

2018-Nov-1

Bariatric Surgery

Introduction

Bariatric or weight-loss surgery is the single most effective treatment for Type 2 diabetes. Within days, long before weight loss has occurred, blood sugar values drop significantly. The reason for this rapid drop is that the surgery itself reduces levels of gut hormones which otherwise tend to counteract the effects of insulin. By 3 months more than 50% of patients are off insulin and other diabetes medication with near normal blood sugars - these benefits are sustained over many years though in most patients with time there is a gradual requirement for reintroduction of medication including insulin. Weight loss in the order of 30% is sustained at ten years in more than 50% of patients.

Dr. Elliott recommends that bariatric surgery be considered for all patients with diabetes who are morbidly obese and who are struggling in any way with their diabetes control or have comorbidities such as heart disease or obstructive sleep apnea.

Bariatric surgery has been available at specialist centers in Europe and North America for more than 40 years. The last fifteen years however have seen big improvements in technique and with those improvements much greater safety, fewer side effects and dramatically effective results. There are three highly recommended laparoscopic (key-hole) surgical procedures Sleeve Gastrectomy, Roux-en-Y Gastric Bypass, and Biliopancreatic Diversion with Duodenal Switch. The first two are currently available in British Columbia at Richmond General Hospital under Drs. Nam Nguyen & Sharadh Sampath. Both are covered by the Medical Services Plan of BC in limited numbers.

A fourth, but less-effective laparoscopic surgical procedure [gastric banding](#) is available in British Columbia privately (not covered by the Medical Services Plan).

An investigational non-invasive bariatric treatment known as endoscopic duodenal-jejunal bypass sleeve (DJBS) has recently emerged as an alternative to bariatric surgery. With this technique an impermeable synthetic sleeve is inserted into the first 60 cm of the small bowel at the time of endoscopy. The sleeve has the effect of delaying absorption of various nutrients. This [review article](#) suggests that sustained weight loss of >20% and odds of reduction of diabetes medication 3.2 better than control can be achieved.

Two BCDiabetes patient video testimonials on sleeve gastrectomy shown [here \(#1\)](#) and [here \(#2\)](#) are representative of the experience that might be expected. The first describes a tough course while the other an easier one. Both patients highly recommend the procedure (sleeve gastrectomy).

To receive local (MSP-covered) treatment the following is required: a referral to Dr. Nam Hoang Nguyen (#09882) or Dr. Sharadh Sampath (#63698) of westcoastbariatricsurgery.com (207-6051 Gilbert Rd, Richmond BC, ph 604-276-0952, fax 604-231-0583, email rghsurgery@gmail.com). Their MOA at the time of writing (2016-Jan-12) is Kathleen. Referrals should include height, weight and a short medical summary including comorbidities.

Kathleen will fax back acknowledgement of receipt of referral. Approximately 18 months later the patient will be contacted for orientation, a 3 hour meeting with team. The same procedure is available privately outside Canada. BCDiabetes has experience with one US centre in Washington State, and two in Tijuana, Mexico.

In Bellingham, Washington, USA

[Eviva](#) (Puget Sound Surgical Center)

106 - 21911 76th Avenue W, Edmonds WA 98026 (or 115-2930 Newmarket St, Bellingham WA 98226)
US\$18100 including all pre-assessment, surgery, anesthesiology & standard post-care (2015-05)

contact: Kairn Dodge, Patient Facilitator
425-232-4187 or 1877-548-2424 ext 215

This program includes a 2 year aftercare program with nutrition counseling, fitness counseling and every three month follow up with the surgeon. Patients can custom fit the aftercare to meet their needs, either in person, by phone or Skype. There is financing available and they accept Medicaid. Patients can go to www.medicard.ca, to apply.

In Tijuana Mexico (two known reputable centres)

Dr. Ramos Kelly, Weight Loss Surgery Clinic, Tijuana, Mexico successfullyslimmer.com
CAD\$8000 all inclusive (flights) 2015-02

go through facilitator "successfully slimmer" (manager) Christi Bearden, christi@successfullyslimmer.com
fly to San Diego - pick up and driver takes you to hospital in Tijuana - there for 2 days, bed for companion, then go to 4 star hotel and visit there 2-3 times per day. Then drive you back to airport and put you on the plane. There is an aid who helps out.

Creds= www.successfullyslimmer.com/Dr_Ramos_Kelly.html

Hospital for Surgery= www.successfullyslimmer.com/Florence_Health_Hospital.html

Dr.Luis Cervantes mexicobarietrics.com in Tijuana

Phone secretary Marie Padraitrey 619-452-1220. Email marie@mexicobarietrics.com