

a slimmer YOU

DR MANNY SRIVASTAVA, FOUNDER AND CLINICAL DIRECTOR OF NUCLEUS HEALTHCARE, EXPLAINS HOW THE LATEST DEVELOPMENTS IN THE MEDICAL TECHNOLOGY HELP PEOPLE LOSE UP TO FIVE STONES IN WEIGHT OVER A YEAR



When you hear people talking about losing weight, it is clear that many struggle with a succession of yo-yo diets and plans than simply do not work for them. Sound familiar?

“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 follow a diet carefully eventually I failed, miserably. I knew that I needed help in controlling my appetite – but diet pills don’t work so well.”

The importance of good diet and exercise are well known but obesity is a growing problem across the UK, increasing the risk of serious and life threatening medical conditions. For a significant number of people, sticking to a healthy lifestyle proves too hard. Whether it’s a lack of willpower or motivation, people struggle with managing their weight and often need extra help.

Over the last 25 years the intragastric balloon has been the most effective non-surgical method of treating obesity, with more than 100,000 patients achieving an average weight loss of more than 15kg during the first six months of treatment.

Nucleus Healthcare, the private



gastroenterology hospital in Newport, has been using these intragastric balloons with great results. This year sees the arrival of a new adjustable gastric balloon – the Spatz. This is the next generation of balloon and is non-surgical, so it doesn’t involve a general anaesthetic.

After years of research, the new Spatz adjustable gastric balloon has overcome that issue to offer a safer, more effective treatment lasting up to 12 months.

The adjustable gastric balloon is filled with saline and sits in the stomach, drastically reducing the patient’s appetite by making the stomach feel full for up to a year. The resulting average weight loss using the new balloon is between of four and five stones.

The procedure is suitable for patients aged over 18 with a body mass index of 27 or more. It involves a deflated balloon being inserted into the stomach using an endoscope under local anaesthetic. The balloon is then filled with saline to partially fill the stomach. The ability to vary the volume in the Spatz balloon over the course of 12 months improves success and reduces side effects. The procedure takes about 20 minutes and the patient can go home with a relative or friend after about two hours.

Regular follow-up appointments with a dietician and specialist nurse provide guidance and monitor progress, so that when the balloon is removed the patient is better able to manage diet, appetite and exercise as part of their everyday lifestyle. Aftercare with individual counselling and group seminars continue for as long as the patient feels necessary.

For more information about the adjustable gastric balloon and how to fund treatment with 0% APR finance over up to 36 months, call us now.

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