

Additional Resources

- **Craving Change™** www.cravingchange.ca
- **ASMBS** <https://asmbs.org/>
- **Obesity Canada** <https://obesitycanada.ca/>
- **Dietitians of Canada** <https://www.dietitians.ca/>
- **Smoker's Helpline** <https://smokershelpline.ca/>
- **The Centre for Mindful Eating** <https://thecentreformindfuleating.org/>

Notes

JUNE 2023

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Saskatchewan Bariatric Surgical Program

Making an Informed Decision

PIER—Patient Information and Education Resource



CS-PIER-0065
Area: Provincial



saskhealthauthority.ca



CS-PIER-0065
Area: Provincial
June 2023



saskhealthauthority.ca

Saskatchewan Bariatric Surgical Program

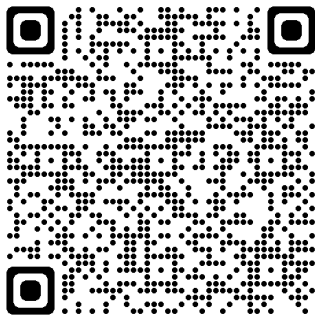
#102 - 1621 Albert Street

Regina, Saskatchewan

Phone: (306) 766-0398

Fax: (306) 766-7551

Website: <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/bariatric-surgical-program>



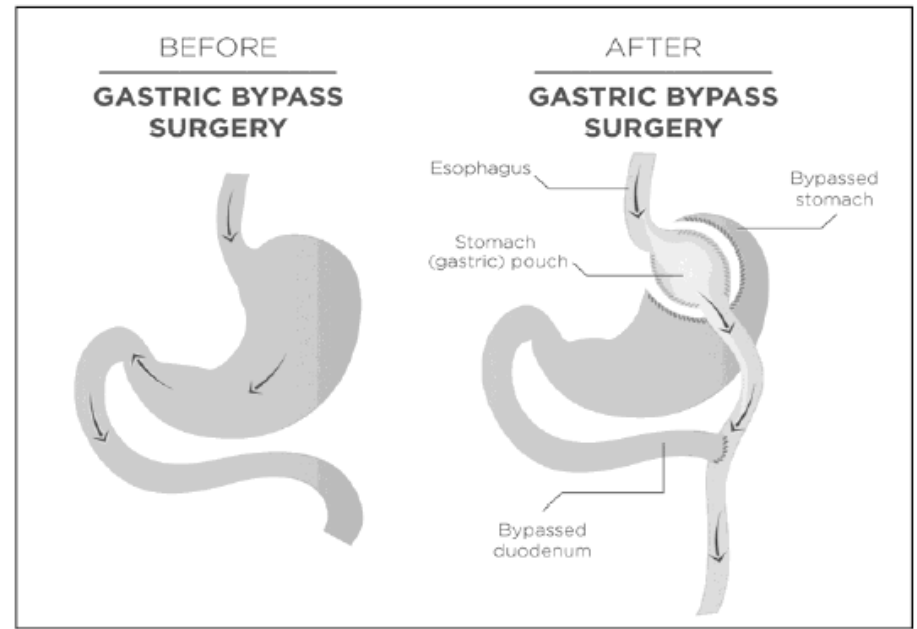
This book provides information to help you prepare for surgery as well as long term success after surgery. The information in this book is to be used for informational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare professional regarding specific treatment or advice.

Roux en Y Gastric Bypass

During this surgery, we will make your stomach smaller — about the size of an egg. Your new smaller stomach will be connected to the middle of your small intestine. After this surgery, the food you eat will skip over (bypass) part of the small intestine.

This means:

- You will have a smaller stomach
- You will feel full faster
- You will not be able to eat as much as before
- Your body will absorb less calories and nutrients
- You will lose about 30% of what your weight is the day of your surgery



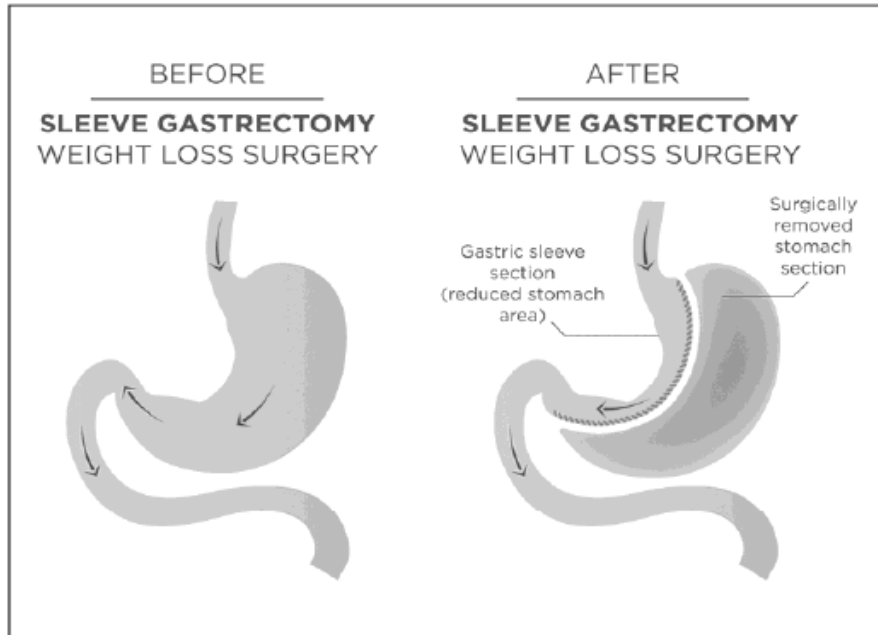
This procedure cannot be reversed.

Sleeve Gastrectomy

During this surgery, we will remove about 80% of your stomach, creating a sleeve-like pouch. This will make your stomach smaller – about the size of a small banana. We will use surgical staples to keep your new stomach closed.

This means:

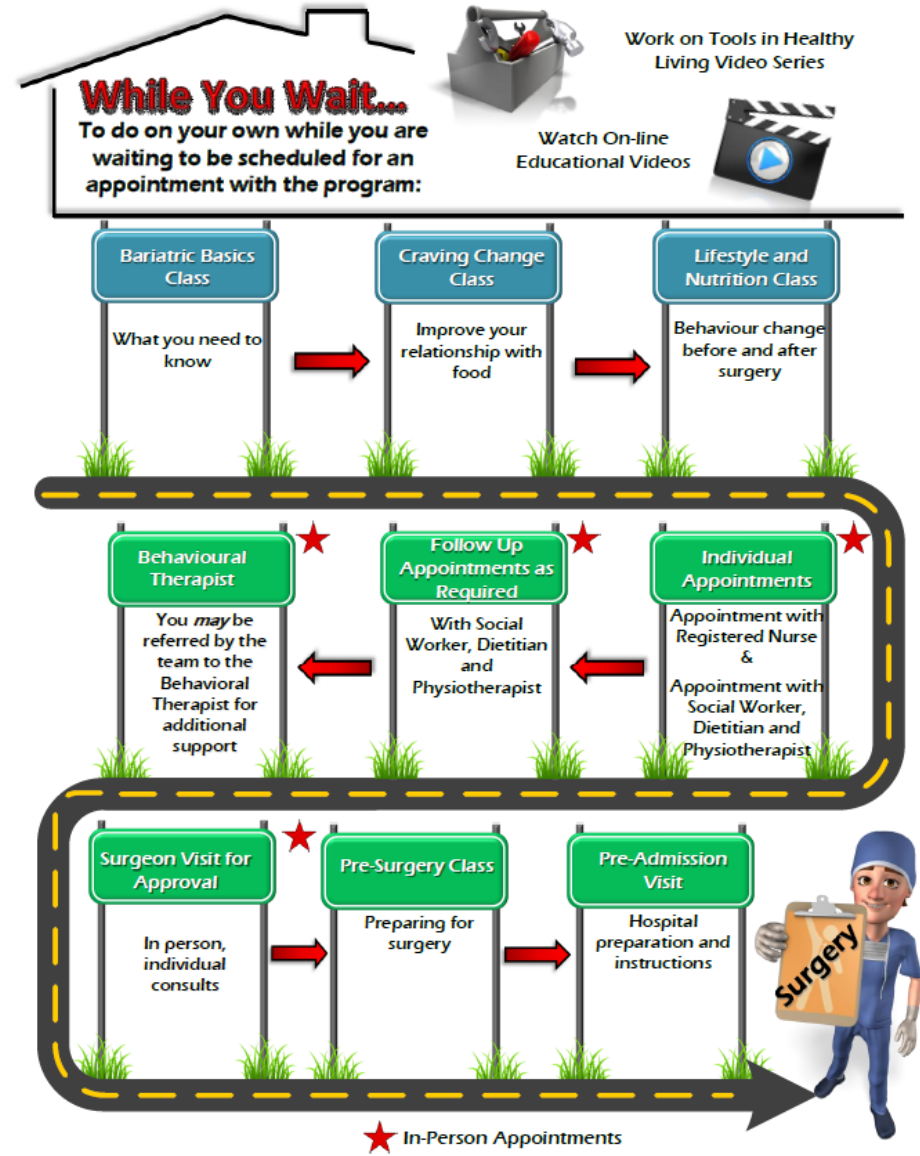
- You will have a smaller stomach
- You will feel full faster
- You will not be able to eat as much as before
- You will lose about 25 to 30% of what your weight is the day of your surgery



This procedure cannot be reversed.

CS-PIER-0065

Saskatchewan Bariatric Surgical Program



CS-PIER-0065

Surgical Risk

Bariatric surgery has a degree of risk, as with any surgery. However, there are unique pros and cons to each surgery which are discussed with you at the clinic. Some of the risks include, but are not limited to:

- Vitamin and mineral deficiencies
- Dumping syndrome
- Nausea and vomiting
- Dehydration
- Leak at the surgical site
- Death

An Important Decision

Considering bariatric surgery is a significant decision. While there are many benefits to surgery, there are some additional factors to consider such as:

- Weight regain
- Excess skin
- Hair loss
- Food intolerances
- Ongoing cost of vitamin and mineral supplements lifelong
- Inability to take certain medications (NSAIDs)
- Requires lifelong changes in eating habits, physical activity and behaviours for long term success
- You must be smoke-free forever

Craving Change™

If you decide to pursue bariatric surgery, our program requires you to complete a Craving Change™ workshop series. This workshop provides you with the tools to have a healthier relationship with food and supports your preparation for surgery and long term success.

Obesity

Obesity is defined as having excess body fat that can threaten or affect our health – it can also make pre-existing medical conditions more difficult to manage. Obesity is a chronic disease that is generally slow to progress and long lasting. There is no cure but obesity can be manageable. Managing weight is a life-long process.

Management of Obesity

Obesity can be managed through diet and lifestyle changes, medications, or surgical options. Surgery is not reversible and should be considered a last option. However, surgery comes with many benefits such as:

- Medication reduction
- Improved blood sugar control
- Improved mobility
- Improved quality of life

Our Program

The Saskatchewan Bariatric Surgical Program is funded by the Ministry of Health for the residents of Saskatchewan. The goal of the program is to prepare you for surgery and provide you with tools to manage obesity. Our team includes many experts in the field of obesity management:

- Surgeon
- Registered Nurse
- Registered Dietitian
- Social Worker
- Physiotherapist
- Physiotherapy Assistant
- Behavioural Therapist

The entire team is here to support you through the program.