

This brochure contains important information about morbid obesity and the use of the *LAP-BAND*<sup>®</sup> Adjustable Gastric Banding System as a surgical aid for treatment of this potentially life-threatening condition.

### What is Morbid Obesity?

Morbid obesity exists when excess weight is associated with undesirable implications for general health and when:

- a person weighs at least twice his or her ideal weight
- or
- a person weighs at least 100 lbs. (45 kilos) more than his or her ideal weight.

The above statements provide only a general description of morbid obesity. The exact degree of excess weight is determined using the Body Mass Index (BMI), which employs both weight and height to calculate the measurement.

We use the term “morbid obesity” because this degree of excess weight may considerably reduce life expectancy and is associated with an increased risk of developing conditions or diseases such as:

- Diabetes
- High blood pressure
- Joint problems
- Gallstones
- Cerebral infarction
- Heart and vascular diseases
- Psychosocial problems

With sufficient weight loss, your health can be improved, your risk of developing associated conditions or diseases can be reduced, and the quality of your life can be enhanced.

### How Can You Lose Weight?

#### Non-surgical intervention:

Many overweight people have tried and failed to lose unhealthy excess weight. There are many slimming diets, “cures” and products that advertise success. However, numerous studies have demonstrated that diets and weight-loss aids rarely succeed in helping people achieve the desired result of long-lasting weight reduction. In fact, many people have succeeded in losing weight only to regain it when they stop dieting.

#### Surgery:

If diets, exercise programs, and other non-surgical methods have failed to help you achieve long-term weight loss, you may want to consider an operation to artificially reduce the capacity of the stomach and to help decrease your appetite. The *LAP-BAND* System’s innovative surgical technology can help you attain desirable weight-loss results.

### The *LAP-BAND*<sup>®</sup> Adjustable Gastric Banding System



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The word *LAP-BAND* is the abbreviated and trademarked combination of two words (LAP from laparoscopic and



The *LAP-BAND*<sup>®</sup> System Method

BAND from gastric band). The *LAP-BAND* System’s silicone elastomer band is placed around the upper part of the stomach to create a small stomach pouch which can hold only a small amount of food. The lower, larger part of the stomach is below the band. These two parts are connected by a small outlet created by the band. Food will pass through the outlet (“stoma” in medical terms) from the upper stomach pouch to the lower part more slowly, and you will feel full longer.

One of the major advantages of the *LAP-BAND* System is that the diameter of the band outlet is adjustable to meet your individual needs, which can change as you lose weight. The inner surface of the band can be inflated with liquid (saline solution) or deflated to modify the size of the stoma. The band is connected by tubing to a reservoir, which is placed well under the skin during surgery. After the operation, the surgeon can control the amount of saline in the band by entering the reservoir with a fine needle through the skin. The *LAP-BAND* System is a unique surgical treatment because in many cases the size of the stoma can be customized to accommodate your changing needs without further surgery.

### The Advantages of the *LAP-BAND* System at a Glance

**Less invasive:** Of all the operations for severe obesity, the *LAP-BAND* System method is considered to be the least traumatic. The operation can usually be performed using laparoscopy (using small incisions and long instruments rather than a single large incision). The procedure requires no cutting or stapling of the stomach.

**Adjustable:** In many cases, no follow-up operation is necessary to modify the diameter of the stoma.

**Avoids irreversible damage:** If the *LAP-BAND* System needs to be removed for any reason, the stomach generally returns to its original form.

**Reduced hospital stay:** Patients normally leave the hospital within two to four days of the laparoscopic operation, or four to eight days if an abdominal incision is required or if complications occur.

**Quicker recovery:** After the laparoscopic procedure, patients usually resume normal activities within a week or two, and within four weeks if the procedure is not done laparoscopically or if there are complications.

### How Much Weight Can You Lose with the *LAP-BAND* System?

The amount of weight you may lose depends on several things. The average weight loss in the United States clinical study was approximately 36-38% of excess weight, 2 and 3 years after surgery. It is important to remember that the *LAP-BAND* System is an aid to support you in achieving lasting results by limiting food intake, reducing appetite and slowing digestion. However, for the ultimate success of the operation it is very important that you play an active part in the effort to lose weight and keep it off by adopting a different lifestyle and eating pattern for the rest of your life.

## Who Can be Considered for the LAP-BAND System?

In order to determine whether the LAP-BAND System is appropriate for you, the following criteria will be used:

- 1) You are an adult (at least 18 years old).
- 2) You weigh at least twice your ideal weight  
or  
You weigh at least 100 lbs. (45 kilos) more than your ideal weight.
- 3) You have been overweight for more than 5 years.
- 4) Your serious attempts to lose weight have had only short-term success.
- 5) You are not suffering from any other disease which could have caused you to be overweight.
- 6) You are prepared to make substantial changes in your eating habits and lifestyle, and to continue being monitored by the specialist treating you.
- 7) You do not drink alcohol in excess.

In order to be considered for the LAP-BAND System operation, you will have to meet the above requirements. If you weigh slightly less, you still may be considered if you are suffering from serious health problems. The surgeon treating you may have additional criteria.

## The Rest of Your Life

Your motivation and commitment to adopt a new lifestyle are extremely important for your successful, long-term weight loss. You must be determined to adhere to the new eating habits for the rest of your life.

Exercise is an equally important component of your changed lifestyle. Adequate exercise will not only help you in your battle against excess weight, but it will also benefit your general health and well-being.

If you need psychological counseling, we recommend that you discuss this with your doctor. He or she can refer you to a therapist.

## Risks and Complications

There are risks and complications, including death, associated with all major surgical procedures. Although the laparoscopic technique used to place the LAP-BAND System is considered minimally invasive and is associated with reduced operative complications, it is still a surgical procedure and severe obesity increases the risks.

The LAP-BAND System is designed to be adjustable after surgery and to assist you in losing weight and maintaining your weight loss. However, immediately following the surgery, and for years thereafter, there are risks of complications associated with placement, movement, infection, or leakage of the band or reservoir, etc. Some patients experience more nausea and vomiting than others. Rapid weight loss may cause problems, and there is a risk that you may not lose weight or that you may gain weight. The band may need to be removed or replaced.

More information regarding risks and complications is available in the "Information for Patients" Booklet available from surgeons who perform LAP-BAND System surgery.

It is of utmost importance that you discuss the possible benefits and all the possible risks of obesity surgery with your doctor.

**Important:** This is a brief introduction. Please contact your physician or surgeon regarding the possible risks and benefits of obesity surgery.



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For more information about the LAP-BAND® System, please call 1-800-432-8803.

**CAUTION: This device is restricted to sale by or on the order of a physician.**

The LAP-BAND Adjustable Gastric Banding System contains no latex or natural rubber materials.



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# A Surgical Aid in the Treatment of Morbid Obesity



LAP-BAND® Adjustable Gastric  
Banding System Information for Patients