

BROUGHT TO YOU BY **RafflesHospital**

from FAT to fab

Thanks to lap banding, also known as bariatric surgery, obesity is no longer a weighty problem



LIVELY and vivacious Alison Lau has always been a little on the chubby side. But little did the marketing manager expect to balloon to a whopping 100kg after the birth of her third child.

Desperate to shed those undesirable kilos and look good again, Alison went on many diets and adopted strict exercise regimes. Still, much to her frustration, Alison made little progress in her bid to lose weight — she would lose only a few kilograms each time which promptly crept up on her again in a matter of months.

Thinking that a tummy tuck might do the trick, Alison went for the procedure. While her abdomen became flat and trim, her thighs, arms, neck and face remained flabby.

Her weight continued to linger around the 100kg region, and she had a Body Mass Index (BMI — calculated by dividing your weight by the square of your height) of 37.

Due to her severe case of obesity, Alison developed diabetes and arthritis of the knees. Finally, Alison opted for lap banding, a procedure that reduces the stomach capacity, hence limiting the amount of food consumed.

Now, three years after the surgery, Alison stands trim at 65kg and has a BMI of 24.2. Her features, framed by a slimmer face, now beam distinctly; she has lost fats around her arms, thighs and neck; she is cured of diabetes, her blood sugar level is back to normal, and the pain in her knees have been alleviated.

Needless to say, the surgery also worked wonders for Alison's

self-esteem. She has received numerous compliments from her friends and colleagues, which has helped to restore her confidence and vivacity.

Gastric banding is a safe and highly effective procedure for severely obese people for whom dieting and exercise have failed.

The procedure is now available at Raffles Hospital under the hospital's newly-launched Bariatric Surgery Programme.

The bariatric team, headed by consultant bariatric surgeon, Dr Baladas HG, includes an endocrinologist and a plastic surgeon.

What is bariatric surgery?

Bariatric surgery is the surgery of the stomach or intestines to help severely obese patients lose weight by reducing their food intake. Laparoscopic Gastric Banding is the latest and safest bariatric operation.

Laparoscopic Gastric Banding

It is a technique in which a silicon band is placed around the upper part of the stomach to create a small pouch. It is performed using a few small keyholes rather than one long, painful incision.

When the patient eats, the pouch fills up rapidly to create a sensation of fullness.

The pouch then empties slowly through the constriction so that the patient does not feel hungry for several hours.

Why bariatric surgery?

Severe obesity is associated with

co-morbidities such as diabetes and high blood pressure.

These can eventually lead to diseases such as heart disease, stroke, kidney failure and even premature death.

Criteria for bariatric surgery

Patients who undergo this surgery should have a BMI of more than 32 with co-morbidities or a BMI of more than 37, with or

without co-morbidities.

What can patients expect after bariatric surgery?

Patients can expect a drastic reduction in appetite, accompanied by a large, steady and permanent weight loss ranging from 20kg to over 100kg. They can also expect a reduction of weight-related complications.

RAFFLES WEIGHT MANAGEMENT PROGRAMME

• Providing Solutions for All Weight Problems •

Raffles Weight Management Clinic provides specialist treatments for weight problems covering the full spectrum of body mass index (BMI).

Whether your BMI is <18.5 (underweight) or >32 (severely obese), our specialists can help you achieve your healthy weight.

Our team of specialists — including endocrinologists, bariatric surgeons, plastic surgeons, dermatologists, dietitians, physiotherapists, and acupuncturists — offer a range of weight management services:

Medical approach

Managing weight through medication, exercise and healthy eating.

Surgical approach

- The use of intragastric balloon
- Bariatric surgery or lap banding

Acupuncture

Stimulating acupuncture points to

improve circulation and the body's self-regulatory system

The Clinic also provides services to complement your weight management programme:

- Behavioural Modification workshops conducted by our psychiatrists
- Liposuction, tummy tuck and other procedures

Our specialists conduct a medical assessment on each person and recommend an individualised programme tailored to your needs.

Contact us for an appointment:

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