

Gastric Sleeve Surgery

at 360 Sleeve, Canada's Largest
Private Gastric Sleeve Clinic



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6-Year Gastric Sleeve Program

360 Sleeve offer one of the most extensive and comprehensive aftercare programs available in Canada. The key to our patients' happiness, health, and success is undoubtedly our commitment to exceptional aftercare services.



**One-on-One Surgeon
Support**



**Personalized Pre & Post-Op
Dietitian Support**



Frequent Touch Points



Pre-Op Optifast, and 1
Month Bariatric Vitamin
Supplement Supply**



**Virtual Progress
Tracking Tools**



**360 Facebook Support
Group**



**Comprehensive Health
Evaluations***

Dr. Kashif Irshad

MD, MSc, FRCSC, FACS
Bariatric Surgeon

**Transforming Lives Through
Thousands of Successful
Bariatric Procedures.**



Dr. Kashif Irshad is one of Canada's most experienced and compassionate gastric sleeve surgeons, with over 15 years helping thousands regain their health and confidence through safe, effective weight loss surgery. He understands that obesity affects the whole person—not just the body—and takes a patient-centered approach, listening carefully and supporting patients throughout their journey.

As a pioneer of gastric sleeve surgery in Canada, Dr. Irshad combines technical skill with genuine care to provide the safest, most advanced treatment. He is Chief of Thoracic and Foregut Surgery at William Osler Health System, graduated from McGill University, and trained at McMaster and the University of Pittsburgh. Since pioneering Sleeve Gastrectomy at William Osler in 2009, he has performed thousands of bariatric surgeries, published key research, mentored surgeons across Canada, and is a member of the American Board of Obesity Medicine. He is dedicated to advancing minimally invasive techniques to improve patient outcomes.

Dr. Ali Hazrati

MD, MSc, FRCSC, FACS
Bariatric Surgeon



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Thousands of Successful
Bariatric Procedures.**

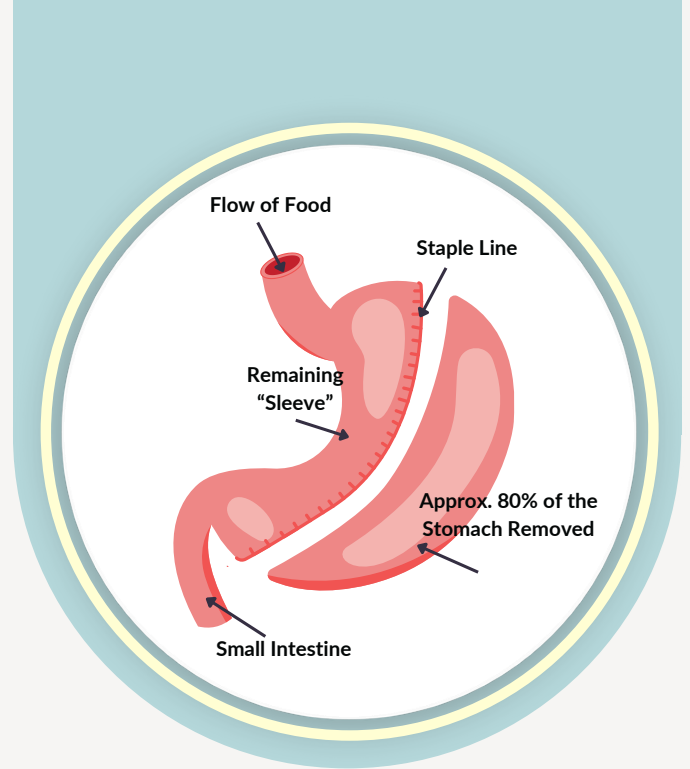
Dr. Ali Hazrati (MD, MSc, FRCSC, FACS) is a skilled and compassionate bariatric surgeon at 360 Sleeve, dedicated to helping patients transform their lives through weight-loss surgery. Specializing in Gastric Sleeve and other bariatric procedures, Dr. Hazrati combines advanced techniques with personalized care to help patients achieve lasting health and wellness.

Dr. Hazrati earned his medical degree at Tehran Azad Medical University and completed his general surgery training at McGill University in Canada. He further specialized with a fellowship in laparoscopic bariatric and upper gastrointestinal surgery at Stanford University in California.

With thousands of successful surgeries and an outstanding safety record, Dr. Hazrati is known for his precision, innovative approach, and commitment to patient success. He is an active member of leading organizations like ASMBS, SAGES, and IFSO and holds hospital privileges at Scarborough General Hospital in Toronto.

Fluent in English, Farsi, and French, Dr. Hazrati ensures every patient feels supported throughout their journey. At 360 Sleeve, he focuses on providing expert care, empowering patients to live healthier, happier lives.

About Gastric Sleeve Surgery



TOTAL COST

\$17,500

Tax Included
6-Year Aftercare
Included

ALTERNATIVE NAMES

Sleeve Gastrectomy
Vertical Sleeve Gastrectomy
(VSG)

SYNOPSIS OF SURGERY

Gastric Sleeve is a weight loss surgery in which about 70% - 80% of the stomach is permanently removed, and the remaining portion resembles a sleeve. This restricts food intake and hunger to restricts food intake.

SURGERY LENGTH:

1.5 Hours

INVASIVENESS:

Gastric Sleeve is a minimally invasive procedure done laparoscopically, using about five small incisions on the abdomen.

ANESTHESIA

General Anesthesia

RECOVERY:

- 8 hours to recover in the clinic
- 1 - 2 weeks off from work
- 4 - 6 weeks before resuming physical exercise



Benefits of Gastric Sleeve Surgery

Lose Approx.
60% - 80%
of Excess Weight

Gastric Sleeve vs. Other Bariatric Procedures

Gastric Sleeve is a safer and less complex option of bariatric surgery offering benefits which include:

- Limiting food ingestion and hunger
- Supporting natural digestion without nutritional deficiency
- Keeping the small intestine and pylorus intact
- Being a better option for high risk patients (i.e. high BMI, other comorbidities)

Mental and Emotional Health Improvements:

- Self-Esteem: Increased confidence and self-image.
- Depression and Anxiety: Reduced symptoms of depression and anxiety associated with obesity.
- Quality of Life: Enhanced overall well-being and ability to participate in physical and social activities.

Lifestyle Improvements:

- Mobility: Improved ability to engage in physical activities and daily tasks.
- Energy Levels: Higher energy levels due to weight loss and improved metabolic health.
- Reduced Medication Dependence: Decreased reliance on medications for obesity-related conditions.
- These health benefits, combined with long-term weight loss, make gastric sleeve surgery a transformative option for individuals struggling with obesity.



(Continued)

Benefits of Gastric Sleeve Surgery

Physical Health Improvements:

- **Type 2 Diabetes:** Better blood sugar control, with many patients achieving remission.
- **High Blood Pressure (Hypertension):** Significant reduction in blood pressure levels.
- **Heart Disease:** Lower risk of heart attacks, stroke, and other cardiovascular issues.
- **Sleep Apnea:** Resolution or improvement in obstructive sleep apnea, leading to better sleep quality.
- **Joint Pain and Arthritis:** Reduced joint stress and pain, improving mobility.
- **High Cholesterol:** Lower cholesterol levels, reducing the risk of cardiovascular diseases.
- **Fatty Liver Disease:** Decreased fat deposits in the liver, reducing the risk of cirrhosis or liver failure.
- **Polycystic Ovary Syndrome (PCOS):** Improved symptoms and hormonal balance, especially in women.
- **Fertility:** Enhanced fertility in both men and women, increasing the likelihood of conception.
- **Kidney Function:** Improved kidney health due to lower blood pressure and reduced stress on the organs.
- **Asthma:** Fewer asthma attacks and improved respiratory health.
- **Immune Function:** Strengthened immune system with improved overall health.

Is Gastric Sleeve Surgery Right For You?

Who is a Good Candidate for Gastric Sleeve Surgery?

- 1. Patient has BMI over 30
- 3. Age 18-65

It should be noted that these are guidelines. There are situations where a patient would benefit from weight loss surgery, but they may not meet the above guidelines. These patients will have to be carefully counselled by their surgeon to weight the risks and benefits of surgery and see if it will be of benefit to them.

Who is a **NOT** Good Candidate for Gastric Sleeve Surgery?

Weight loss surgery is not for everyone. Your surgeon and team will determine if it will benefit you. Things that can exclude patients from weight loss surgery include:


- Not able to consent to the surgery and accept the risks of the surgery
- Not willing to attend regular follow-up visits and the required dietary and lifestyle changes that are necessary for long-term success
- Being pregnant or planning to become pregnant in the next 12 months
- Have not previously tried nonsurgical weight loss programs
- Active eating disorder
- Active substance abuse
- Patient has many medical conditions that make surgery too high risk
- Some previous abdominal surgeries may preclude certain weight loss surgery options

Steps to Booking Gastric Sleeve Surgery

Once your date is secured there are a few things that need to be completed by you. You would need to:

STEP 1  Fill out a patient health questionnaire

STEP 2  Review and complete the provided consent forms

STEP 3  Get bloodwork and an ECG done at your local lab

STEP 4  Book a pre-op appointment with the anesthesiologist

STEP 5  Book a pre-op diet appointment with our nutritionist

Frequently Asked Questions

Do I qualify for Gastric Sleeve Surgery?

In order to qualify for the Gastric Sleeve your BMI must be a minimum of 30. During your consultation with our surgeon, you will be assessed for your individual needs and our surgeon will make a recommendation whether or not they think the Gastric Sleeve is the correct surgery for you. Our doctor will assess your health status and medical history to determine if you are a good candidate for this surgery.

Will I have Surgical Scars?

The surgery is done laparoscopically with a camera and small incisions. Patient's typically have 4 small half centimeter incision and one incision about 1.5 cm. Once you are fully healed, they are often not noticeable.

How much time do I need to take off work?

We recommend patient's take two weeks off work to recover from their surgery. In addition, we suggest avoiding lifting more than 10 lbs for 4 weeks to allow your incisions to fully heal.

Do I need to be on a pre-op diet?

Patients with a BMI of over 40 will need to take OPTIFAST for 2 weeks prior to surgery. This helps patient's lose weight prior to surgery which shrinks their liver which helps with the ease of the operation.

Is Gastric Sleeve Surgery covered by OHIP?

OHIP generally covers gastric bypass surgery but only a small number of gastric sleeve surgeries. Meeting OHIP's strict criteria for gastric sleeve surgery can be challenging, requiring a BMI over 60 or medical conditions like ulcerative colitis or chronic steroid use that make bypass surgery too risky.

At 360 Sleeve, we operate as a private clinic and don't accept OHIP referrals, allowing us to provide gastric sleeve surgery to those who don't meet OHIP's strict requirements. We also streamline the process, helping you avoid long wait times.

Our clinic offers top-quality care, including a comprehensive 6-year aftercare program to support your journey.



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For daily gastric sleeve tips, information,
and all things gastric sleeve surgery

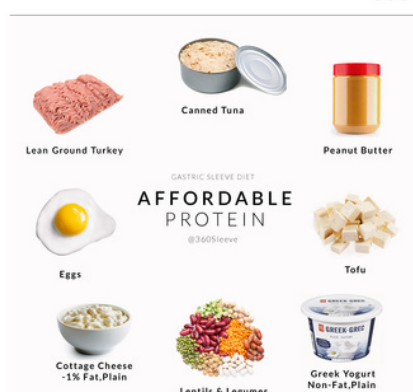


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