

OVERWEIGHT OR OBESE? :

GASTRIC BALLOON, BIOENTERICS INTRAGASTRIC BALLOON, BIB®



" 22% of Britons are obese, 75% are overweight with 30,000 deaths caused by obesity in England "

Source: **BBC**



" **One in four adults in the UK are now classed as obese, putting them at increased risk of an early death from heart attacks, stroke and diabetes** " *Source: Mail on Sunday, 20th June 2007*



" Obese people are more likely to suffer from a number of psychological problems such as low self-image and confidence, social stigma, reduced mobility and a poorer quality of life. The Health Select Committee has estimated that the costs of obesity is £3.3 - £3.7 billion per year and of obesity plus overweight at £6.6 - £7.4 Billion. Source: Department of Health.

TRIED EVERYTHING TO LOSE WEIGHT AND NOTHING SEEMS TO WORK?.....

BIOENTERICS INTRAGASTRIC BALLOON (BIB®)

What can reasonably be expected?

Average weight loss during **BIB®** insertion is **3 to 5 stones** (19KG - 31KG)

BIB® or Gastric Balloon as it is also known, is a popular and very effective safe treatment for obesity and overall weight loss. It is a non surgical procedure with a very high success rate, with no need for general anesthesia or surgery. The **BIB®** gastric stomach balloon is a revolutionary simple and safe way to lose weight and change your eating habits on a lasting basis. It is a clinically proven, non-surgical, non-pharmaceutical treatment for obesity, it requires no surgery or general anaesthetic. The procedure itself takes only approximately 20 minutes. It's safe, it's simple and it works!

Our clinic in PRAGUE is a centre of EXCELLENCE for this procedure having provided many hundreds of **BIB®** Gastric Balloon insertions over the last two years alone, with clients from UK, Ireland, America, Canada and beyond. Average prices in the U.K. range **from £5000 to £7000+**, at NEW YOU we provide **BIB®** Gastric Balloon insertion for only £1950

This SUPERB price includes all pre-insertion health checks, the procedure itself, all associated medications, balloon removal after 6 months and after care service and advice in the U.K. Arranging your **BIB®** Gastric Balloon insertion with **New You International Ltd** offers you huge cost savings with no compromise on quality or care! You can be reassured that our **BIB®** Gastric Balloon insertion clinic in Prague is strictly controlled and regulated by the Czech Medical Chamber (The equivalent of the U.K. General Medical Council - GMC)

You can also be reassured that our professional staff will offer you an ongoing after care service.

BIB® is a simple, low-risk and minimally invasive method of weight control, where a silicon balloon is inserted into your stomach via the gullet by gastroscop (a flexible tube) then filled with blue colored liquid (circa 500ml). The procedure takes approximately 20 minutes, and after a short rest and check-up by your doctor you may be able to leave the clinic, however we do ask clients to stay overnight at the clinic for observation purposes only (at no extra cost), but you can leave the clinic after the insertion if you feel well enough.

How does it work?

The **BIB®** balloon fills up your stomach so you are full after only a small amount of food. This encourages you to eat small portions of food every 2 – 3 hours, which is a habit recommended by dietitians as part of a healthy lifestyle. The BIB balloon will normally stay inside your stomach for up to 6 months after which time it is easily removed.

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Do I qualify for BIB® Gastric Balloon?

The recognised categories for people who are considered overweight or obese are based on an individual's BMI (Body Mass Index) calculated on a height to weight ratio. Current medical guidelines are as follows: People with a BMI of 25 - 30 are classified as OVERWEIGHT. People with a BMI of 30 or above are classified as OBESE. We will accept enquiries from people with a BMI of 28 or above.

Frequently asked questions answered:

How Much Weight Will I Lose with the BIB® System?

Clinical trials have shown an average weight loss over 6 months of **approximately 4 stone** (56lbs). Naturally if you have achieved your target weight loss before the 6 months, you can have your Gastric Balloon removed early.

It is important for you to understand that the BIB® System is an aid to weight loss and must be used in conjunction with a prescribed diet and behaviour modification program. Therefore, the amount of weight you lose will depend on how closely you follow your diet. How long you maintain weight loss will depend on how completely you adopt long-term lifestyle changes involving eating behavior and exercise.



How Is the BIB® System Balloon Placed in the Stomach?

The balloon is placed in the stomach through the mouth with no need for surgery. Your Doctor will carry out an examination of your stomach using an endoscopic camera. If no abnormalities are observed, he/she will proceed with placement of the balloon through the mouth and down the oesophagus into the stomach. The balloon is made of a soft and pliable silicone elastomer material and is inserted while in its smallest, deflated form. The swallowing process is made easier with the help of anaesthetics applied to numb the throat area. Muscle relaxing medications may also be used.

Once the balloon is inside the stomach, it is immediately filled with sterile saline through a small filling tube (catheter) attached to the balloon. Once filled, the doctor removes the catheter by gently pulling on the external end. The balloon has a self-sealing valve, and at this point the balloon is floating freely in the stomach.

Placement times vary but it will usually take 20-30 minutes, after which you will be monitored by your Doctor for a short time and then may return to your apartment.

Who Can Use the BIB® System?

The BIB® System is designed to assist with weight loss in people who have a BMI (Body Mass Index) of 30 and above, in selected cases it may be possible to evaluate BIB placement in patients with BMI 28+.

How Long Is the BIB® System Balloon Used?

The balloon currently can be used for six months. Longer periods of use are not recommended as over time the acidic content of the stomach will weaken the balloon material and may cause the balloon to deflate. Should your physician recommend use of the balloon for longer than six months, it is necessary that the balloon be replaced with a new one when the six-month interval has been met.

While you are using the balloon, your physician may prescribe a course of oral medication to reduce your stomach acid (this may reduce the possibility of stomach irritation and damage to the balloon).

What Happens if the BIB® System Balloon Deflates?

In the very unlikely event that your balloon deflates; If the balloon deflates before scheduled removal you will be aware that this has happened. Your BIB Balloon has a blue dye added to the sterile saline solution in order to help you clearly identify early deflation by a change in the colour of your urine.

The balloon is small enough that it may pass through the intestines and leave the body naturally, however, if you suspect a deflation, *you should notify your own Doctor as soon as possible*. It is also possible for you to come back to our clinic for insertion of a new balloon at no extra cost. N.B. It is *extremely* unlikely that your balloon will start to deflate if you follow the advice and guidelines given to you by clinic staff. Incidences of balloon deflation are less than 1%

How Will the BIB® System Balloon Be Removed?

The balloon is normally removed in the same way it was placed, via the oesophagus and mouth. Prior to removal, you will be given a muscle relaxant and a topical anesthetic will be applied to numb the throat. Using an endoscopic camera, the physician will introduce a catheter through the mouth and into the stomach. The balloon will then be punctured and deflated. Once the balloon is deflated it can be grasped and removed.

Will I Regain My Weight after the BIB® System Balloon Is Removed?

Because the balloon in the stomach creates a feeling of fullness, it acts as an aid to weight reduction and may help you to adhere to a prescribed diet and new eating patterns. You will have a much greater chance of maintaining your weight loss after balloon removal if you maintain and improve the diet and behavior changes you made while using the balloon.

I've read that having my BIB® inserted abroad is 'risky'?

Having your BIB® insertion carried out with NEW YOU INTERNATIONAL LTD at our EXPERT regulated clinic in PRAGUE, means that you can rest easy as you are automatically assured of the highest possible standards of care in Europe, by Medical Board Certified Experts and Clinicians. The notion that coming to Prague for your BIB® insertion is in some way an 'inferior' option is quite simply misleading. (Cosmetic Surgery regulations and 'checks and balances' in the Czech Republic are actually much more stringent than in the U.K.) If you come across this mis-information you should ask yourself is there an agenda on the part of the competitor company? Perhaps they would rather you paid £5000 to £7000 than SAVE £3000 to £5000 by having the same procedure carried out at our expert clinic in Prague....

We have many satisfied clients who will happily attest to our standards of care and after care!

What Side Effects Are Associated with the BIB® System?

It is possible that the presence of the balloon in your stomach will cause nausea or vomiting for a few days or a week or so after insertion - this is normal. Your Doctor will prescribe medication to alleviate these potential effects. Once your balloon has been in place for approximately 2 to 3 weeks, your body (stomach) should have adjusted to the presence of the balloon and any side effects associated with BIB® insertion should dissipate. *It is important to mention here that after effects vary, approximately 50% of candidates have no 'side effects' after insertion.*

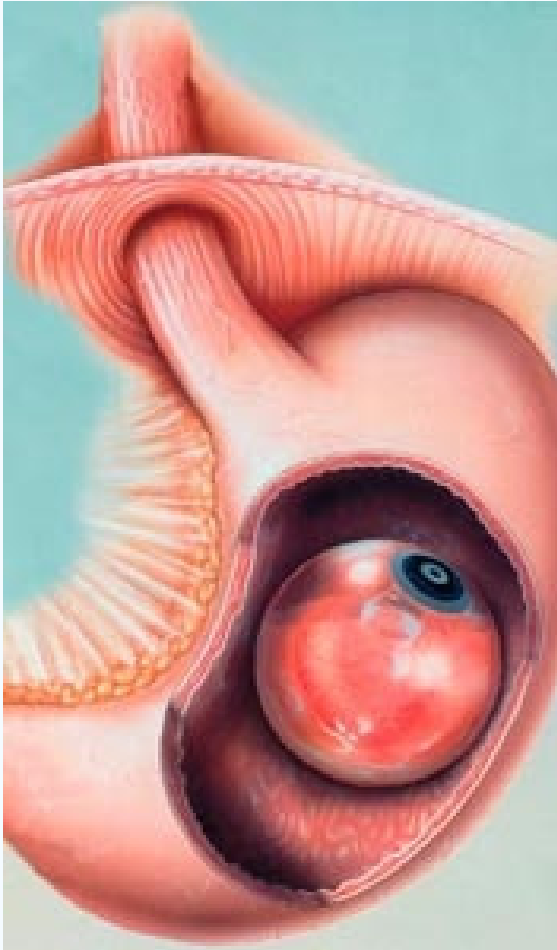


Diagram - BIB System inside stomach