



What should  
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considering  
*Bariatric Surgery?*



# What should you take into account when considering *Bariatric Surgery?*

Bariatric Surgery is the single most effective way of long term, lasting weight loss and resolution of many chronic and life threatening illnesses such as Type 2 diabetes, sleep apnoea, high cholesterol, high blood pressure etc.

Because traditional diets really do not work in the long term, many people are considering bariatric surgery to help them get slimmer, healthier and more confident.

As a Bariatric Success and Food Psychology coach and a successful weight loss surgery patient, I have supported hundreds of patients in their journey with their surgery.

I wanted to share my experience with you so that you know the most important things to consider when you are considering weight loss surgery, both from a practical point of view and also with choosing a surgeon and provider.



# Personal considerations

## 1. Have you exhausted all other avenues?

Weight loss surgery should be considered only after you have tried other ways of losing your weight, because the surgery carries risks and you therefore need to be sure that the risks of not losing the weight are greater than the risks of having the surgery.

Having said that the evidence is that 95% of people that lose weight will have regained that weight within a year and most dieters lose their own body weight over 10 times in a lifetime.

So if you have been yo yo dieting for some time and particularly if you have started to suffer from health problems associated with your weight, it may be time to consider Bariatric surgery to give you your life and health back.



## 2. There are strict guidelines to qualify for surgery.

For the more popular and successful surgeries such as gastric sleeve or gastric bypass, you need to have a BMI of over 35 if you are a healthy individual and a BMI of over 30 for someone who has co-morbidities such as those listed above.

There are some surgeries you can consider if you have a BMI of under 30 such as the gastric balloon but these surgeries are only temporary measures and therefore like a traditional diet the usual path is that a patient will regain the weight once they are removed.

## 3. People think that weight loss surgery is just about losing weight.

That is not true, it is about saving life's and gaining health back. It is the number one most effective way of solving diabetes type 2 and from stopping people from contracting this disease which is the now considered to be the biggest killer in the modern world. Therefore, by having this surgery you could be considerably extending your life span.



#### 4. You will need to go on a liver reduction diet before your surgery for usually two weeks.

This diet usually consists of a less than 1000 calorie diet to ensure that your liver is floppy and pliable so that the surgeon can more safely manipulate during surgery to ensure that surgery can go ahead. Do not skimp on this diet as it is imperative and also puts you in the right frame of mind for after surgery.

#### 5. Post op recovery can be difficult.

You will be on liquids only for 2 to 3 weeks and it will take a few months before you can eat solid foods normally. It is like weaning a baby. Take this opportunity as a fresh start and change your relationship with food.

#### 6. People rarely get obese purely by eating large portions.

It is highly likely that your relationship with food is unhealthy and you have been using food to self medicate and heal yourself. Unfortunately, the surgery will not stop this and if you do not get some help with the mindset and psychological aspects

of eating, then you are risking some regain later down the line. If you have got used to using food as a soothing tool, then the chances are you will revert back to this behaviour at a later date and sabotage all of your efforts. So take this opportunity to change your head at the same time as your body and you will feel truly free around food.

#### 7. You will need to change your diet.

Surgery is not a magic wand. You will be eating much less but the food that you do eat needs to be of high nutritional value and your diet will need to consist of 50% protein, 25% fruit and veg and 25% healthy carbs. Of course occasional treats are ok, but you will need to ensure they are occasional and not a matter of course. You will also need to take multivitamins and have regular blood monitoring.



# What to consider when choosing a *private surgery provider* both in UK and abroad

With criteria for weight loss surgery on the NHS getting stricter and stricter, now with most areas insisting on a BMI of over 50 to even be considered, it is unsurprising that many people are considering private surgery providers. However, not all surgeons and providers are the same. When I was looking for a private provider in 2012, I just didn't know what I should have been looking for. Therefore, I thought it would be helpful for me to provide you with some important information that you should be looking for to help you choose the right place for you.

Bariatric Surgery in the UK is incredibly expensive, not because the surgeons are necessarily any better qualified or the care any better, but because the cost per patient is so much more expensive with huge insurance bills, wage bills and other expenses.

There is no doubt that there are huge savings to be had by going abroad for your weight loss surgery and often the standard of care can be excellent and often even better than at home.

There has been a lot of new companies shooting up trying to arrange surgery for patients abroad and whilst some of them are indeed excellent, I am sorry to say that some of them really are not.

This guide gives you a checklist of questions that you should ask any company that you are considering surgery with and also answers these questions as far as New Leaf is concerned.

With the answers to these questions, you can then make an informed decision about the correct surgeon/hospital or clinic for you.





1

**Will you know which surgeon will be operating on you before you go? Is this guaranteed?**

With New Leaf you are given a named surgeon, both of our surgeons are the Chief Surgeon of Bariatric Surgery hospitals and they will always carry out the surgery, no understudies, just the surgeon himself.

2

**What credentials does the surgeon have? Qualifications, experience, complication rates, number of surgeries undertaken, all should be clearly visible for you to see. If this is not provided, I would be very wary.**

New Leaf have all of this information available directly on our website in line with our policy of total transparency.

3

**Is the surgeon on any medical boards, where did they do their training? Prague and Bratislava (Bratislava was part of Czechoslovakia before it was re-named) have some of the best medical schools in the world.**

Dr Hruby is the president of the Czech Metabolic and Bariatric Surgery Society and Dr Cierny has been trained by Dr. Rutledge himself who is the inventor of the Mini Gastric Bypass. So, they are both highly respected by their colleagues and peers.

4

**What are the surgeon's complication rates? The most important one is their leak rate; this is where there can be a small leak after surgery, and it can be very serious and even life threatening. Therefore, it is imperative to choose a surgeon with a low leak rate.**

The international average is 4.5%; both our surgeons have a leak rate of less than 1% because they are highly experienced having undertaken thousands of surgeries.

5

**Does the surgeon/doctor speak fluent English? You need to be able to communicate directly with your surgeon to ask questions and understand what he is telling you.**

Both of our surgeons speak fluent English and we have videos of them speaking to patients on our website and on YouTube.

6

**Does the hospital/clinic have a fully equipped permanently manned ICU on site. If it does not, this could be very risky in the event of a complication where they may have to phone for staff to come in or ambulance you to another hospital. Most private hospitals both in the UK and abroad do not have onsite ICU facilities.**

Both of our hospitals have 24 hour fully equipped ICU units next to the wards and the theatre, and patients often spend their first night after surgery in ICU to give them one to one monitoring and care.



7

**Do you stay in the hospital/clinic for the whole time you are there? Please don't be tempted by promises of 4-star hotels a couple of days after your surgery. The reality is that it is not a holiday, you will not be feeling great for a week or so, and those first few days are vital to ensure you are monitored daily for any complications and are in the very best place should you require any medical interventions. You do not want to be trying to access someone in the middle of the night from a hotel room when you are in pain or are scared.**

All of our patients stay in the hospital for 6 nights, so they are fully monitored and rested before returning home. Plus they see the surgeon every day so have ample time to ask any questions.

In the UK most patients are discharged the day after surgery. The cost of beds and care is so expensive that patients are

discharged much sooner and are likely to still be in some amount of pain and feeling unwell. The extra time to be monitored can feel so comforting and give a great feeling of security should any complications emerge.

8

**What support will you receive when you return home? So is there a UK contact for you to get in touch with if you are concerned about anything. Is there a UK based dietician and UK psychological support to help you with your relationship with food, emotional eating, self-sabotage etc. In a way, the surgery is the easy part, it is the following months where it gets tough, your emotional crutch has been taken away and you are having to learn a whole new way of coping and living. Sufficient support with this is absolutely vital if you are to lose the weight and keep it off in the long term.**







At New Leaf we have those professionals for you and our Bariatric Success Solution provides you with an extensive 6 month support programme to help you heal your relationship with food, emotional eating and self sabotage, keep you accountable and on track and provide you with the very best support you need for long term success. We provide lifetime support through our UK nurse, UK dietitian and UK bariatric success coach, plus our online Facebook group, WhatsApp, 24-hour UK support line etc.

9

### Does the hospital stand up to EU regulations?

Hospitals outside of the EU do not have to adhere to the strict and necessary regulations put down by the EU for hospital standards. In an EU hospital you can be assured that you will be getting the same or better treatment than you would at home. Outside of the EU the regulations are totally different and therefore you are not guaranteed of this level of care.

10

### How long is your flight?

It is not recommended to travel more than 2 ½ hours within two weeks of major surgery such as weight loss surgery. Not only would you be very uncomfortable, but there is a much higher risk of complications such as DVT's. Our hospitals are usually no more than 2 hours flight away from the UK or Ireland and all of our International patients are provided with regular injections of Heparin to ensure their flight safety as much as possible.

**11 Will they provide you with your contract that you will sign before you go and is it in English? It is imperative that you see what you will be signing, and it is totally understandable to you. If they will not provide your paperwork before you go, be very wary as you may be signing something that you are not aware of when you get there.**

New Leaf provide you with your contracts in English before you travel so you are completely aware of what you will be signing and there are no surprises when you arrive.

**12 Do you have access to other patients to ask them about their experiences? Not just client testimonials that they provide you with, but access to real patients where you can find out everything you need to know. If you do have this, for example on a Facebook support group, are posts monitored and removed if they are negative. I have heard of many companies that do this.**

This is something that would NEVER happen with New Leaf; complications happen, people are not always satisfied, that is life. We want you to be fully informed and for you to make the best and most knowledgeable choice for you. Everything you see on our website, Facebook support group etc is completely transparent and honest, nothing is deleted, fabricated or altered.

**13 Is the price transparent and all inclusive? Check their price list as many clinics will charge for extra medication, surgery should complications arise etc.**

At New Leaf the price you pay for your surgery covers all of your pre op tests, stay, medication, food and any necessary surgery (even if a complication arises) for the whole week you are there.

If, in the unfortunate event that you have to stay longer, you are charged at the equivalent Czech NHS rate which is incredibly low compared to many private clinics will charge.

**14 Do not let any company pressurise you into making a decision. Sending you e-mails to provide you with information and inviting you to connect with a representative is one thing, but if the company is continually badgering you and trying to push you into making a decision then think again. You are not buying a pair of shoes, this is serious life changing surgery, but it does have risks and you need to be given the amount of time you need to make your decision.**

New Leaf will never contact you unsolicited or pressurise you to make a decision in any way. We provide you with the information you need and then let you take it from there to contact us when you are ready.

**15 Make sure that you do not pay for your surgery until you arrive and ensure that the money is going directly to the hospital or clinic and not to an agent. In the 8 years that New Leaf has been trading, there have been a lot of companies offering this surgery that do not stand the test of time. There have been many situations where people have lost their money because an agent has declared themselves insolvent leaving**

**people with no money and no surgery. (How some people sleep at night, I just do not know)**

New Leaf are a well-established and reputable company and do not handle any of the money you pay, you pay just a 500 euro deposit directly to the hospital to secure your place and then the rest you pay when you arrive and have had all your necessary pre-op tests and are deemed fit for surgery. That way you can rest assured that your money is with the hospital directly and your surgery is guaranteed.

**Dr Martin Hruby**  
President of Czech Metabolic  
& Bariatric Surgery Society





Before -  
"I couldn't get a  
grip on my  
weight"

Now -  
"I feel truly  
free"



Think carefully before booking any treatment abroad if there is:

- a hard sell
- a lack of information regarding the surgeons and hospital
- pressure to make a quick decision
- no discussion of possible complications
- vague explanations of aftercare such as lifetime support, what exactly does that mean?
- they insist you pay upfront
- they are not transparent with their complication rates, testimonials and contracts

If you have any questions at all about these points or anything else related to surgery or support, please do not hesitate to contact me.

  
**New Leaf**  
&  
*Bariatric Success*  
with Amanda Jane Duggan