



**HDGH  
BARIATRIC  
CENTRE**

# **ORIENTATION MANUAL**



**HÔTEL-DIEU  
ESTÉ GRACE 1888  
HEALTHCARE**



## Definitions

### Bariatrics:

- Deals with the causes, prevention, and treatment of obesity.

### Bariatric Surgery (Weight Loss Surgery, Gastric Bypass Surgery, Obesity Surgery)

- All describe operations done to treat severe or morbid obesity

### Morbid Obesity:

- Medical condition where amount of excess body fat presently severely affects health
- Increases likelihood of developing weight related health problems
- Decreases life expectancy

### Body Mass Index (BMI):

- Measurement of weight in relation to height
- BMI is calculated by dividing your weight in kilograms by the square of your height in meters
- Use an online BMI calculator

BMI Value	Classification	Health risk
Less than 18.5	Underweight	Increased
18.5 to 24.9	Normal Weight	Least
25.0 to 29.9	Overweight	Increased
30.0 to 34.9	Obese class I	High
35.0 to 39.9	Obese class II	Very high
40 or higher	Obese class III	Extremely high

## Purpose of Surgery

- Improve present and future health, live longer and healthier lives
- Offered when risk of surgery is less than risk of living with severe obesity and when other medically supervised weight loss methods have failed.

**How it Works:** Changes the amount of food that can be eaten and the way food is digested

### Restrictive and Metabolic: (*Roux-en-Y*)

- Reduces the size of the stomach and bypasses some of the small intestine
- Most effective for weight loss
- Gold standard weight loss surgery
- May have malabsorption
- Possible reversal of metabolic issues like diabetes

### Restrictive: (*Vertical Sleeve Gastrectomy*)

- Reduces the size of the stomach
- Eat less...fewer calories...lose weight
- Least effective for weight loss, higher incidences of regain, and slower weight loss





### **Related to Bariatric Surgery**

- Leaks: any areas where cuts have been made or where ulcers can develop
- Obstructions (Blockages)
- Narrowing of passages: between esophagus and pouch, pouch and bowel usually from scar tissue or increased swelling
- Large and/or Small Bowel Obstruction: usually from bowels being twisted or moved around during surgery and/or scar tissue from previous bowel surgery
- Internal Hernias: one part of the bowel can push up into another part at attachment spots
- Ulcers (sores on inside of stomach wall): painful, often bleed, may be due to medications like aspirin/ibuprofen, alcohol intake, smoking
- Stomach Problems: continual nausea, vomiting, or not tolerating foods
- Excessive Bleeding: on the inside at the site of surgery or from the cuts on outside
- Pain
- Wound Problems.
- Separation with Hernia – cut on outside opens and intestine bulges through
- Infection

### **Nutritional Side Effects**

- Dehydration and Malnutrition: from not eating and drinking enough water
- Nausea, Vomiting: related to eating technique or to the surgery itself
- Constipation/Diarrhea: may be food related
- Dumping Syndrome: flu-like symptoms due to eating foods high in sugar or fat
- Gallstones/Kidney stones
- Temporary Hair Thinning/Loss
- Excessive Gas/Foul Smelling Bowel Movements

### **Social/Behavioral Side Effects**

- Addictions: food addiction replaced by other unhealthy addictions (alcohol, gambling, shopping)
- Unrealistic expectations:
  - May or may not cause depressive states
  - May or may not cause anxiety
  - May or may improve your self esteem
  - May or may not fix a poor relationship, may cause relationship breakdown
  - Will not allow you to eat whatever you want and not gain weight
- Excessive skin: removal may or may not be covered by OHIP





### Not a Candidate

- Unable to understand risks, follow instructions or commit to the recommended lifestyle change

### Abuse drugs or have a current addiction to:

- Alcohol (Must be alcohol free x3 months before the surgery)
- Tobacco (Must be 6 months smoke free before entering program)
- Illegal drugs or medications (Must be drug free for 6 months)

Note: **Smoking** – is unhealthy for many reasons. It reduces oxygen and blood flow, increases lung and heart complications and risk of blood clots. It can delay wound healing due to poor blood flow and lead to marginal ulcers after surgery. You need to stop smoking 6 months prior to entry into the program and cannot smoke at all after surgery.

**Non-Acceptable Smoking Methods:** Those that do not discourage the “habit” (nicotine vaporizers, electronic or smokeless cigarettes, hookah pipes, chewing tobacco)

- Recent major cancer (life threatening within the last 2 – 5 years)
- Medical risks too high
- Uncontrolled or untreated psychological conditions
- Pregnant or plan to become pregnant within 2 years of surgery
- Less than 1 year post-partum or breast feeding

### Note: Age

- 60 years does not disqualify, but medical and surgical risks are highly increased; possibly more diagnostic tests; possibly less weight loss at a slower rate
- < 18 years of age: incomplete bone grown
- Age 18 – 25 years may have further assessment

### What do I need to stop doing before bariatric surgery?

To prepare for surgery and be in the best health possible to recover, you need to make some lifestyle changes before surgery. Your interdisciplinary bariatric team will advise you as to your plan before surgery. As general guidelines, you must stop:

- Smoking
- Using non-prescription or illicit drugs
- Drinking alcohol, beer and wine
- Consuming caffeine
- Drinking carbonated beverages.

### HDGH Bariatric Centre Services

- **Specialized Medical Team:** Dedicated to providing services related to the preparation, recovery and long term success for those seeking weight loss surgery

### Process:

- Involves many **mandatory** appointments and classes before and after surgery
- Requires commitment from you to arrange for and attend all scheduled appointments





- **C14/13 breath test:** Determines if you presently have an H-pylori infection- you drink a solution, exhale into a bag, measurements are taken (No fee if done through the nuclear medicine department of a hospital). If done at a lab, an out of pocket fee up to \$120.00 can be charged.
- **Gastroscopy:** Long flexible tube (gastroscope) passed through your mouth, down your throat into the stomach and first part of the small intestine (duodenum) to check for any problem.
- **Colonoscopy:** Long flexible tube (colonoscope) passed through your rectum, colon and lower end of the intestine.
- **Cardiac Imaging:** Heart tests like perfusion scans (MIBI) and echocardiograms (Echo) check your heart, heart valves, blood vessels and other structures of the heart; (can pick up previous heart attacks, heart disease, blockages from plaque build-up or other heart problems, and can measure the heart's chambers and functions)
- **Cardiac Stress Test (Exercise Stress Test or a Treadmill Test):** Determines the blood supply to and workload on the heart. (Walk on a treadmill as heart and blood pressure are monitored).
- **Pulmonary Function Tests:** Measures how well you breathe (help diagnose lung diseases like asthma, bronchitis, emphysema, shortness of breath).

### HDGH Bariatric Centre Policies

#### Office Hours:

- 7:30 am to 3:30 pm Monday to Friday
- Last appointment available is no later than 2:30 pm
- Physicians are not here on a full time basis: each doctor usually sees patients one day/week

#### Appointments:

**Due to the large volume of persons seeking weight loss surgery, we ask that you follow our policies regarding appointments. Please arrive 15 minutes before appointment time. Your consideration is greatly appreciated.**

Note: Delays in getting tests done, completing questionnaires or "homework", and cancelling appointments will result in a longer wait time for surgery. (Rescheduling of appointments can take up to 3 months or more because of the large number of patients).

#### Cancellations:

- Call at least 48 hours (**2 business days**) in advance to reschedule an appointment.
- Cancellations with less than **48 hours** will be considered a "**NO SHOW**".

#### No Show:

- Failure to show up for an appointment/s **OR** cancellation with less than 48 hours' notice.
- Two (**2**) "**No Show**" appointments will result in **discharge from the program**.

**Late (20 minutes or more) /Unprepared /Incomplete Paperwork:** Your appointment(s) may be cancelled with the need to reschedule it.

#### Still Smoking:

- Your appointment will be cancelled or **stopped at any time**
- All scheduled appointments will be cancelled and you will be discharged





## Resources

### Internet Sites:

#### **Hôtel Dieu Grace Healthcare Regional Assessment and Treatment Centre:**

- [www.hdgh.org/bariatricsurgerymedicalprogram](http://www.hdgh.org/bariatricsurgerymedicalprogram)

#### **The Ontario Bariatric Network site has detailed information:** [www.ontariobariatricnetwork.ca](http://www.ontariobariatricnetwork.ca)

Make sure to read FAQ's as well

- [www.obesityhelp.com](http://www.obesityhelp.com)
- [www.cpsso.on](http://www.cpsso.on)

**Note:** see "New Focus on Health" hand-out for additional resources

#### **Smokers Helpline**

- 1-877-513-5333
- [www.smokershelpline.ca](http://www.smokershelpline.ca)

#### **Other Resources**

- Family Physician
- Public library

### **Ontario Providers of Bariatric Services**

#### **Hôtel-Dieu Grace Healthcare Regional Assessment and Treatment Centre (RATC)**

Hôtel-Dieu Grace Healthcare 1453 Prince Road, Windsor, ON N9C 3Z4

Phone: (519) 257-5111 Ext: 79100 Fax: (519) 971-9566

- **Dr. J. Shaban** (Medical Director)
- **Dr. R. Cheung**
- **Dr. R. Wilson**
- **Dr. M. Neculau**

