

TAKE FAT! LIGHTEN THE LOAD TO LEAD A HEALTHY LIFE



Mr Marco Adamo MD is a consultant surgeon and lead surgeon of the Bariatric Unit at the prestigious University College London Hospital (UCLH). He specialises in upper gastrointestinal, bariatric and minimally invasive surgery.

Marco graduated in Italy, which is where he also completed his training in general surgery. He practiced for six years in Yorkshire and was appointed consultant in 2006. Marco was awarded MD by Leeds University for his research on appetite hormones and bariatric surgery.

In 2007, he was recruited by University College London Hospital to set up a new service for obesity surgery. He now leads a very successful high volume bariatric surgery unit which is one of the most renowned and respected in the UK and Europe. Marco performs more than 200 bariatric cases every year, including many cases of extreme obesity and complex revisional surgery. All procedures are carried out with laparoscopic (keyhole) techniques. His complication rates are among the lowest published worldwide.

EXAMPLES OF BARIATRIC PROCEDURES

- Laparoscopic Roux en Y gastric bypass.
- Laparoscopic sleeve gastrectomy.
- Single incision sleeve gastrectomy.
- Laparoscopic gastric band.
- Laparoscopic banded gastric bypass.
- Laparoscopic revisional bariatric surgery.

WHY WEIGHT-LOSS SURGERY?

After surgery, patients often lose between five and 14 stones and drop 10 or 12 clothes sizes, but weight loss is only part of the change. More than 85% of patients with Type 2 diabetes will have full remission of their diabetes and will be free from diabetic medications within three months of surgery.

Similar health improvements are seen for sleep apnoea, high blood pressure, asthma, acid reflux, infertility and many more conditions.

Many patients unable to conceive for years despite several IVF treatments, have had successful pregnancies after surgery. 'Weight-loss surgery is life-saving health surgery,' says Marco. 'I can confidently say that I save more



The renowned Bariatric Unit is situated in University College London Hospital



It is possible to drop 10 to 12 dress sizes through surgery

lives through bariatric surgery than any other form of surgery.'

PASSION FOR INNOVATION

Marco is a pioneer of single incision bariatric surgery, a new revolutionary technique which employs only a small cut and leaves virtually no scars. He has successfully performed the technique in the UK and was the first surgeon to do this. Marco was also the first surgeon to carry out other groundbreaking techniques, such as sleeve gastrectomy where the stomach is reduced to about 15% of its original size, by surgical removal of a large portion of the stomach.

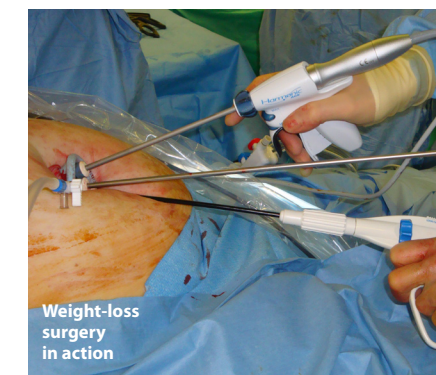
'Innovation and technology are opening new frontiers in modern healthcare,' says Marco. 'Pain and scars have been drastically reduced and surgery is much safer nowadays. Patients can now go home sooner after surgery and return to their normal activities within a matter of days.'

PATIENT-CENTRED CARE

Bariatric surgery is a journey which gives patients a new life. 'I am still amazed at how a patient's life does change and improve after surgery and that an operation has been able to generate such an amazing transformation,' says Marco. 'The patient, and not the surgery, is at the heart of the process so my efforts aim to tailor the operation to the patient. Different procedures will suit different individuals – there is no one-size-fits-all approach.'



Single incision surgery leaves patients scar-free



Weight-loss surgery in action

10 INTERESTING FACTS ON OBESITY

- It is the first preventable cause of death in the USA. In the UK, one in four men and one in three women are overweight.
- It can shorten your life by 15-20 years.
- Regulation of appetite and satiety are different than in people of a healthy weight.
- It is caused by overeating and a lack of physical activity.
- Obesity causes high blood pressure, high cholesterol and certain types of cancer.
- It can cause infertility.
- Obesity reduces the quality of your life, causing problems with breathing, walking or running as well as knee and back pain.
- Stomach obesity is the most common type of obesity, affecting 30% of adult men.
- Around one in three children between the ages of two and 15 are overweight.
- It causes 30,000 deaths a year in England.

GET IN TOUCH...

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