



Understanding Surgeries That May Be Recommended for Weight Management



Weight is an important part of your cardiovascular-kidney-metabolic health (CKM health).

CKM health refers to how your heart, kidneys and metabolic system (the way your body creates, stores and uses energy) work together. There are many ways to manage weight, and talking with your health care team is an important first step.

Your health care professional may recommend surgery, often called bariatric or metabolic surgery, as one option to manage weight and support your metabolic health, if other methods have not worked or if you meet certain health criteria. It is important to understand that bariatric or metabolic surgery can be very effective, but it is not a shortcut, and it requires lifelong commitment and follow-up care.

For some people, surgery can be a safe and effective tool to lose weight and improve health and quality of life. A bariatric surgeon is a doctor trained in treating obesity who can explain your options, discuss your goals, and guide you in choosing what is right for you.

Losing Weight

Losing weight can improve or help manage several health conditions, including:



High cholesterol



High blood pressure



Type 2 diabetes



Obstructive sleep apnea



Metabolic dysfunction-associated steatotic liver disease

It can also lower the risk of heart disease, stroke and kidney disease.

Types of Weight-Loss Surgery



SURGERY	WHAT IT DOES:	BENEFITS:	THINGS TO CONSIDER:
Laparoscopic Adjustable Gastric Banding ("Lap Band")	Places a band around the upper part of the stomach to limit how much food you can eat at one time.	<ul style="list-style-type: none"> • Less invasive with a quicker recovery • Band can be adjusted or removed • On average, people may lose about 46% of their excess weight 	<ul style="list-style-type: none"> • Typically has less impact on weight loss and CKM health factors than other procedures • Band may slip or cause irritation and damage the stomach • Often needs additional surgeries over time
Sleeve Gastrectomy	Removes most of the stomach, leaving a narrow "sleeve" about the size of a banana, helping you feel full sooner.	<ul style="list-style-type: none"> • On average people may lose up to 57% of their excess weight • Can improve CKM related health factors 	<ul style="list-style-type: none"> • Cannot be reversed (though other procedures may be possible later) • May increase acid reflux (heartburn) • Requires lifelong vitamin supplements and regular follow-up care
Gastric Bypass (Roux-en-Y)	Creates a small stomach pouch and reroutes part of the intestines, helping you eat less and absorb fewer calories.	<ul style="list-style-type: none"> • On average, people may lose at least 55% of their excess weight • Can improve CKM related health factors • Can help manage conditions like Type 2 diabetes, high blood pressure, and abnormal cholesterol 	<ul style="list-style-type: none"> • It is a major surgery • Requires lifelong vitamin supplements and regular health checkups • Risk of complications such as bowel obstructions, stomach ulcers and "dumping syndrome" (feeling nauseous after eating sugary foods)
Biliopancreatic Diversion with Duodenal Switch (BPD-DS)	Combines a sleeve gastrectomy with a significant bypass of the intestines, reducing hunger, both food intake and calorie absorption.	<ul style="list-style-type: none"> • On average people may lose about 71-75% of their excess weight • Can improve CKM related health factors more than other procedures 	<ul style="list-style-type: none"> • Most complex procedure; sometimes done in stages • Requires extensive screening to qualify • Higher risk of vitamin and nutrient deficiencies • Requires lifelong vitamin supplements and close medical follow-up

Keeping Up Healthy Habits After Surgery

Weight-loss surgery is a powerful tool, but long-term success also depends on healthy habits. These steps can help you stay on track:



Take prescribed vitamins daily to prevent deficiencies (such as iron, calcium, and B12)



Follow your recommended eating plan and stop eating when you feel full



Choose nutrient-rich foods like lean proteins, vegetables, and fruits



Stay active with regular movement, such as walking



Attend all follow-up visits with your care team

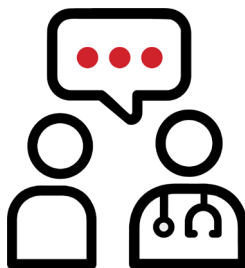
These habits can support lasting weight loss, improve overall health, and help you feel your best.

You're Not Alone in This Decision

Choosing surgery is a big decision—but you don't have to make it alone. Your bariatric specialist and health care team are there to guide you, answer your questions, and support your goals.

No matter what path you choose, you deserve care that supports your health and well-being. Together, you and your care team can find an approach that is safe, effective, and right for you.

To learn more, visit heart.org/UnderstandingWeight.



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