

What is it?

Nexus Surgical Weight Loss Centre has formed a team that provides the entire spectrum of weight loss options including dietary adjustments, behavioural therapy, exercise programs and weight loss surgery.

What do we treat?

We treat **obesity**, which is a serious health problem. Obesity has also been shown to predispose to diabetes mellitus, hypertension, heart disease and joint disorders.

What is our capability?

We believe in a multi-disciplinary approach to weight management. Our team comprises:

- 1) Dietician/Nutritionist
- 2) Exercise Therapist
- 3) Psychologist
- 4) Nurse Coordinator
- 5) Bariatric Surgeon

What is weight loss surgery?

It refers to the various surgical procedures available to help the severely obese patients lose weight. It is the most effective method to reduce weight and maintain weight loss. Obesity related health disorders may be improved or resolved with weight loss surgery.

Who is eligible for weight loss surgery?

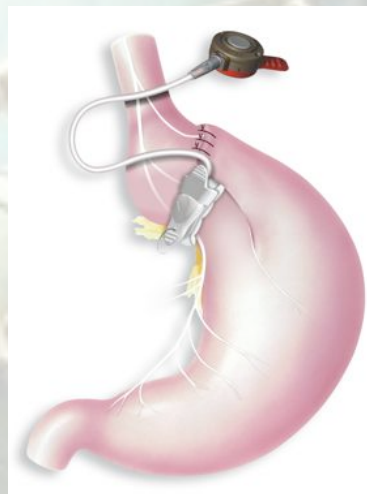
Patients with a Body mass index (BMI) of $> 37.5 \text{ kg/m}^2$ and BMI $> 32.5 \text{ kg/m}^2$ (for Asians) with significant obesity related co-morbidities. They have failed non-surgical treatment, are fit for surgery and agree to lifelong follow up and lifestyle changes.

Why choose us?

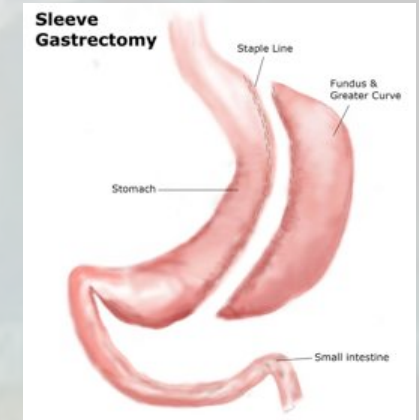
We provide comprehensive care before, during and after the surgical procedure. This includes:

- 1) Detailed history and physical examination
- 2) Discussion of various options
- 3) Nutritional and dietary advice
- 4) Psychological evaluation and counselling
- 5) Individualised exercise programme
- 6) Continuing education and clinic monitoring of weight loss

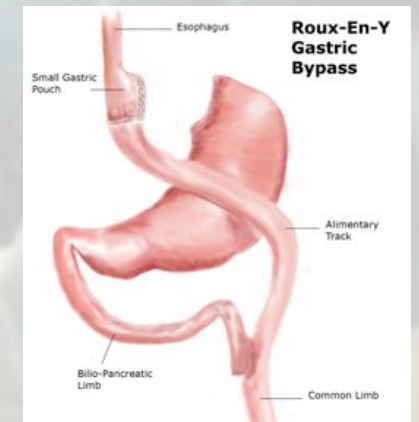
In **Adjustable gastric banding (AGB)**, a collar of silicone containing an inflatable bladder is placed around the upper stomach. Inflation is carried out by introducing saline via a subcutaneous reservoir (port). It induces an early satiety and decreases food intake. It also slows the passage of food from the upper pouch to the lower part of the stomach.



In **sleeve gastrectomy**, the stomach is reduced to about 15% of its original size. It is a purely restrictive operation and it eliminates the need of having to insert a foreign body. However, this procedure does involve stomach stapling and therefore leaks and other complications related to stapling may occur. It is also not reversible.



Gastric bypass is a procedure that limits intake and reduces the absorption of nutrients. The operation includes forming a small stomach pouch and a small bowel bypass.



SURGEON'S PROFILE



DR LIM KHONG HEE

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- Specialist in General Surgery
- Subspecialty interests: Upper Gastrointestinal Surgery, Weight Loss Surgery, Laparoscopic Surgery, Endoscopy
- Clinical Fellow (HMDP) at the Princess Alexandra Hospital (Brisbane) in 2002
- Former Chief of the Upper Gastrointestinal Service and Senior Consultant in the Department of General Surgery, Tan Tock Seng Hospital.
- Former Director of the Centre for Advanced Laparoscopic Surgery, Tan Tock Seng Hospital
- Member of the Endoscopic and Laparoscopic Surgeons of Asia (ELSA)
- Member of the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES)
- Founding Member of the Obesity and Metabolic Surgery Society of Singapore (OMSSS)

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