

STREAMLINESURGICAL
become the person you want to be



Weight Loss Surgery

Affordable weight loss surgical packages with world class aftercare for men and women

Page Contents

- 2** Why you can trust us
- 3** Weight loss surgery - what we can offer you?
- 5** How will this help you?
- 8** Prices and packages
- 10** What happens next?



“I can now walk into a room with my head held high without worrying what people think of me.”

Why you can trust us

Streamline Surgical fully understand what people go through when they are overweight, the difficult decision having bariatric surgery can be, and the post-operative care needed for every patient. Bariatric surgery isn't simply about losing weight. The transformation our patients go through in terms of their self-esteem, health and happiness as well as weight loss is what makes our job so fulfilling.

Streamline Surgical is one of the UK's largest obesity surgery practices in the UK. The surgeons and team have unrivalled expertise and experience gained from thousands of weight loss operations.

We operate from respected hospitals run by BMI, Spire Healthcare and Nuffield Health at locations across the South of England enabling patients to have local and convenient access to our facilities. Our experienced multi-disciplinary team will support you every step of the way. We know that the surgery is just one part of your entire transformation to the New You. On hand to help are dieticians, psychologists, physicians and of course our surgeons, so we can help you achieve the results you want and become the person you want to be.

From the first time that you see us you will be in the hands of one of our nationally recognised surgeons, all of whom are members of IFSO* and the British Obesity Surgery Society. We operate one of the major NHS specialist centres. with an enviable International reputation and the same values and levels of care are provided at all our centres.

Together we have a success rate of over 99% and have performed over 4,000 procedures so you will be in the very best hands in the country! We are confident that we can help you get the result that you want. We include the finest aftercare package that is for a minimum of 2 years including all the nutritional support (and the gastric band adjustments) that you will need.

We are proud of our service and the care and support that we are able to provide to our patients. We look forward to starting you on your journey to the new you.

Guy Slater and Shaw Somers



Founding surgeons



*International Federation for the Surgery of Obesity and Metabolic Disorders

Weight Loss Surgery - What can we offer you?

We offer the full range of weight loss procedures including revisions, but the most common procedures are :

- adjustable gastric band
- gastric bypass

Both these procedures are performed laparoscopically (keyhole surgery) which provides the fastest recovery time.

The adjustable gastric band (lap band)

Laparoscopic adjustable gastric banding or lap band is the safest and least invasive operation that produces long-term weight loss. Keyhole surgery, through 4 small incisions, is used to place an adjustable band around the top of the stomach. Weight loss with a gastric band can be very successful, but you will need to work hard with the band to achieve the best results. Unlike the other surgical options, the lap band is fully reversible, although this is not advised as weight regain will occur.

How does the lap band work?

When the band is well adjusted it has a physical and psychological effect. Physically it restricts food intake. When the patient eats a small meal, it stays in the stomach pouch above the band, making you feel full. Like an old-fashioned egg timer the food slowly empties from the pouch into the stomach, the rate of emptying can be slowed down by tightening the band. By reducing portion sizes the band causes slow, steady weight loss. The band also has a psychological effect and when well adjusted patients report control of their appetite and a diminished interest in food.

Your operation

You would be admitted to hospital on the day of surgery. A general anaesthetic is needed for the surgery, it cannot be performed under local or spinal anaesthesia. The surgery is performed laparoscopically and the first stage involves the surgeon making four small cuts in the upper abdomen. Using a digital telescope and long operating instruments the surgeon places a lockable adjustable band around the upper stomach, with a 20 ml pouch of stomach above the band. The band is connected to an inflation port or “button” that is stitched to the muscle, just below the ribs on the patient’s left hand side. It is completely hidden under the skin.



After your operation

After surgery, you spend about an hour in the recovery area of theatre, being closely observed before returning to the ward. When you return to the ward you will be allowed to drink. The pain after surgery is not great and can usually be controlled with paracetamol.

The gastric bypass

Roux en-Y gastric bypass or gastric bypass is the gold standard operation against which all other obesity operations are judged. Globally it is the most common procedure with 200,000 gastric bypasses performed in the US alone each year.

How does a gastric bypass work?

A gastric bypass has both a physical and hormonal effect. Physically it restricts food intake which result in an early feeling of fullness, if a patient with a bypass tries to over-eat then they can experience abdominal discomfort and vomiting. While the majority of the reduction in a patient's calorie intake is attributable to the restriction, initially there is also an element of malabsorption of fat. Long-term malabsorption is probably not a significant factor as your body adapts to the bypass. The bypass also reduces your appetite with some patients feeling far less hungry. Bypass surgery also affects the hormones that control blood sugar and consequently many diabetic patients become non-diabetic immediately after surgery.

Your operation

You would be admitted to hospital on the day of surgery. A general anaesthetic is needed for the surgery, it cannot be performed under local or spinal anaesthesia. Laparoscopic surgery uses six small cuts on the upper abdomen, three are about 1.5cm long and three are about 0.5cm long. Using a digital telescope and long operating instruments the surgeon performs the procedure in a standardised way.

The first step of the operation is to make the Roux en-Y bypass from the small intestine. The small intestine is divided using a surgical stapler 0.75m to 1.25m from its origin, approximately 0.75 to 1.5m from the place of division it is re-joined to the small intestine. This join is made using a combination of a surgical stapler and suturing. The next step is to make a small gastric pouch from the patient's stomach. Surgical staplers are used to form a vertical pouch of approximately 20ml in volume. The bypass is then joined to the pouch using a 1cm diameter join called an anastomosis.

After your operation

After surgery, you spend an hour or two in the recovery area of theatre, being closely observed before returning to the ward. After surgery the you will be allowed to drink small amounts the following morning, building to normal drinking through the first day after surgery. On the second day, you will be introduced to a soft diet and ready for discharge the following day. The pain after laparoscopic surgery isn't usually too bad, and can usually be controlled without too much difficulty. After discharge, most people need two to three weeks off normal activities before returning to work.



How will this help You?

Expected weight loss & health benefits of weight loss surgery

International research including many thousands of patients has shown that on average patients having gastric bypass lose approximately 70% of their excess weight and those having a gastric band approximately 60%.

To illustrate this, an average patient with a Body Mass Index of 45 kg/m², who is 5'6" tall and weighs 19.5 stone is 8.5 stone over their ideal weight. On average with a gastric bypass this patient will lose six stone and have a long-term weight of 13.5 stone.

Many of our patients see a much better weight loss than the average weight loss described. There are of course risks with any surgery and these will be discussed fully and openly with you at your consultation.

Health Benefits

In addition to the weight loss the majority of our patients will also see a dramatic improvement in medical conditions commonly associated with obesity.

- Raised blood cholesterol is corrected in over 70% of patients.
- High blood pressure is cured in over 70% of patients, and medication requirements are usually reduced in the remainder.
- Obstructive sleep apnoea is resolved in 86% of patients, snoring improves for most patients
- Type II Diabetes is cured in up to 90% of patients, often within days of the surgery.
- Reflux of acid is usually cured by the surgery.
- Low back pain and musculo-skeletal pain is usually relieved or improved.

“I finally feel like me again!”

Carole's story

“I am half the woman I was. I am a completely different person”

Carole, 52, from Hampshire, was 25-and-a-half stone and knew that she had to take drastic action when she could no longer play with her young grandchildren and wanted to see them grow up.

When I went to the shops, I always had to find a parking place near the shop so I didn't have to walk very far. Everything was an effort and the future looked bleak. It used to break my heart that I couldn't play with my grandchildren because my body hurt. If I went to pick them up from school, I would be exhausted just walking in.

At the consultation we went through all the options available to me and I never had any doubts that I was doing the right thing. Within a month of my consultation I had the operation. The surgery was a success, the after-care was excellent and I got appointments whenever I wanted them and I still attend a support group. I can honestly say that it has transformed my life.

I feel a completely different person. In the early days the weight came off rapidly, and over the last 18 months I have lost 14 stone and I am now 11st 3lbs. I just don't feel hungry like I used to. My wonderful family has supported me throughout my surgery, and my youngest daughter was inspired to have a gastric band herself last year after seeing the results on me. All my friends are stunned and I'm always getting complimented.

My husband is so proud and still getting used to the new me. I'm half the woman I was. Most of all I have a healthier body and I can lead a normal, active life. I don't feel tired; I jump out of bed and feel so much happier and confident. Now I love shopping for clothes in normal-sized shops. I feel the world has opened up to me – I want to go horse-riding and on a hot air balloon.



Jason's story

“I am finally the person I always knew I could be”

Jason (36) from Kent had battled with his weight for years before turning to surgery to deal with the problem that was drastically affecting his life. At over 27 stone he underwent a gastric bypass with Streamline Surgical.

I hated the way I looked, people definitely treated me differently and whilst I had a loving and supportive wife at home, out in public people would always stare at me. Even in the middle of summer I'd cover up with a coat. I tried every diet available with no effect, I didn't even eat large portions, and nothing would shift my weight.

My family were a real contribution to my decision to take action and deal with the problem head on. I couldn't bear the thought of not seeing those beautiful girls grow up and not being able to be involved in their lives. I was terrified about dying young. Even though I was quite fit I thought I'd have heart attack any day.

Surgery was my last resort but I felt comfortable throughout the whole experience surrounded by staff and a surgeon who really cared.

Since the surgery I've lost over 12 stone and feel absolutely amazing.

I've never felt better; I have so much more energy and feel much more confident in public now that no one stares at me, unless it's in a good way! I'm planning to do a track day, which I couldn't do before because of my weight. I also got to the gym four times a week and play football three times a week, a massive step up from my previous exercise routine. I love to go shopping now and no longer hide behind my bulky coats.



Prices and packages

From our two regional centres at the BMI Clementine Churchill Hospital and BMI Chelsfield Park we can provide you with a complete lap band package for £5,950. or gastric bypass from £10,450. This includes admission to a private room in one of the UK's most respected and trusted private hospitals with all your care provided by surgical teams who between them have carried out over 4,000 weight loss procedures.

| | Basic package | Premium package upgrade | Going local upgrade |
|--|---------------|-------------------------|---------------------|
| Gastric band | £5,950 | +£500 | +£500 |
| Gastric bypass | £10,450 | +£500 | +£500 |
| Private room at the BMI Clementine Churchill Hospital in NW London or BMI Chelsfield Park in Kent | ✓ | ✓ | |
| Free place at a consultation evening | ✓ | ✓ | ✓ |
| A one to one consultation with your surgeon | ✓ | ✓ | ✓ |
| 2 years of aftercare that includes follow up appointments with members of our teams including; surgeons, physicians, specialist nurses and nutritionists | ✓ | ✓ | ✓ |
| Access to our 24/7 Careline for 2 years | ✓ | ✓ | ✓ |
| Access to our patient support groups | ✓ | ✓ | ✓ |
| On the day of surgery we pick you up from your home by car and on discharge we will take you home. | | ✓ | |
| A further 3 years of six monthly appointments with the bariatric nurse specialist. | | ✓ | |
| Access to our 24/7 Careline for 5 years | | ✓ | |
| The choice of a private room in any of our local hospitals including Oxford, High Wycombe, Basingstoke, Guildford, Portsmouth, Winchester, Chichester or Gatwick | | | ✓ |
| Mr Shaw Somers as operating surgeon | +£1,000 | +£1,000 | +£1,000 |
| BMI of more than 50kg/m ² | +£1,000 | +£1,000 | +£1,000 |

All packages are subject to our standard terms and conditions.

Beth's story

“I can finally look in the mirror and be happy”

At 37 years old Beth from Chichester, West Sussex was battling her weight.

The last time I looked at my weight I was over 19 stone but after that I hid from the problem, I couldn't bring myself to look at the scales anymore.

I really started to gain weight after a series of emotional upheavals. With regular trips to the north of England to be close to my family and in between hospital visits to see my father my eating pattern deteriorated.

I came across Streamline Surgical after researching online and booked a consultation. I'd recommend going for a consultation with Streamline Surgical to anyone as it was so useful and really helped me make a decision about my condition.

Throughout the whole process they were so reassuring and were with me every step of the way. The whole team were friendly and understanding and created a really supportive atmosphere. Since having the surgery I have lost 9st 10lbs and have never felt so happy.

My whole life has turned around; I have a much more positive attitude and feel much more confident, I feel I can do anything now!



What happens next?

We recognise that living with excessive weight can be extremely difficult. Studies over the years have shown that obesity not only leads to poorer health but also a shorter life expectancy.

It does not have to be this way.

We can help you lose the weight you have always wanted to and then work with you to both keep it off and improve your life. To ensure that you get the result you want, we include the finest aftercare package that is for a minimum of 2 years including all the support that you will need.

What have you got to lose?

Start the process in complete confidence by talking to someone who has gone through the transformation themselves, and call us free on:

0800 157 7033

or book an appointment or free seminar at:

www.streamline-surgical.com

If you are interested in any of the procedures featured in this brochure, or would just like to talk to someone who has gone through the transformation in complete confidence, then call us on:

0800 157 7033

or visit our website at

www.streamline-surgical.com



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