Sleeve Gastrectomy Weight Loss Surgery

## Frequently Asked Questions

<b>Question 1:</b>	What types of Weight Loss Surgeries are offered at Capital Health in Halifax?
<b>Answer:</b>	Laparoscopic Sleeve Gastrectomy is the weight loss surgery being performed at Capital Health.
<b>Question 2:</b>	What is Sleeve Gastrectomy?
<b>Answer:</b>	Sleeve Gastrectomy is a procedure whereby 80% of the stomach is removed leaving a small, sleeve (like shirt sleeve) shaped stomach.
<b>Question 3:</b>	Is Sleeve Gastrectomy reversible?
<b>Answer:</b>	No. It is irreversible.
<b>Question 4:</b>	Do you do Bypass surgeries or banding/Lap Band?
<b>Answer:</b>	No. Not at this time.
<b>Question 5:</b>	If I have had weight loss surgery in the past—can I be referred to Capital Health to have this surgery?
<b>Answer:</b>	No. At this point we are only seeing patients who have not had previous weight loss surgeries.
<b>Question 6:</b>	How does Sleeve Gastrectomy work?
<b>Answer:</b>	80% of the stomach is removed. With the stomach smaller, you feel full faster after eating a small amount of food. In addition many of the hormones which stimulate hunger are removed with the surgery—resulting in less cravings and feelings of hunger. The surgery is really just a weight loss tool—the real work involves lifelong commitment to healthy eating, exercise and behavior changes which will support weight loss and healthy weight.
<b>Question 7:</b>	Is there a charge?
<b>Answer:</b>	No. If patients meet the MSI approved criteria-MSI covers the costs of surgery.
<b>Question 8:</b>	Who are appropriate patients for weight loss surgery?
<b>Answer:</b>	Those challenged with the following: <ul style="list-style-type: none"><li>• BMI &gt;40</li><li>• BMI&gt;35 with accompanying chronic disease (for example Type 2 diabetes, high blood pressure, high cholesterol)</li><li>• Failure of medical management over a long period of time to control weight</li><li>• Hypertension or obesity related cardiomyopathy</li><li>• Abnormal Glucose Tolerance or Type 2 diabetes</li></ul>

	<ul style="list-style-type: none"> <li>• Reflux Esophagitis</li> <li>• Severe sleep apnea</li> <li>• Disabling arthritis, chronic low back pain, osteoarthritis, impending knee replacement surgery candidate</li> <li>• Breakdown of skin secondary to excess pannus with ongoing cellulitis or recurrent abscess</li> <li>• End stage obesity syndrome requiring hospitalization</li> <li>• Pseudotumor cerebri</li> <li>• Hyperphagic syndromes</li> <li>• Steatophepatitis and cirrhosis</li> <li>• Hyperlipidemias</li> <li>• Other syndromes</li> </ul>
<b>Question 9:</b>	What is the process for being referred for surgery?
<b>Answer:</b>	See your family doctor. Family doctors will then send off a detailed consult note outlining health challenges related to obesity, your home address including postal code, your phone number.
<b>Question 10:</b>	What is the Fax number that referral from Family Physicians should be sent to?
<b>Answer:</b>	Fax (902) 425-8292
<b>Question 11:</b>	How do I know that my consult has been sent in/received?
<b>Answer:</b>	Do not call. Patients can check with their family physicians offices to determine if consults have been received and expected year of contact.
<b>Question 12:</b>	Is it first come first serve?
<b>Answer:</b>	No. All patient consults are reviewed individually. There is not a list with numbers identifying timing for surgery. Patients are positioned for assessment based on individual health challenges (i.e. uncontrolled Diabetes, High Blood Pressure).
<b>Question 13:</b>	Is preference given to those who were on a wait list prior to 2008 when this new program was developed?
<b>Answer:</b>	No. Again, all consults are reviewed individually. If a consult was sent prior to 2008 it is recommended that a new consult be sent with updated/current health information.
<b>Question 14:</b>	How many patients are interested in/have been referred for Weight Loss Surgery at this point?
<b>Answer:</b>	More than 1500. Referrals are received from the 4 Atlantic Provinces.
<b>Question 15:</b>	Who are the members of the Obesity/Weight Loss Surgery Team?
<b>Answer:</b>	Diana Lawlor MN RN-NP, Janet Plowman PDt, Dr. Michael Vallis Psychologist, Dr. Tom Ransom Endocrinologist, Dr. Jim Ellsmere Surgeon, Dr. Dennis Klassen Surgeon
<b>Question 16:</b>	If I pay can I get this done quicker at this program?
<b>Answer:</b>	No. This is a publically funded program.
<b>Question 17:</b>	What are the youngest and oldest age requirements for weight loss surgery?
<b>Answer:</b>	Over age 19 and younger than 65.
<b>Question 18:</b>	Do people have to eat a particular way post weight loss surgery?
<b>Answer:</b>	Yes. Information can be found on the Capital Health website. Go to

	<a href="http://www.cdha.nshealth.ca">http://www.cdha.nshealth.ca</a> the Obesity Network site can be found under the <b>Capital Health A-Z link</b> . Once on the Obesity Network site see the Related Documents section for a list of diet guidelines.
<b>Question 19:</b>	Do you offer programs for people challenged with obesity not interested or not appropriate for surgery?
<b>Answer:</b>	Yes. In 2008/9 we offered 2 sessions of “Boot Camp” where a focus was on developing lifestyle skills/behavior modification to help with achieving weight loss. These Boot Camps ran 4 times a year Sept-June and July-June.
<b>Question 20:</b>	Do you plan to offer other programs like Boot Camp in 2009/10?
<b>Answer:</b>	Yes. We aren’t sure what as of yet—but it will be posted on <a href="http://www.cdha.nshealth.ca">http://www.cdha.nshealth.ca</a> .
<b>Question 21:</b>	If I have weight loss surgery out of province or country will the CDHA Obesity/Weight Loss Surgery Team follow me?
<b>Answer:</b>	No. Not at this point. You should arrange follow up with your surgery team. This team hopefully had key contacts in your province. Our team is following our surgery patients only.
<b>Question 22:</b>	What if I have an emergency after surgery (severe pain in my abdomen, dehydration, excessive vomiting)?
<b>Answer:</b>	Go to your local emergency department.