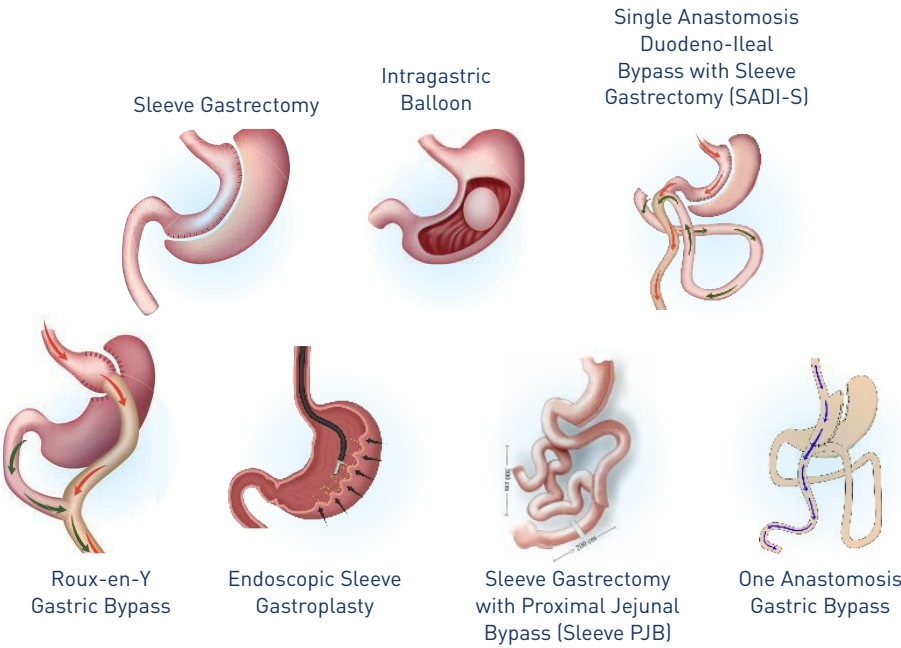


In the last ten years, with the “keyhole” or minimally invasive surgery, bariatric surgery has become much less invasive than the conventional open surgery. Bariatric surgery modifies the digestive tract by alleviating the size of gastric reservoir with or without reducing the ability of the intestine to absorb food.

+ Surgery

Individuals with a BMI greater than 32.5 are counselled to consider surgery for obesity (also known as “Metabolic Surgery”). Surgery enables you to not only successfully lose weight, it is effective in alleviating obesity-related diseases. It also helps to sustain your weight loss longer, thus improving overall quality of life.

These are the procedures available at NUH:



+ Risk and Complications

Like any other surgery, bariatric surgery has its risks. The risks and complications of surgical treatment are most often associated with obesity-related illnesses. The complications can also be related to anaesthesia or the surgical procedure itself. Your doctor will discuss the risk with you prior to your operation.

+ After Surgery

The type of ward you stay will depend on the intensity of monitoring required. The length of hospital stay differs with procedures, but ranges between three to five days. If eligible, you will be able to enroll yourself into the NUHS@Home programme. The programme allows you to go home within 24 hours after your surgery. A team of doctors and nurses will monitor you via a telephone or video call. You will be discharged when your vitals have stabilised. If you require more information, please check with the doctor or the care coordinator.

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital &
Jurong Community Hospital
Alexandra Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
OneNUHS Appointments: appointment@nuhs.edu.sg
www.nuhs.edu.sg

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor’s advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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Information is correct at time of printing [Apr 2025] and subject to revision without prior notice.



Centre for Obesity Management and Surgery (COMS)

Introduction

Obesity is a chronic disease involving the accumulation of excess body fat. Obesity increases the risk of medical conditions such as diabetes mellitus and high blood pressure (hypertension), and shortens your life span.

Fortunately, obesity can be treated with a multidisciplinary approach involving a team of dedicated weight management experts. By addressing key areas and causes, the team can help patients achieve successful and sustainable weight loss through lifestyle changes, medical therapy and surgery.

Definition of Obesity

The World Health Organization (WHO) defines obesity based on Body Mass Index (BMI).

BMI =
$$\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

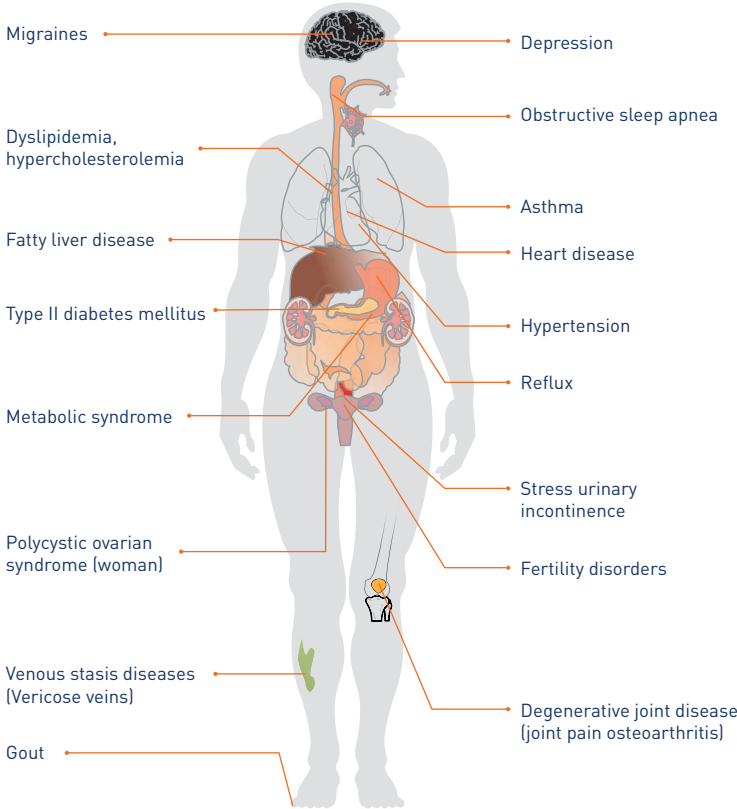
Classification of Obesity

Category	*BMI	Proposed Treatment
Overweight	25.0 – 29.9	Lifestyle intervention & Medical therapy & Endoscopic therapy
Obese class I	30.0 – 32.4	
	32.5 – 34.9	Medical therapy & Surgical therapy
Obese class II	35.0 – 39.9	
Obese class III	≥ 40.0	

* based on World Health Organisation (WHO)

Comorbidities

Common diseases associated with obesity are listed below:



Programme

Criteria

- Adult with BMI more than 27.5

Our weight management programme starts with a thorough assessment of your current health status through a set of health questionnaires.

Assessment and Therapy

- Personal consultations with our doctors
- Diet management sessions
- Exercise therapy sessions

For further information and enquiries, please contact us at:

COMS, University Surgical Centre
Appointment Line: (65) 6908 2222
Clinic Line: (65) 6772 5083
Email: usc@nuhs.edu.sg

Opening Hours:
Monday to Friday: 8:30am - 5:30pm
Closed on Sat, Sun & Public Holidays

Our Approach

LIFESTYLE MODIFICATION

DIET

EXERCISE

BEHAVIOUR

MEDICAL THERAPY

ENDOSCOPIC THERAPY

SURGICAL THERAPY

There are many causes of weight gain and obesity. Together with our team, we will adopt a multidisciplinary approach and provide you a suitable programme that will assist you in your weight loss journey.

Lifestyle Intervention

- + Dietary**
You can lose weight by making healthier choices. Our dietitians will have a better understanding of your current diet practices and help you modify them accordingly, to keep your weight under check.
- + Exercise/Physical Therapy**
Coupled with dietary changes, exercise offers the most effective approach for weight loss. Our physiotherapists will be at hand to prescribe exercise routines to suit your schedule and medical needs.
- + Behaviour Modification**
Your perspective on obesity and its impact on health plays a significant role in shaping your motivation and approach to weight loss. Setting realistic lifestyle changes and maintaining a positive mindset is important in your fight against obesity.

Medical Therapy and Endoscopic Therapy

Our doctors will provide you the best treatment based on your current obesity related illnesses. This may include endoscopic therapy such as putting a balloon in your stomach or medical therapy such as weight loss medications that cause you to be full easily.

Surgical Therapy

Surgery has proven to be a safe, effective treatment leading to sustainable weight loss, in the long run. It is a fact backed up by a study of more than 22,000 patients. Patients can expect to lose more than 60%^ of their excess weight after bariatric surgery. Another study showed that following surgery, up to 80%^ of patients experienced remission or improvement of their comorbid conditions, such as infertility, joint aches, type 2 diabetes, hypertension and sleep apnea.

^ Buchwald H, Avidor Y, braunwal E, et al. Bariatric Surgery. A Systematic Review and Meta-Analysis. JAMA 2004 Oct; 292 (14): 1728, Assessed 13 November 2009 English, W. J., & Williams, D. B. (2018). Metabolic and bariatric surgery: An effective treatment option for obesity and cardiovascular disease. Progress in Cardiovascular Diseases, 61(2), 253–269. <https://doi.org/10.1016/j.pcad.2018.06.003>