

# EXCLUSIVE NEW ADJUSTABLE GASTRIC BALLOON COMES TO NUCLEUS HEALTHCARE



**“WEIGHT LOSS HAS** always been a challenge for me. I have tried it all. You know what I’m talking about - diet, exercise and pills. It either doesn’t work or it doesn’t last. Even if I followed a diet carefully - it was so difficult, and eventually I failed, miserably. I knew that I needed help in controlling my appetite - but diet pills don’t work so well.”

Does this sound familiar? We all know the importance of diet and exercise to look good and feel good but, for some people, sticking to this healthy lifestyle is just too hard. Whether it’s a lack of willpower or motivation that’s the problem, it doesn’t make them bad people, it just means they need a little extra help.

Over the last twenty five years the intragastric balloon has proved to be the most effective non-surgical method of treating obesity. More than 100,000 patients have achieved an average weight loss of more than 15kg during the first six months of treatment.

Newport based Nucleus Healthcare, Wales’ private centre of excellence for gastroenterology and Gastric Balloon Centre for Wales, has been fitting patients with intragastric balloons with great results and, from 2011, the hospital is delighted to announce that it will be offering a new adjustable gastric balloon, the Spatz. The adjustable gastric balloon is the next generation of balloon and is non-surgical, non-drug therapy which does not involve a general anaesthetic.

Despite achieving great results over the years, certain weaknesses and limitations in the traditional intragastric balloon have been detected – nothing that those with the old style balloon should be concerned about but as with most things, there’s always room for improvement. The main reason was that it was impossible to modify the volume throughout the treatment and the useful life of the device was limited to six months. After years of exhaustive research, the Spatz adjustable gastric balloon has been designed to overcome this issue and

offers a more effective treatment for twelve months.

The adjustable gastric balloon is filled with saline and sits in the stomach for twelve months resulting in an average weight loss of four to five stones at twelve months. It drastically reduces the sensation of appetite due to the volume it occupies in the stomach. It slows stomach emptying, keeping blood sugar levels stable, thereby reducing the sensation of hunger. It eliminates the vicious cycle of hunger - anxiety - hunger, and provides control from the very beginning.

Studies have shown that at twelve months, weight loss is comparable to a gastric band.

A deflated balloon is inserted into the stomach through an endoscope. The balloon is then filled with saline to produce a feeling of fullness. The ability to vary the volume in the balloon over twelve months allows greater weight loss. It also reduces side effects as you can tailor the volume in the balloon to suit the patient. The balloon is inserted under local anaesthetic and takes about

twenty minutes. The patient stays in the hospital for around two hours.”

Patients have regular follow up appointments with a dietician and specialist nurse to learn about healthy nutrition and exercise. After twelve months, the balloon is removed. Nucleus staff continue to provide aftercare beyond twelve months with individual counseling and group seminars as long as the patient feels it is necessary.

The gastric balloon is suitable for patients over eighteen with a body mass index of 27 or more. There are two main groups of patients who opt for a gastric balloon - those worried about long-term health problems associated with being overweight or obese and those that want to lose weight for cosmetic reasons.

Nucleus Healthcare offers a unique, comprehensive education and support programme, for both the six month and twelve month balloons, for twelve months and beyond. Our team of experts includes consultants, specialist nurses and a dietician who design individual plans with diet, exercise and lifestyle advice. We encourage our patients to attend our support clinics at least each fortnight and also offer 24 hour access to our in-house dietician and weight-loss nurse.

**IF YOU WOULD** like to discuss the gastric balloon procedure with one of our specialist consultants, you can arrange a free, no obligation appointment by contacting Nucleus Healthcare on 01633 815900. 0% interest-free finance available - please ask for details.

