



Article published on June 22nd 2012 | [Fitness](#)

Obesity is a recurring problem that has affected Americans in the past, present, and will definitely still be prevalent in the future. Especially because a majority of our diets come from overly processed fatty junk food that is injected with all different kinds of hormones it is almost impossible to avoid unwanted weight gain. Of course people may say that a rigorous diet and exercise routine will shed pounds, but imagine how many different programs are on the market right now: Adkins, South Beach, Weight Watchers, Nutrisystem, etc. And many even dread, and avoid, the painstaking exercise videos out there.

These systems may work momentarily, until the newest gimmick comes out, or when temptation becomes too strong again and people revert back to their old lifestyle of overeating. Americans need a quicker and more permanent solution, and a sleeve gastrectomy surgeon Seattle doctor can deliver that!

Sleeve gastrectomy Seattle surgery is a weight-loss procedure that reduces the stomach to about 25% of its original size by removing a portion of the stomach and the open edges are attached to form a sleeve-shaped tube. The stomach size becomes significantly and permanently smaller. The concept behind it is that patients will need less amount of food to feel full and with smaller portions every day, pounds will slowly drop and patients can finally reach their goal weight. Also, the fundus, the area that secretes a hunger-triggering hormone, is removed as well.

Sleeve gastrectomy is an ideal solution for patients that are morbidly obese, with a BMI (body mass index) of 40 or more. Although the idea of having your stomach cut up and sewn back together may sound daunting, weight loss surgery has been performed for over 50 years by doctors who are highly skilled in this area. Patients not only lose a considerable amount of weight, but other health problems that come with obesity are dropped as well, from high blood pressure and diabetes, to high cholesterol.

After administering some pain medication, the sleeve gastrectomy procedure will begin when the doctor uses a tool called a "bussie" or "sizer" that will determine the stomach tube's appropriate size for the individual being operated on. Because the stomach is attached to all the other organs, such as the spleen, diaphragm, and large intestines, the sleeve gastrectomy surgeon will detach it and then staple off the portion that will be removed. The remainder of the stomach will be pulled through the "bussie," creating a new shape of the stomach. Now that the surgery is completed, the surgical instruments are removed, and all incisions are closed.

During the recovery period, patients are required to stay in the hospital for one or two days, and are expected to make a full recovery in about a month. Then immediately body sizes will slowly shrink and patients will achieve a body that is healthy and slim. If you have been considering weight loss surgery for a while, then a sleeve gastrectomy is a safe and effective solution for your body's needs.

For more details please visit:

<http://www.sleevegastrectomyseattle.com/>

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Article Keywords:

gastric sleeve, Seattle, sleeve gastrectomy. Seattle, gastric sleeve Seattle, Seattle gastric sleeve

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