Contents

List of Contributors		viii
Preface	x	

Part I Introduction to Obesity 1

- 1 Introduction to Obesity and Obesity-Related Diseases 3
 Iskandar Idris
- **2 Diagnosis and Classification of Obesity** *16 Brijesh Madhok*
- **3 The Epidemiology of Obesity** 20 Benjamin Reed and Salim Abunnaja
- **4 Public Health Aspects of Obesity and Related Co-Morbidities** *27 Waleed Al-Khyatt*
- 5 Non-Surgical Management of Obesity 33 Petra Hanson and Thomas M. Barber
- **6 Organisation of Care for Complex Obesity** *46 David Hughes*
- 7 The History of Metabolic and Bariatric Surgery 53

 Jordan Robinson and Abdelrahman Nimeri

Part II Metabolic and Bariatric Surgery 59

- 8 Indications and Contraindications of Bariatric and Metabolic Surgery 61 Sherif Awad
- **9 Pre-Operative Medical Management** 64 Iskandar Idris

10	Pre-Operative Management of a Bariatric Patient (Nutritional) 77 Lindsay Parry
11	Pre-Operative Management: Psychological Aspects 95 Chris Gillespie
12	Pre-Operative Management: Anaesthetic 107 Nick Reynolds
13	Pre-Operative Management: Surgical Considerations 113 Sherif Awad
14	Mechanism of Action of Bariatric Procedures 119 Ahmad Bashir
15	Laparoscopic Adjustable Gastric Banding – Technique and Outcomes 132 Paul Leeder
16	Sleeve Gastrectomy 140 Sherif Awad
17	Roux-en-Y Gastric Bypass 147 Selwan Barbat and Abdelrahman Nimeri
18	Alternative Bariatric Procedure 161 Ashraf Haddad
19	Early Surgical Complications after Metabolic and Bariatric Surgery 170 Vilok Vijayanagar and Abdelrahman Nimeri
20	Post-Operative Management and Follow-Up 176 Sherif Awad
	Part III Outcomes of Metabolic and Bariatric Surgery 185
21	Metabolic Outcomes of Bariatric Surgery 187 Petra Hanson and Thomas M. Barber
22	Non-Metabolic Outcomes of Bariatric Surgery 195 Iskandar Idris
23	Medical Management of Nutritional Complications 206 David Hughes
24	Metabolic Complications of Bariatric Surgery 215 Iskandar Idris

25	Long-Term Surgical Complications of Bariatric Surgery	225
	Tahir E. Yunus and Ahmad G. Jan	

26 Psychological Considerations Post-Surgery *235*

Paul Davidson

27 Consideration for Revisional Surgery *243*

Kai Tai Derek Yeung and Sanjay Purkayastha

28 Weight Regain 249

Lindsay Parry

29 Patient Perspective *257*

Paul Stevenson

Index 261