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## International Medical Services

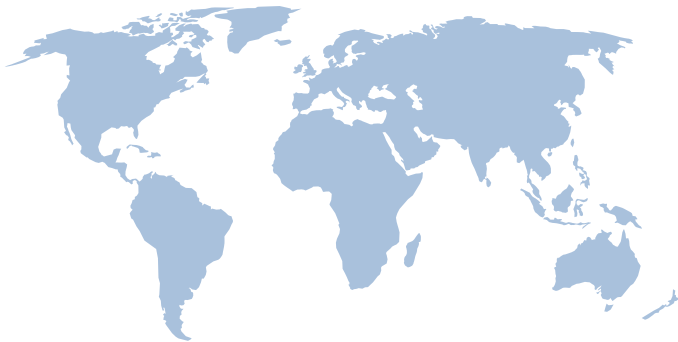
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# WAYS TO CONTROL OBESITY



Medical Center – University of Freiburg,  
Germany

Imprint

Publisher: © Medical Center - University of Freiburg | 2020

Editor: IMS, Medical Center - University of Freiburg

Design: Medienzentrum | Medical Center - University of Freiburg

Dear Patient,

For many people, being overweight is a burden and therefore a limitation in their lives. But both studies and extensive experience in metabolic surgery confirm that patients can achieve long-term control of their weight and metabolic problems.

Obesity (BMI>30kg/m<sup>2</sup>) is a mounting worldwide disease that causes many other illnesses, such as diabetes mellitus 2, hypertension, cardiovascular disease, fatty liver, sleep apnea, osteoarthritis and back pain. The foundation for any further medical, interventional or surgical treatment is a conservative therapy approach of sound nutritional advice, as much exercise as possible, and psychological support. In very many patients though, conservative therapy remains unsuccessful even when continued over a long period of time, so that guidance corresponding to the indications for surgical treatment is given. This includes the most common procedures such as gastric bypass and sleeve gastrectomy (with or without ring), but also rarer techniques such as gastric banding and malabsorptive methods (e.g. biliopancreatic diversion). These surgeries are very successful, and result in an average loss of about 60% of excess weight in a year. But not only the weight loss is important – the aforementioned secondary diseases also improve very quickly, and some patients may no longer need to take medications. For diabetic patients in particular, this may mean that the blood sugar becomes completely normal again long-term, without medication or insulin injections.

As a university hospital reference center for obesity and metabolic surgery, we are one of the largest obesity centers in Germany and have a high level of expertise in the whole field. We deal with all aspects of obesity, offering every conservative and surgical procedure interdisciplinarily, attending our patients over many years starting from their first presentation. All surgical procedures are carried out with minimally invasive technology, so that our patients are fit again fairly quickly. Our findings and innovations are regularly published in scientific journals. Especially in the field of ring-reinforced procedures, we are an international leader.

Through close cooperation with our diabetes specialists, we optimize the blood glucose levels of many patients for whom, before their operations, medicines had little effect. Metabolic surgery is, according to the latest international diabetes treatment guidelines, a recognized therapeutic alternative and must be included in decision-making about treatment measures.

Our experienced team is happy to provide you with additional information as part of our specialist consultation, and to make an individualized treatment recommendation for you.

Kind regards,

**Prof. Dr. Goran Marjanovic**

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