

King's

مستشفى كينجز كوليدج لندن
King's College Hospital London

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Information for patients

WEIGHT LOSS & BARIATRIC PROGRAMME

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KING'S WEIGHT LOSS & BARIATRIC PROGRAMME

King's Weight Loss & Bariatric Programme provides a comprehensive multidisciplinary approach to obesity and diseases such as diabetes and high cholesterol. Our programme incorporates non-surgical options related to obesity, in addition to nutritional management prior to considering surgical treatment. Our programme ensures high safety standards and uses the most up to date techniques.

Patients that enrol in our programme have a dedicated care coordinator, a 24-hour medical information hotline, and are fully supported if surgery is performed for 6 months.

ELIGIBILITY & PATIENT CRITERIA

To be eligible for our Weight Loss & Bariatric Programme, patients must be over 18 years of age and satisfy the following criteria as per DHA Guidelines in relation to Body Mass Index (BMI).

- Patients with BMI > 40 kg/m² with or without comorbidities*
- Patients with BMI ≥ 35-39.9 kg/m² with one or more comorbidities
- Patients with BMI ≥ 30-34.9 kg/m² with two or more comorbidities

WHAT IS A COMORBIDITY?

A comorbidity in relation to our programme relates to the presence of one or more medical problems you may have, other than the problem of your weight.

Comorbidities include life threatening cardiopulmonary problems such as:

- Coronary artery disease (CAD)
- Type 1 and 2 diabetes mellitus
- Obstructive sleep apnea
- Obesity hypoventilation syndrome
- Fatty liver disease or hepatitis
- Obesity related cardiomyopathy
- Polycystic ovarian syndrome (PCOS)
- High Cholesterol
- Asthma
- Venous disorders
- Severe urinary incontinence
- Joint diseases
- Hypertension
- Infertility
- Pickwickian syndrome
- Gout

All patients will be assessed for suitability by the King's College Hospital Weight Loss & Bariatric Programme Lead during their first consultation and provided a management plan of action.



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Lead General Surgery
Weightloss & Bariatric Lead



DR REGINA WILLS
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DR KARL MILLER
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Specialist Internal Medicine



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Consultant Endocrinology



KRISTEN JACKSON
Dietician



DR DEEPIKA PARIHAR
Psychiatrist

PROCEDURES OFFERED WITHIN THE WEIGHT LOSS & BARIATRIC PROGRAMME INCLUDE:

Endoscopic Gastric balloon

The endoscopic gastric balloon is a recent non-surgical procedure designed to treat extreme obesity by limiting how much you can eat and increasing the feeling of fullness after eating. Using an endoscope, a saline-filled silicone-balloon is placed in the stomach. An intragastric balloon can lead to significant weight loss, up to 10-15% of body weight over the first six months dependent on complementary lifestyle changes.

Endoscopic Sleeve Gastroplasty

The Endoscopic Sleeve Gastroplasty is a type of weight-loss procedure in which the stomach size is reduced by using an endoscopic suturing device, without the need for surgery or removal of part of your stomach. Studies have shown a favorable safety profile, and depending on their initial BMI, some patients lose approximately 17Kg in the first six months.



Gastric banding

An adjustable gastric band is considered the least invasive weight-loss surgery. This procedure involves placing a small inflatable silicone band around the top of the stomach, creating two compartments, with the smaller one at the top, reducing significantly the amount of food your stomach can hold. The gastric banding will help you lose weight by restricting the amount of food you can eat. Usually, this procedure provides a temporary opportunity to lose weight, while you also implement healthy eating habits and exercise.

Mini Gastric Bypass / Omega Loop

The Mini Gastric Bypass, also known as an Omega Loop Bypass is a recent and revolutionary weight-loss surgery. This technique involves the creation of a lesser gastric pouch connected to a shorter intestine loop. A mini gastric bypass is recommended for patients with serious health problems related to extreme obesity such as uncontrolled diabetes and hypercholesterolemia. This operation is not recommended for patients with a BMI less than 45.

Gastric Bypass Roux-en-Y

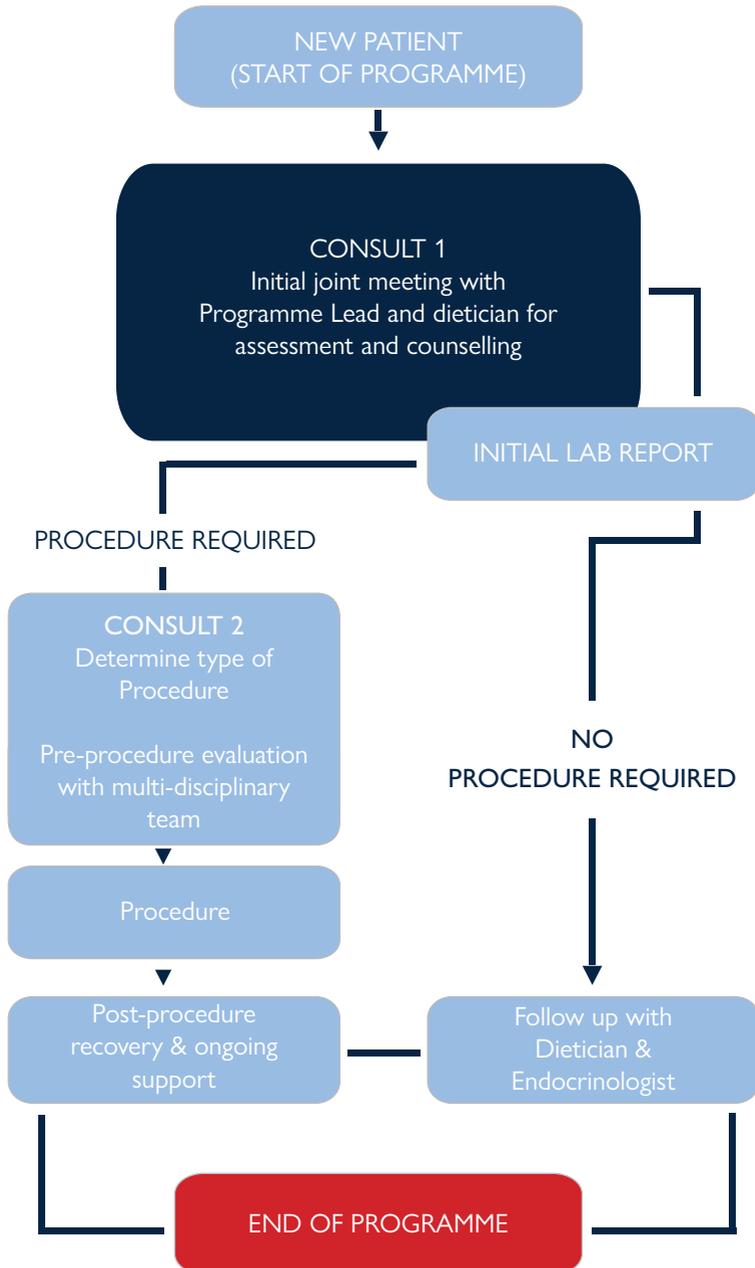
A Gastric bypass Roux-en-Y is a type of weight-loss surgery that creates a new connection between a part of your stomach and part of the small intestine called the Roux limb, forming a “Y” shape. This way, the food you consume will pass only through this new bypass, restricting the amount of fat and calories absorbed from your diet.

Sleeve Gastrectomy / Gastric Sleeve

Sleeve gastrectomy, also known as vertical sleeve gastrectomy, is a procedure where about 80% of the stomach is removed and the remaining stomach forms a narrow tube called a sleeve. The result of this procedure is that it restricts the amount of food you can eat, with less food making you feel fuller when eating.

The choice of procedure if deemed necessary by your doctor, will be tailored to your individual needs.

PROGRAMME OVERVIEW



PRICING

To maximise the success of your weight loss goals, King's does not just offer the option of individual weight loss procedures, but the option of an entire support programme that leverages the full expertise of our multi-disciplinary team, to ensure you have with the best possible chance of improving the quality of your life in the long term.

Discount are available for cash patients, please call +971 4 519 9999 for more details

PROGRAMME DETAILS

- Initial outpatient assessment by the Weight Loss & Bariatric Programme Lead.
- Laboratory and radiology tests.
- Required pre-procedure appointments with the Programme lead and relevant members of the multi-disciplinary team.
- Inpatient or day case procedure.

PROCEDURES OFFERED
Gastric Balloon (Endoscopic)
Sleeve Gastroplasty (Endoscopic)
Gastric banding (Laparoscopic)
Gastric Bypass Roux-en-Y (Laparoscopic)
Omega Loop / Mini Gastric Bypass (Laparoscopic)
Sleeve Gastrectomy / Gastric Sleeve (Laparoscopic)

OPTIONAL 6 MONTH POST PROCEDURE SUPPORT	
Week 1	At each milestone you will receive a <ul style="list-style-type: none">• Physician consultation• Dietician consultation
Week 2	
Week 3	Also included: <ul style="list-style-type: none">• Routine blood tests (HBA1C & CBC)• Vitamin D checks• Two barium enemas
Month 3	
Month 6	

**Find out more about the King's Weight Loss & Bariatric Programme.
Book your appointment by calling +971 4 519 9999.**

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