

Dr Laurent Layani



# LAPAROSCOPIC VERTICAL SLEEVE GASTRECTOMY (VSG)

At John Flynn & Pindara Private Hospital  
1300 weightloss (1300 934 448)

Vertical Sleeve Gastrectomy (VSG) is a surgical weight-loss procedure whereby the stomach is reduced to about 15-20% of its original size. A large portion of the curved area of the stomach is removed and the remaining portion is reformed using surgical staples to create a tubular or banana shaped stomach. The procedure permanently reduces the size of the stomach and aids in portion control through early satiety and fullness.

## Who is Sleeve Gastrectomy Most Suitable For?

Weight loss surgery assists those suffering from the medical, physical, and psychosocial effects of obesity. Associated problems often include:

- Diabetes
- Hypertension
- Cardiac Problems
- Sleep Apnoea
- Certain Types of Cancer
- Joint Degeneration
- Social Isolation
- Depression
- Anxiety

The aim of weight loss surgery via sleeve gastrectomy is to significantly reduce the food-holding capacity of the stomach so patients feel full after eating much smaller meals. VSG is more suitable for those in the morbidly obese range: a body mass index (BMI) of 40 or greater. More specifically, the surgery has applications to those who may be advised against laparoscopic adjustable gastric banding (LAGB) due to potential risks and complications. In certain cases patients who are morbidly obese and eligible for either LAGB or VSG may wish to or be advised to consider VSG due to their lifestyle and location. An example may be someone who lives in a remote area of Australia and is unable to meet the logistical demands of managing adjustments with a gastric band.

## About the Surgery

The surgeon converts the stomach into a long tube by stapling it along its length and surgically removing the excess curved portion. This permanent and irreversible procedure has good early results with weight loss and minimal complications. There are limited concerns regarding nutritional deficiencies thanks to all intestinal connections being maintained. This single stage surgery does not require the implantation of a foreign body and requires no ongoing maintenance. Thanks to innovations in laparoscopic surgery, VSG can be done via keyhole techniques, allowing patients to return to normal everyday activities within a few days. With VSG most foods are well tolerated and do not get stuck, as they sometimes do in patients with a laparoscopic adjustable gastric band. As with any form of weight loss surgery, patients are advised to make significant lifestyle changes that include healthy dietary habits and regular exercise.

## Finance Available

To assist you with your weight loss goals, our in-house financial advisor can offer you up to 80% finance on your surgery, thanks to our WeightLoss Solutions Finance Program. Payment options include 12, 18 and 24 months; and, relevant advice is available regarding personal loans, income tax, and mortgage finance.

## Our Options Include:

- Accessing your Superannuation Fund (in extreme cases)
- Accessing your Home Loan
- Weight Loss Finance Loans
- Private Health Fund Cover