



ROYAL AUSTRALASIAN COLLEGE OF SURGEONS

# MEDIA RELEASE

## Sleeve gastrectomy: A safe and effective procedure for morbid obesity

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A Perth based bariatric surgeon has concluded that sleeve gastrectomy, long considered one of the more drastic surgical treatments for morbid obesity, is a safe and effective procedure.

Mr Jon Armstrong told delegates to the Royal Australasian College of Surgeons' 79<sup>th</sup> Annual Scientific Congress (ASC) that sleeve gastrectomy is being performed with increasing frequency in Australia. It involves the surgical removal of a large portion of the stomach following the major curve and closure of the defect with staples. The stomach is therefore fashioned into a tubular structure. The procedure is performed laparoscopically and is not reversible.

Mr Armstrong's study involved a retrospective review of prospectively collected data from a single surgeon series between 2006 and 2009. This amounted to a total of 301 patients undergoing laparoscopic sleeve gastrectomy.

The per centage of excess weight loss was 47.2 per cent at one year, 60.7 per cent at two years and 66 per cent at three years. There were no leaks, two staple line bleeds requiring reoperation via laparoscopy, one splenectomy, one port site infection and one port site incisional hernia. There were no deaths. The average operating time was 111 minutes and the average hospital length of stay was three days.

"While more long term follow up is obviously required, these initial findings indicate that laparoscopic sleeve gastrectomy can be performed safely and with excellent short to medium term weight loss," Mr Armstrong said.

"Sleeve gastrectomy appears to cure or improve Type 2 diabetes, sleep apnoea and hypertension in the majority of patients in the study group.

"It also has a high satisfaction rating with patients as it is possible to eat all types of food, albeit in smaller quantities, and there is no need for the adjustments which gastric band patients require.

"My study suggests strongly that sleeve gastrectomy can be safely included among the various possible treatments for morbid obesity," Mr Armstrong said.

Nearly 2,000 delegates are expected to attend the ASC, which runs from 4 to 7 May and is being held at the Perth Convention Exhibition Centre. The ASC program is available online at [www.surgeons.org](http://www.surgeons.org)

**Media inquiries:** Michael Barrett, Manager Media & PR Manager - 0429 028 933  
Ruth Charters, Senior Media & PR Officer - 0409 330 274