

### Counteract weight gain

Weight gain after a gastric sleeve occurs quite frequently. More than half of the patients with a standard gastric sleeve regained weight five years after the operation. This happens very gradually. Patients sometimes regain so much weight that a second operation is needed. With a MiniMIZER RING around the gastric sleeve, only 10% of patients regain weight after more than five years, none of them requiring additional surgery because of the weight regain.

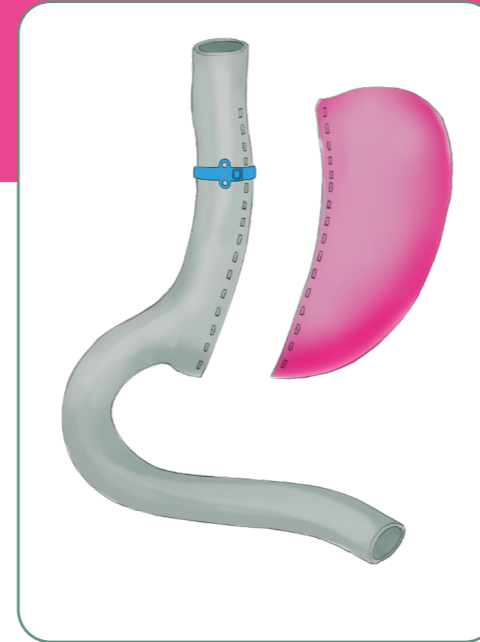
### What are the possible side effects of a MiniMIZER RING?

One possible side effect of the MiniMIZER RING is regurgitation. To help prevent possible regurgitation after eating, it is important to take small bites, chew the food well and take breaks between bites.

Do you still occasionally experience regurgitation? Do not worry – this might be related to how the MiniMIZER RING slows down the passage of your food. This is why it is very important to adjust your eating behavior and diet accordingly. Remember to take small bites, chew your food a lot and take breaks between bites. This should help to improve food flow and reduce or prevent regurgitation.

Does the regurgitation persist despite adjusting your eating behavior or diet? If so, then it is possible that the MiniMIZER RING will need to be loosened or even removed, requiring a surgical procedure.

An extremely rare complication is erosion. When this happens, the MiniMIZER RING grows through the stomach due to friction on the stomach wall. With complete erosion, the Ring can end up inside the stomach. In these rare cases, sometimes patients are unaware this has occurred, and one may only notice one can again eat more. In case of erosion, MiniMIZER RING can be removed by means of a gastroscopy.



In summary, the addition of a MiniMIZER RING during a gastric sleeve procedure helps to lose more weight and strongly reduces the likelihood of weight regain. Please discuss the benefits of a banded gastric sleeve procedure with your surgeon to see if the MiniMIZER RING is right for you!

Please visit our website for more information!



*Underlying data available on request*

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# MiniMIZER RING



You are eligible for a weight loss procedure. It is a procedure that will change your life, so of course you want to make the right choice!

There are several procedures that reduce the size of the stomach. They all limit the amount of food you can eat but how they limit food intake can differ. You and your surgeon will discuss which procedure is the best for you.



- 1 Supports long term and sustainable weight loss
- 2 Allows you to take control over your weight
- 3 Assists in the needed change in your eating behavior

### The effects of a gastric sleeve

One of the most frequently performed procedures is the gastric sleeve. During gastric sleeve surgery, a large part of the stomach is removed but the intestinal system is not modified.

The newly made, small tubular stomach has a volume of about 100 to 150 ml and you can only eat one tenth of what you are used to. By narrowing the stomach, you already feel full after eating a small amount of food. Because you eat less, you lose weight and the feeling of hunger also subsides. This is because the part of the stomach that was removed caused the production of the „hunger hormone“ ghrelin.



Better weight loss!

Long lasting weight loss!

It is important to remember that a weight loss procedure is only a tool to lose weight. Research has shown that about 80% of a patient’s weight loss in the first year after surgery results from the procedure effects and only 20% is due to the patient’s behavioral change. However, this is completely reversed after 12 months and therefore behavioral change is essential!



### Prevent long-term weight gain

Unfortunately, some people can also regain weight in the longer-term after having had a gastric sleeve. This is usually because they have resumed unhealthy eating habits, as well as not exercising enough. Eating too much and/or too quickly can cause the new stomach to stretch (dilation). When this happens for a longer period of time, the passage of food will quicken and be easier. The result is that you will feel less full and you will be more likely to eat too much. Slowly but surely, the lost weight can return.

Applying the MiniMIZER RING during a gastric sleeve procedure can counteract unwanted long-term weight gain. It helps to maintain the desired adaptation in behavior. This variation on the standard gastric sleeve is also called a ‘banded gastric sleeve’.

### What is the MiniMIZER RING?

The MiniMIZER RING is a certified surgical implant and is made of medical grade silicone, which means the body does not react to the presence of the ring on the stomach. After reducing the size of the stomach during the gastric sleeve operation, the surgeon places the MiniMIZER RING around the top of the reduced stomach. The ring is secured with a few stitches to help prevent unlikely slippage.

### What are the effects of the MiniMIZER RING ?

Because the MiniMIZER RING is placed around the reduced stomach, there is an extra delay for the passage of food. This makes you feel satisfied sooner and you stop eating earlier. Therefore, the MiniMIZER RING contributes to the desired change in your eating habits and makes it easier to adhere to these new habits.

### What results can you expect? Better weight loss!

People with a gastric sleeve lose an average of 60-70% of their excess weight. Research shows that people who have the MiniMIZER RING around their reduced stomach have even better weight loss. Three years after surgery, they lost an average of 19% more of their excess weight than people with standard gastric sleeve surgery.

MiniMIZER RING

