

## Discovery Health

### Bariatric surgery

#### Clinical entry criteria

- Patient must be more than 18 years of age
- BMI to be equal to or above 40 kg/m<sup>2</sup> with no co-morbidities
- BMI greater than 35 with an obesity-related co-morbidity
- Patient must have followed at least six months of organised weight reducing attempts in a specialised centre
- Patient must be generally fit for anaesthesia and surgery
- BMI above 60kg/m<sup>2</sup> will be improved only when procedure is performed in a specialised centre by a surgeon accredited by SASES (South African Society for Endoscopic Surgery)

#### Obesity-related co-morbidities that will be considered

- Coronary artery disease
- Type II diabetes mellitus
- Obstructive sleep apnoea (OSA)
- Obesity hypoventilation syndrome (OHS)
- Pickwickian syndrome (a combination of OSA and OHS)
- Non-alcoholic fatty liver disease
- Hypertension
- Dyslipidaemia
- Venous stasis disease

#### Exclusion criteria

- Reversible endocrine or other disorders that can cause obesity
- Current drug or alcohol abuse
- Uncontrolled, severe psychiatric illness
- Diseases threatening life in the short term