

# LAPAROSCOPIC SLEEVE GASTRECTOMY

Closed Technique - Stomach Reduction  
Surgery as Treatment of Obesity



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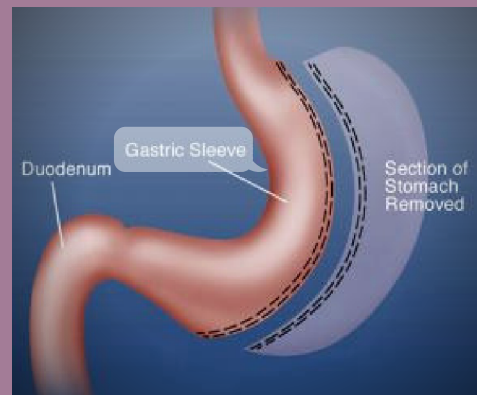
## SHOULD YOU UNDERGO OBESITY SURGERY? YES, IF:

- You have excess weight for years,
- Diet, exercise or similar methods do not work,
- You regain weight even if you lose,
- You experience obesity related problems and daily life difficulties,
- Your body mass index is still higher than 35

WHO CAN HAVE OBESITY SURGERY?	
WEIGHT (MIN) BY HEIGHT	
155 CM	→ 84 KG
160 CM	→ 90 KG
165 CM	→ 96 KG
170 CM	→ 102 KG
175 CM	→ 108 KG
180 CM	→ 114 KG
BODY MASS INDEX > 35	

## WHICH OPERATION ? WHY ?

- We prefer the surgeries that provide an effective and safe weight loss, and at the same time protect the body nutrition balance in a best way.
- Therefore, our first choice is Stomach Reduction, namely Sleeve Gastrectomy.



## How is the Surgical Procedure?

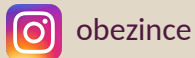
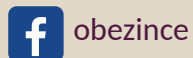
- First, **Patient Information Form** is filled, and the patient is evaluated for eligibility to the operation.
- Then, detailed information about surgical procedure and postoperative period is given and joint decision is made.
- Day 1: **CHECK-UP** The necessary appointments are provided, all analyses, investigations and consultation are previously planned, and completed in company with our bariatric nurses within a day.
- Blood count, Extensive Biochemistry, Vitamin and Hormone Levels, Ultrasonography, ECG, Echocardiography, Effort Test, Pulmonary Function Test, Chest X-ray and Endoscopy are performed with all patients.
- All patients are evaluated by Endocrinology, Cardiology, Chest Diseases Specialist, Psychiatry, Radiology, Gastroenterology and Anesthesia specialists.
- Final assessment is performed by Dr. Güler before the surgery. Necessary measures are taken to make the operation safer. Our patients are informed once again, and verbal and written consents are received.
- Day 2: **OPERATION**, Walking 4 hours after the operation.
- Day 3: Water drinking starts, Respiratory exercise, Walking.
- Day 4: Liquid foods are initiated after X-ray control or CT.
- Day 5: "Nutrition for Adaptation Period" education, and "Rules, Controls, and Follow-up After Surgery" training are given by our team. Patients who will stay in Antalya are **DISCHARGED**.
- Day 6: Patients who will travel out of Antalya are hosted one extra day in our hospital.

## How are the Surgical Outcomes?

- Since sleeve gastrectomy is performed with the closed (laparoscopic) technique, wound and pain problems are minimal.
- The likelihood of experiencing any problem, which may prolong length of stay in hospital is only less than 1%.
- Patients lose half of their excess weight within three months and reach to a status close to their ideal weight in one year.
- If they have additional problems that have been developed due to obesity, most of them resolve spontaneously.

## What Kind of a Hospital ?

- Medicalpark Antalya Hospital is the largest private hospital of Mediterranean region. It is affiliated to MLPCARE Group, which is the most widespread private hospital chain in Turkey.
- It is the hospital where the most common organ transplantations are performed in Turkey and Europe.
- The hospital contains all medical specialties and all modern medical equipment.
- All advanced therapies are performed in our hospital including Oncology, Bone Marrow Transplantation, Stem Cell Transplantation, Radiotherapy, Cardiovascular Surgery, and Intensive Care.
- In our hospital which is located in Antalya, tourism capital city of Turkey, active Health Tourism Activities are carried out in all medical specialties, especially Esthetic Surgery, Hair Transplantation, and Dental Treatments.
- Our hospital has translation services in 10 different languages.
- Bariatric & Metabolic Surgery Clinic of Medicalpark Antalya Hospital was established by Dr. Mehmet Güler in 2014.
- Our clinic is currently one of the leading obesity and metabolic surgery centers in Turkey.



## THE MOST INTERESTED

- Sleeve Gastrectomy may be done to persons on age between 18 and 65.
- It is not recommended for persons with chronic alcoholism.
- Smoking must be definitely avoided during a week before, and a month after the operation.
- The operations and follow up of the patients are performed by Dr. Güler, himself.
- Nasogastric tube, urinary catheter and abdominal drainage are not used except for extremely rare conditions.
- Recovery time is short, work loss is not seen.
- Liquid and puree form foods should be consumed within the first month. Active support is provided by the nutrition specialist and bariatric nurse in the adaptation period.
- All patients are recommended to receive vitamin and protein supplement during the first 3 months.
- A control list is provided during discharge. Control dates and investigations are followed up by our team. Online remote follow up is available.
- Persons with sleeve gastrectomy do not fight with the desire to eat.
- They feel less hungry, eat less, can eat everything, become fed up fast.
- Sleeve gastrectomy does not initiate any additional healthcare problem.
- The rate of weight loss is variable, depending on initial weight and metabolic features of the patient.
- Weight loss stops spontaneously when person-specific ideal weight limits are approached.
- Over weight loss is not seen. The likelihood to become obese again is less than 1%.
- Patients who lose weight more than 30 kg and do not exercise regularly may encounter with skin sagging.
- Our hospital offers accommodation services during all procedures. In addition, there is no need for hotel accommodation.
- Our patients are hospitalized in single rooms, and can stay with companions also.
- You are not obliged to come with an accompanying person. Social support is provided by our team to the patients who come alone.
- We welcome our patients at the airport on arrivals, and see them off on departures.



## Assoc.Prof. Mehmet Güler, MD

- He graduated from Hacettepe University Faculty of Medicine.
- Completed his specialty in surgery at Başkent University Hospital and Ankara Numune T&R Hospital.
- Worked as a lecturer, assistant professor of General Surgery in Gaziantep University Faculty of Medicine,
- Doctor Güler has 'Turkish Board of Surgery' certification.
- Attended numerous international surgical courses
- His medical articles were published in scientific journals, and research studies were presented in surgical congresses. Large number of citations from his studies have been quoted at international scientific publications.
- He had more than 20 years surgical experience.
- Doctor Güler has concentrated his works on Bariatric and Metabolic Surgery since 2009.
- In the general practice, he performs all closed (laparoscopic) surgeries in the abdominal region, especially Obesity and Type2 Diabetes operations.
- Dr. Mehmet Güler has been working in Medicalpark Antalya Hospital since 2011.
- Dr. Güler and his team are FULL TIME CONSTANT STAFF of Medicalpark Antalya Hospital.
- Our team deliver 365 days, 7/24 available service for consultation and follow up.

