

## More to Gain Than Weight Loss

*You're probably here because you'd love to lose the extra weight once and for all. And that's a good enough reason. But did you know that LAP-BAND<sup>®</sup> System surgery could bring other health benefits? Look what else you have to gain.*

Buy one, get one free. Take an extra 15% off. Who doesn't like to get a bonus? That's why it's great to know that while the LAP-BAND<sup>®</sup> System can help you shed the pounds you desperately want to get rid of, you'll see more positive changes than the numbers on the scale. Just some of the health gifts that LAP-BAND<sup>®</sup> can bring...

**Better blood sugar control.** If you've been struggling with type 2 diabetes, or are worried about developing it, the LAP-BAND<sup>®</sup> System offers a way to help you finally take control of your blood sugar. Research has shown that most LAP-BAND<sup>®</sup> patients who have diabetes before surgery see such dramatic improvements in their condition that they are able to decrease their medication, or stop taking it entirely, within a year after surgery.<sup>1, 2, 3</sup> Even people without blood sugar problems seem to benefit: One study in particular has shown that the LAP-BAND<sup>®</sup> System may actually prevent diabetes from developing in the first place.<sup>4</sup>

**Lower blood pressure.** Being overweight ups your chances of having high blood pressure,<sup>5</sup> which is another condition that the LAP-BAND<sup>®</sup> System can help you manage. In one study, nearly half of the LAP-BAND<sup>®</sup> patients who had been taking medication for hypertension before surgery were able to lower their dose or stop taking it altogether one year later.<sup>3</sup> And, as with diabetes, the LAP-BAND<sup>®</sup> System also seems to protect people without hypertension from ever getting it.<sup>4</sup> Bonus: Lower blood pressure cuts your risk of heart attack and stroke, too.<sup>5</sup>

**Fewer aches and pains.** Carrying around extra pounds puts a tremendous amount of stress on your joints, which can lead to damage and pain.<sup>6, 7</sup> By helping you lose weight, which lessens the pressure on your joints, the LAP-BAND<sup>®</sup> System can provide relief. In one study, nearly everyone preparing for LAP-BAND<sup>®</sup> System surgery reported having back and joint pain. Three years later, half of these folks said their pain was completely gone, while almost another third said their pain had definitely improved.<sup>1</sup>

**A good night's sleep.** If you snore, feel tired during the day, or have a hard time getting some restful shut-eye, you may have sleep apnea, a condition that makes nighttime breathing difficult. If left untreated, sleep apnea ups your risk of car accidents, as well as health problems such as heart disease and diabetes.<sup>7</sup> Excess fat around the neck may be partly to blame. The good news: One study has shown that, in the majority of cases, the LAP-BAND<sup>®</sup> System actually cures sleep apnea.<sup>8</sup>

**A healthier pregnancy.** For women who are overweight, being pregnant can be a difficult time marked by health problems such as gestational diabetes (a type of diabetes that only pregnant women can get),

preeclampsia (high blood pressure during pregnancy), and overly large babies that can cause problems during delivery or require a C-section.<sup>7</sup> If motherhood is calling, you can get your pregnancy off to a healthier start by losing weight first. Several studies have shown that women who lose weight with the LAP-BAND<sup>®</sup> System before pregnancy have fewer complications.<sup>9,10,11</sup>

#### References:

- 1 Frigg A, Peterli R, Peters T, Ackermann C, Tondelli P. "Reduction in Co-Morbidities 4 Years After Laparoscopic Adjustable Gastric Banding." *Obesity Surgery*. 2004 Feb;14(2):216-23.
- 2 O'Brien PE, Dixon JB. "Lap-Band: Outcomes and Results." *Journal of Laparoendoscopic & Advanced Surgical Techniques*. 2003 Aug;13(4):265-70.
- 3 Ahroni JH, Montgomery KF, Watkins BM. "Laparoscopic Adjustable Gastric Banding: Weight Loss, Co-Morbidities, Medication Usage and Quality of Life at One Year." *Obesity Surgery*. 2005 May;15(5):641-7.
- 4 Pontiroli AE, Folli F, Paganelli M, Micheletto G, Pizzocri P, Vedani P, Luisi F, Perego L, Morabito A, Bressani Doldi S. "Laparoscopic Gastric Banding Prevents Type 2 Diabetes and Arterial Hypertension and Induces Their Remission in Morbid Obesity: A 4-Year Case-Controlled Study." *Diabetes Care*. 2005 Nov;28(11):2703-9.
- 5 American Heart Association. "What Is High Blood Pressure?" Available at [http://www.americanheart.org/downloadable/heart/119618261762612%20WhatIsHBP%209\\_07.pdf](http://www.americanheart.org/downloadable/heart/119618261762612%20WhatIsHBP%209_07.pdf). Accessed 5/1/09.
- 6 Messier SP, Gutekunst DJ, Davis C, DeVita P. "Weight Loss Reduces Knee-Joint Loads in Overweight and Obese Older Adults with Knee Osteoarthritis." *Arthritis & Rheumatism*. 2005 Jul;52(7):2026-32.
- 7 National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. "Do You Know the Risks of Being Overweight?" Available at <http://win.niddk.nih.gov/publications/PDFs/hlthrisks1104.pdf>. Accessed 5/1/09.
- 8 Dixon JB, Schachter LM, O'Brien PE. "Sleep Disturbance and Obesity: Changes Following Surgically Induced Weight Loss." *Archives of Internal Medicine*. 2001 Jan 8;161(1):102-6.
- 9 Skull AJ, Slater GH, Duncombe JE, Fielding GA. "Laparoscopic Adjustable Banding in Pregnancy: Safety, Patient Tolerance and Effect on Obesity-Related Pregnancy Outcomes." *Obesity Surgery*. 2004 Feb;14(2):230-5.
- 10 Dixon JB, Dixon ME, O'Brien PE. "Birth Outcomes in Obese Women After Laparoscopic Adjustable Gastric Banding." *Obstetrics & Gynecology*. 2005 Nov;106(5 Pt 1):965-72.
- 11 Ducarme G, Revaux A, Rodrigues A, Aissaoui F, Pharisien I, Uzan M. "Obstetric Outcome Following Laparoscopic Adjustable Gastric Banding." *International Journal of Gynecology & Obstetrics*. 2007 Sep;98(3):244-7. Epub 2007 Apr 16.

## IMPORTANT LAP-BAND<sup>®</sup> SYSTEM SAFETY INFORMATION

**Indications:** The LAP-BAND<sup>®</sup> System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

**Contraindications:** The LAP-BAND<sup>®</sup> System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

**Warnings:** The LAP-BAND<sup>®</sup> System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

**Adverse Events:** Placement of the LAP-BAND<sup>®</sup> System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

**Important:** For full safety information please visit [www.Lapband.com](http://www.Lapband.com), talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

**CAUTION:** Rx only.