

Contents

1	Obesity	1
	<i>J. Ordemann, U. Elbelt, A. Stengel, and T. Hofmann</i>	
1.1	Classification of Obesity.....	3
1.2	"Globesity": The Current Pandemic.....	3
1.3	Why Are We Getting More and More Obese? Etiology and Pathophysiology.....	5
1.4	Regulation of Hunger and Satiety in Obesity.....	9
1.5	Secondary Diseases of Obesity.....	14
1.6	Psychosocial Aspects of Obesity.....	18
	References.....	22
2	Conservative Treatment of Obesity	25
	<i>U. Elbelt, H. Berger, and T. Hofmann</i>	
2.1	Therapeutic Goals.....	26
2.2	Nutrition Therapy.....	26
2.3	Physical Exercise.....	28
2.4	Lifestyle Change: Psychotherapy and Psychoeducation.....	29
2.5	Drug Therapy.....	30
2.6	Multimodal Therapy Programmes.....	31
	References.....	32
3	Surgical Therapy of Obesity	35
	<i>J. Ordemann and A. Stengel</i>	
3.1	Frequency of Obesity Surgery.....	36
3.2	Therapeutic Goals and Evaluation Criteria.....	37
3.3	Indications for Surgical Treatment of Obesity.....	38
3.4	Obesity Surgical Procedures.....	38
3.5	Mechanisms of Action.....	42
	References.....	49
4	Metabolic Surgery	51
	<i>J. Ordemann and U. Elbelt</i>	
4.1	Prospective Studies.....	52
4.2	Meta-Analyses.....	53
4.3	Postoperative Incidence of Diabetes, Micro- and Macrovascular Complications, Life Expectancy.....	53
	References.....	54
5	Preoperative Evaluation of the Patient	57
	<i>J. Ordemann, U. Elbelt, and T. Hofmann</i>	
5.1	Surgical Evaluation.....	58
5.2	Internal Evaluation.....	59
5.3	Psychosomatic Evaluation.....	62
5.4	Choice of Procedure.....	64
5.5	Informing the Patient.....	65
	References.....	66

6	Operation Preparation in Bariatric Surgery	69
	<i>J. Mall</i>	
6.1	Operating Room	70
6.2	Instruments	70
6.3	Positioning the Patient.....	70
6.4	Position of the Surgical Team	72
6.5	Antibiotic Treatment	73
6.6	Anticoagulation	73
6.7	Team Time Out	75
6.8	Structure of the Pneumoperitoneum	75
	References.....	77
7	Anaesthesiology for Bariatric Surgery	79
	<i>J. Birnbaum</i>	
7.1	Pathophysiological Aspects.....	80
7.2	Organisational Aspects	84
7.3	Pre-medication Rounds	85
7.4	Preparation of the Anaesthesia	86
7.5	Induction and Maintenance of Anaesthesia	88
7.6	Postoperative Phase.....	89
	Further Readings	89
8	Laparoscopic, Adjustable Gastric Banding.....	91
	<i>H. Köhler</i>	
8.1	Trocar Placement.....	92
8.2	Dissection	93
8.3	Placement of Gastric Band	93
8.4	Fixing the Gastric Band and Port	94
8.5	Aftercare, Band Filling	95
8.6	Pitfalls.....	96
	Further Readings	96
9	Sleeve Gastrectomy.....	97
	<i>J. Ordemann</i>	
9.1	Trocar Placement.....	98
9.2	Exploration	99
9.3	Dissection	99
9.4	Gastric Tube Calibration.....	100
9.5	Resection.....	101
9.6	Test for Staple Line Insufficiency.....	102
9.7	Removal of the Resected Specimen.....	102
9.8	Finishing the Operation	102
9.9	Pitfalls.....	103
	References.....	103
10	Laparoscopic, Proximal Roux-en-Y Gastric Bypass.....	105
	<i>J. Ordemann</i>	
10.1	Trocar Placement.....	106
10.2	Exploration	106
10.3	Creating the Gastric Pouch	107
10.4	Measurement of the Intestine	109

10.5	Gastrojejunal Anastomosis	109
10.6	Measuring the Alimentary Loop	111
10.7	Jejunojejunostomy	111
10.8	Dividing of the Biliopancreatic Loop	112
10.9	Testing the Gastro-entero Anastomosis for Leaks	112
10.10	Closing the Mesentery	112
10.11	Finishing the Operation	112
10.12	Pitfalls	112
	Further Readings.....	113
11	Omega-Loop Bypass (One-Anastomosis Bypass, Mini-Gastric Bypass)	115
	<i>T. P. Hüttl, P. Stauch, and O. Dietl</i>	
11.1	Indication	117
11.2	Trocar Placement	118
11.3	Dissection	118
11.4	Pouch	119
11.5	Measuring the Bypass Length	119
11.6	Anastomosis	119
11.7	Omega-Loop Bypass as a Redo Procedure After Sleeve Gastrectomy	120
11.8	Pitfalls	120
11.9	Peri- and Postoperative Management	121
11.10	Results	121
11.11	Complications and Complication Management	121
	References.....	122
12	Biliopancreatic Diversion (Operation According to Scopinaro)	123
	<i>A. Dietrich</i>	
12.1	Introduction	124
12.2	Indication and Preparation for Surgery	124
12.3	Surgical Technique	125
12.4	Pitfalls	127
12.5	Results	127
12.6	Morbidity and Mortality	128
	References.....	129
13	Biliopancreatic Diversion with Duodenal Switch	131
	<i>A. Dietrich</i>	
13.1	Specific Indications for BPD-DS	132
13.2	Surgical Technique	132
13.3	Pitfalls	136
13.4	Results	136
13.5	Morbidity and Mortality	137
	References.....	137
14	Postoperative Management of Bariatric Surgery Patients	139
	<i>H. Berger, J. Ordemann, U. Elbelt, T. Hofmann, and C. Menenakos</i>	
14.1	Initial Diet Regimen After Bariatric Surgery	141
14.2	Long-Term Nutrition After Bariatric Surgery	142

14.3	Supplementation	143
14.4	Surgical Aftercare.....	144
14.5	Internal Aftercare	145
14.6	Psychosomatic Aftercare	148
14.7	Surgical Complications.....	151
14.8	Internal Complications.....	160
	References.....	162
15	Revision and Redo Operations After Bariatric Procedures.....	165
	<i>T. Dziodzio and C. Denecke</i>	
15.1	Background.....	166
15.2	Revision/Redo Procedure After Gastric Banding.....	166
15.3	Revision/Redo Procedure After Sleeve Gastrectomy.....	167
15.4	Revision/Redo Procedure After Gastric Bypass Surgery.....	168
	Further Readings	170
16	Special Patient Groups in Bariatric Surgery.....	171
	<i>J. Mühlsteiner, P. Stauch, and T. P. Hüttl</i>	
16.1	Surgery at Older Age.....	172
16.2	Surgery in Childhood and Adolescence	172
16.3	High Risk Patients	176
	References.....	176
17	Obesity Centre	179
	<i>R. Weise</i>	
17.1	Establishment and Certification of an Obesity Centre	180
17.2	Interdisciplinary Treatment Team: Obesity Board.....	180
17.3	Necessary Hospital Equipment	181
17.4	Multimodal Treatment Processes	181
17.5	Self-Help Groups and Internet Portals.....	182
17.6	Patient Presentations and Information Material.....	183
17.7	Treatment and Patient Pathways.....	183
	Further Readings	184
18	Alternative Techniques and Methods in Obesity Therapy	185
	<i>C. A. Jacobi</i>	
18.1	Gastric Plication	186
18.2	POSE Procedure	187
18.3	Endobarrier°	187
18.4	Gastric Sleeve with Ileum Interposition	188
18.5	Securing Different Operation Procedures with a Band or a Ring	189
18.6	Gastric Stimulator	189
18.7	Gastric Balloon	190
18.8	AspireAssist™	190
	References.....	191
	Supplementary Information.....	193
	Index	195