

## What is the By-Band Study?

At present, surgeons do not know which of the two operations, gastric Bypass or gastric Band is better. The aim of the study is to establish whether Bypass leads to better quality of life and at least as much weight loss as Band in the three years following surgery.

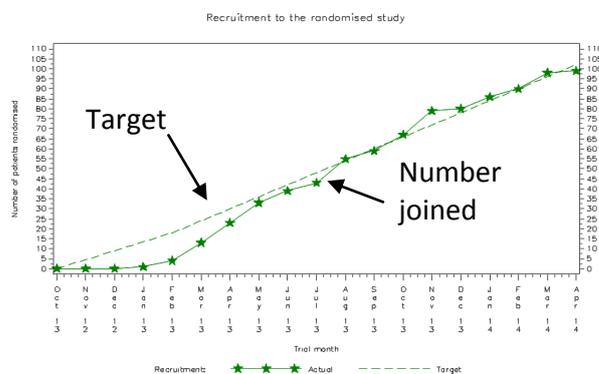
## Information Study

The Information Study is aimed at addressing any problems with recruiting patients. The Information Study team have listened to audio-recordings of patient consultations and interviewed By-Band staff. With this, they then helped staff members improve how By-Band study information is given to patients. This process is still on-going.

## Recruitment update

Recruitment to By-Band is going well. So far 100 patients have agreed to join the study. The graph shows the number of participants that have joined and the target numbers we are aiming for. You can see that after a slow start the numbers have picked up and we are on target for this stage in the study. In total, we are aiming to recruit 724 participants.

The By-Band study is in two phases. We are currently in phase one and patients are being recruited in Taunton and Southampton. When we move to phase two in 2014 we will invite more centres to join.



## Patient feedback

Debra Preen, Taunton

My start weight: **123 kg**  
 My weight now: **110 kg**  
 My target weight: **64 kg**



✿ It is very important to me to be a part of this study because I feel every aspect of the bariatric surgery journey needs to be taken into account. Not just the operation, the before, middle and after. This is to say, what to expect, and what is expected of you as a patient. Also, the classes you need to attend, times of appointments and the health care professionals you will interact with.

For me personally, each and every step I have encountered help, support and understanding. Being on the study also gave me an extra sense of security, having Nicki at the end of the phone if any problems arose. I have also made some wonderful friends from the 'Mood and Food' group I attended at the RD&E Exeter. We call ourselves the Rueben's Babes and we have met every month since the finish of the six week class. Without these ladies I don't think I would have done so well.

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**I have never been made to feel anything other than important. The staff on the day of my operation were outstanding and included me each step of the way, talking to me and explaining what was to happen next.**

Debra Preen, By-Band participant

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## Who is eligible to join the By-Band study?

Patients referred for bariatric surgery with a BMI of 40 kg/m<sup>2</sup> or more, **OR** a BMI of 35 kg/m<sup>2</sup> to 40 kg/m<sup>2</sup> and other health problems e.g. type 2 diabetes

### Exclusions

- ❖ A history of previous gastric surgery or surgery for obesity
- ❖ Large abdominal ventral hernia
- ❖ Pregnancy
- ❖ Crohn's disease
- ❖ Liver cirrhosis and portal hypertension



## What does the study involve?

Patients will receive detailed information about both operations. No one knows which operation leads to more long-term weight loss and improved quality of life. Patients who agree to join the study will

- ❖ Have an equal chance of receiving either a gastric Bypass or gastric Band
- ❖ Have follow-up at regular intervals up to three years after the operation, which will include:



Weight monitoring



Questionnaires



Measurements



Blood tests



Blood pressure readings



Interviews with Research Nurse

Full details of what will be involved at each point of the study can be found on the By-Band website ([www.by-band.bristol.ac.uk](http://www.by-band.bristol.ac.uk)).

## Who to contact?

The Bristol Clinical Trials and Evaluation Unit (CTEU) is responsible for the overall management of the study (coordinator Dr Graziella Mazza, [by-band@bristol.ac.uk](mailto:by-band@bristol.ac.uk)). Please visit [www.by-band.bristol.ac.uk](http://www.by-band.bristol.ac.uk) for further information about the study.



By-Band study team, June 2013

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## Word Search

- ❖ Eligible
- ❖ Surgery
- ❖ Obesity
- ❖ Research
- ❖ Band
- ❖ Bypass
- ❖ Weight
- ❖ Bariatric
- ❖ Gastric
- ❖ Data

B	T	D	N	A	B	I	E	O	T
A	E	L	I	G	I	B	L	E	H
R	S	O	B	Y	P	A	S	S	G
I	E	T	B	D	A	T	A	R	I
A	A	I	D	E	E	A	E	H	E
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R	G	A	S	T	R	I	C	G	T
I	N	O	E	G	H	P	T	T	R
C	S	U	R	G	E	R	Y	Y	L
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Email: [by-band@bristol.ac.uk](mailto:by-band@bristol.ac.uk)