



360  
SLEEVE

# GASTRIC SLEEVE SURGERY

AT 360 SLEEVE

[www.360sleeve.com](http://www.360sleeve.com) • @360sleeve 416.360.7360  
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# Dr. Kashif Irshad , MD, MSc, FRCSC

## Bariatric Surgeon



Dr. Irshad is Chief of the Division of Thoracic and Foregut Surgery at William Osler Health System.

In 1998 he obtained his medical degree at McGill University, where he also completed his formal training in General Surgery. During his residency he completed his Masters of Science in Experimental Surgery.

He then trained in Thoracic Surgery at McMaster University.

Following his training at McMaster, he completed a prestigious fellowship at the University of Pittsburgh Medical Centre. In Pittsburgh, Dr. Irshad trained under world renowned bariatric and esophageal surgeons.

In 2009, he pioneered the Sleeve Gastrectomy at William Osler Health System, and brought his unique skillset to Clinic360 in 2017. He has published extensively on gastric and esophageal surgery.

To better understand the unique needs of our bariatric patients, Dr. Irshad, became Board Certified in Obesity Medicine (ABOM) in 2016. Currently, there are only 5 surgeons in Ontario who hold this designation.

Dr. Irshad has completed over the 3000 surgeries on the stomach and has mentored surgeons across the country on his techniques.

Dr. Irshad published the first Canadian series of Minimally Invasive Esophagectomies, and presented his results at a national meeting in 2009.

He was featured on CTV National News for his innovations in minimally invasive surgery for the lung cancer patient.

He has dedicated his career to the advancement of new and innovative techniques in minimally invasive surgery, driven by a desire to provide the best possible care for his patients.



# Dr. Pavi Kundhal

MD FRCSC Dipl. ABOM

Bariatric Surgeon



Dr. Kundhal is a General and Laparoscopic Surgeon who specializes in minimally invasive surgeries (“key hole surgery”). He is a Diplomate of the American Board of Obesity Medicine which is a designation showing his expertise in obesity medicine. This is a prestigious designation that very few surgeons in Canada hold. He has been a member of the Department of Surgery at William Osler Health System since 2012, and is the Site Chief of General Surgery at Brampton Civic Hospital. He has previously worked at Toronto East General Hospital as a surgeon.

Dr. Kundhal has been performing Bariatric surgery and procedures since 2010. He has performed hundred’s of weight loss surgeries. Dr. Kundhal believes that successful weight loss surgery must be surgeon led and that the Sleeve gastrectomy is the first part of your weight loss journey. Dr. Kundhal will listen to your concerns and ensure you make the best decision for your health. He uses the latest techniques and equipment to ensure excellent results.

Dr. Kundhal completed his undergraduate studies in Economics at the University of Toronto graduating with honours. Following this, he attended medical school at the world renowned University of Toronto . He finished a five year surgical residency at the prestigious Department of Surgery at University of Toronto. He trained at the University Health Network, Mount Sinai Hospital, St. Michael’s Hospital and Sunnybrook. In addition, he did a Clinical Fellowship at the Toronto East General Hospital with a focus on advanced minimally invasive procedures. Dr. Kundhal also has a clinical interest in surgical and non-surgical weight loss, and has completed numerous post-graduate courses in this area. Most recently, Dr. Kundhal completed an advanced graduate degree of Masters of Business Administration at the Ivey School of Business. He hopes to use this experience to improve delivery of healthcare in our healthcare system.

Dr. Kundhal regularly attends conferences and courses to keep up to date with the latest advances in laparoscopic surgery and Obesity Medicine in order to provide his patients with the most up to date and evidence based care.

Dr. Kundhal is a member of the College of Physician and Surgeons of Ontario, Fellow of the Royal Colleges of Physicians and Surgeons of Canada, Ontario Association of General Surgeons, and Obesity Medicine Association. He is also a SCOPE certified specialist in Obesity Medicine.



# Clinic 360's Story



**Dr. Magdi Gaid** MBChB, FRCP(C)  
Medical Director

Clinic 360 in Toronto is an innovator and leader in the cosmetic surgical field. We pride ourselves on having the city's most experienced and skilled team of physicians. Each carefully selected physician at Clinic 360 is a board certified member and is an experienced surgeon in their chosen field of specialization.

They each have years of experience with the specialized procedure they perform. This leaves our valued clients with a complete, well informed and artful result. Choosing the finest surgeons allows us to provide the best surgical outcomes and we are proud of that fact. Continuing with this tradition we ensure the highest standards in regard to our clinical operations.

## A Fully Equipped Medical Facility

With Safety and Luxury combined at Clinic 360, our innovative Clinic located in Toronto will leave you dazzled. It is time to come full circle and see what Clinic 360 has to offer you. We take pride in our 10,000 sq ft facility as your safety and satisfaction is our number one priority.



# Comprehensive 6-Year After-Care Program ( Included in cost )

It is no secret that the reason for our happy, healthy, and successful patients is the level of after-care that we provide. Working in collaboration with one another, Clinic 360 provides one of the longest and most comprehensive after-care programs in Canada.



# Gastric Sleeve Surgery

Average Cost:  
\$18,000

Surgery Length:  
1.5 Hours

Recovery:  
1 – 2 weeks off from work  
4 – 6 weeks before resuming physical exercise

## Synopsis of Surgery

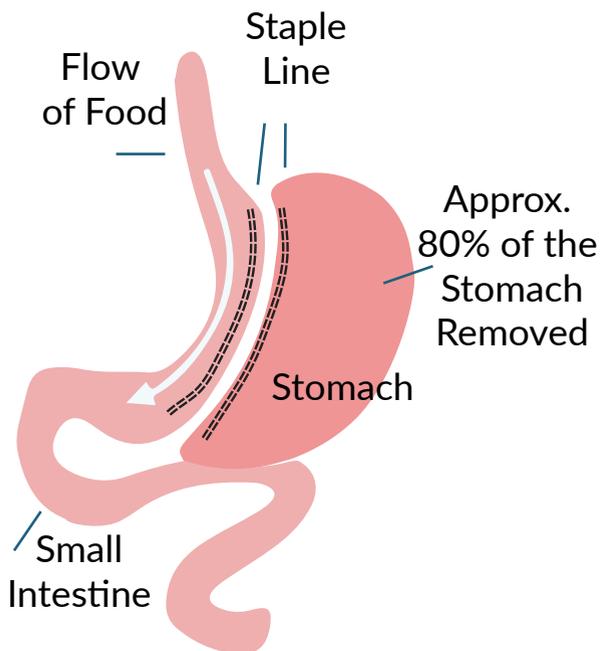
Gastric Sleeve is a laparoscopic surgical procedure in which most of the stomach is permanently removed, and the remaining portion resembles a sleeve. This restricts food intake and hunger to induce weight loss.

## Alternative Names

Sleeve Gastrectomy  
Vertical Sleeve Gastrectomy (VSG)

## Anesthesia

General Anesthesia



**Vertical Sleeve Gastrectomy**, more commonly known as the gastric sleeve procedure has been the preferred bariatric surgery for several years; it is a minimally invasive procedure in which 80% of the stomach is removed laparoscopically without affecting the small intestine. The remaining part of the stomach has a tubular shape which mimics the outline of an average banana and as a result, restricts the amount of consumable food. The procedure also prompts hormonal changes by removing ghrelin, a hunger stimulator.



# Benefits

## of GASTRIC SLEEVE SURGERY

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)

In addition to losing excessive weight, sleeve gastrectomy reduces the risks of potentially life threatening weight related problems and improves:

- Cardiovascular health
- Long term remission of type 2 diabetes
- Depression
- Joint Pain

The Sleeve Gastrectomy also acts as a solution to alleviate other medical conditions (pregnancy complication, gall bladder disease, metabolic syndrome).

Lose About  
**60%-70%**  
of Excess Weight



# Health Problems Reduced

with GASTRIC SLEEVE SURGERY

The most obvious and compelling reason is that it works. Patients often experience much greater and sustained weight loss than they would have experienced with diet and lifestyle change alone. In addition, studies have shown that patients who undergo Gastric Sleeve surgery show a very high rate of improvement of obesity related medical conditions. What's more studies are now showing that patients who have these surgeries experience longer life with a reduction in mortality.

In addition, for some patients these surgeries can provide feedback to them which prompts them to stop eating. For example, a feeling of fullness, nausea and decreased food desire can be present which helps with the weight loss after surgery.

- **High Blood Pressure**

42%-66% resolved &  
52%-92% risk reduced

- **Cardiovascular Disease**

82% risk reduced

- **Type 2 Diabetes**

83% Resolved

- **Fatty Liver Disease (nonalcoholic)**

90% improved , 37% reduction  
of inflammation

- **Asthma**

82% improved or resolved

- **Metabolic Syndrome**

80% resolved

- **Gout**

77% resolved

- **Vein Problems**

95% resolved

- **Joint Pain**

41%-76% resolved

- **Migraines**

57% resolved

- **Sleep Apnea**

74%-98% improved

- **Infertility** caused by

Polycystic Ovarian Syndrome

- **Depression**

55% resolved



# Is Gastric Sleeve Surgery Right for You?

## Who is a Good Candidate for Gastric Sleeve Surgery?

1. Patient has BMI over 40.
2. Patient has BMI over 35 with obesity related comorbidities.
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 Good Candidate for Gastric Sleeve Surgery?

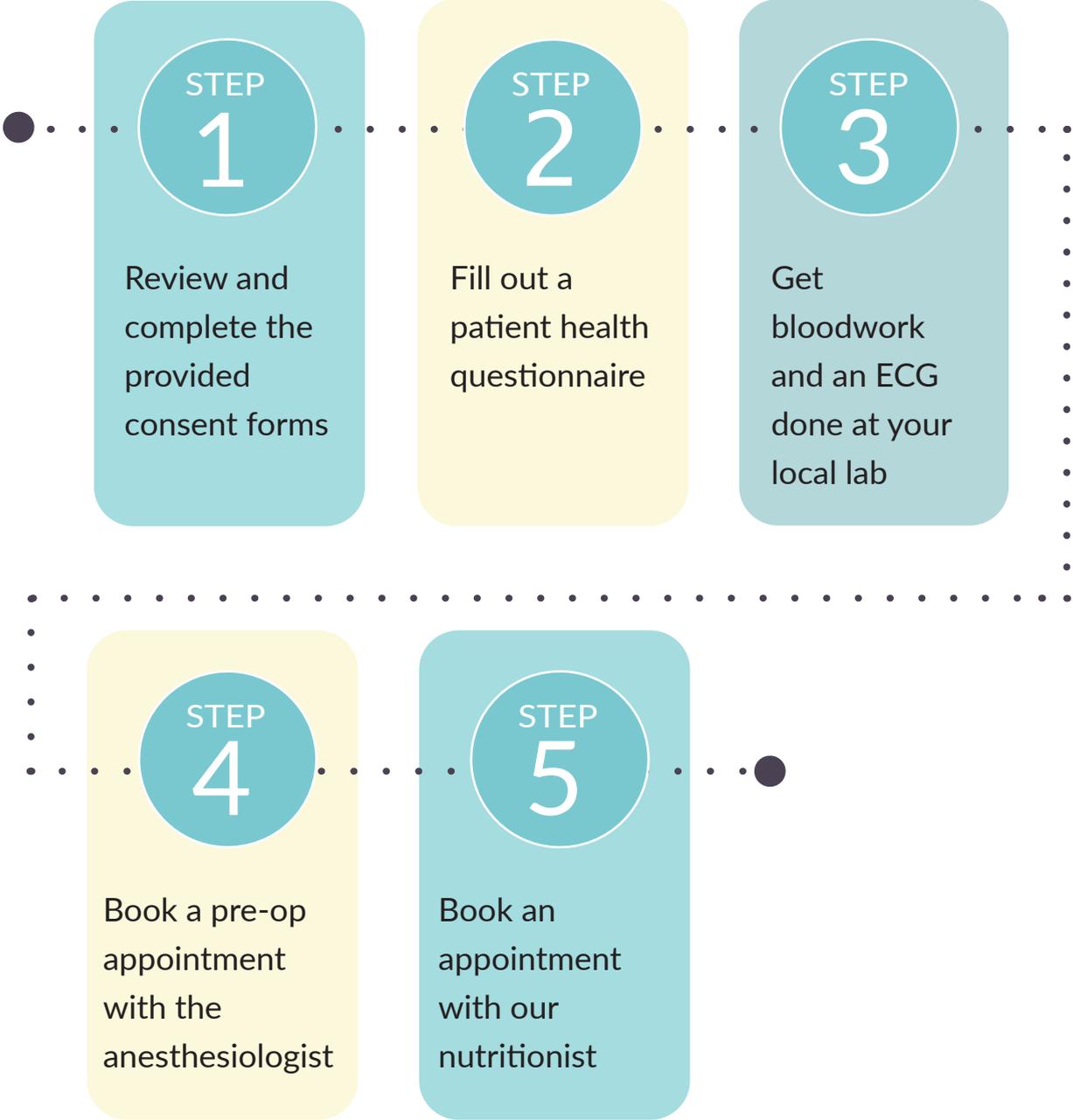
Weight loss surgery is not for everyone. Your surgeon and team will determine if it will benefit you. Things that can exclude patients from weight loss surgery include:

- 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 Sleeve Gastrectomy at 360Sleeve

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



# Connect with us on Baritastic App

## Free Membership With Your 360 Sleeve Program

More than just nutrition and weight tracking, the Baritastic app allows you to:

- Tracks inches lost and compares your progress
- Setup daily reminders for water, protein shakes, vitamins and supplements intake
- Take photos and create a photo timeline comparing your progress
- Track hunger, happiness, and even bowel movements- Integrate with major wearable devices to track steps and fitness levels
- Access bariatric friendly recipes
- Track your body mass index (BMI)
- Count down to surgery and track days since surgery- Consultation to surgery checklist to stay
- Bariatric timer that both controls and separates food and water intake times
- A 'bite' timer that helps you manage your speed when eating
- The best bariatric resources to stay supported and educated throughout your entire weight loss journey

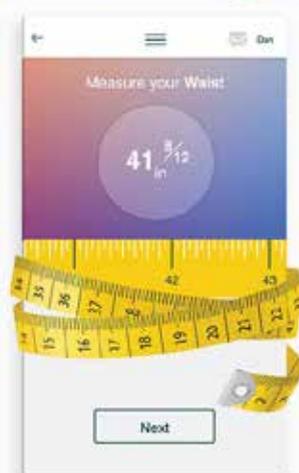
Connect to Your Bariatric Program today! Benefits include:

- Diet guidelines by your nutritionist
- Discharge instructions from your surgical facility
- Patient portal
- Education modules
- Videos
- Vitamin & supplement guidelines
- Success stories from patients just like you!
- Support services
- Calendar of events with automatic reminders 24 hours in advance
- Key contacts to get questions answered quickly

Bariatric surgery is a journey  
Baritastic will help you along the way.



It's not all about losing weight.



# Fee & Financing

## Have Your Procedure Now, Make Payments Later!

You've made the decision to start your weight loss journey with us at 360 Sleeve.

### **Now the question is, how will you pay for it?**

The application process will only take a few minutes, and you'll receive a response quickly, often within 24 hours.



## Gastric Sleeve Surgery Cost

The cost of the gastric sleeve surgery is \$18 000 plus tax. This price includes our comprehensive 6-Year Aftercare Program.

## Consultation Fees

Your consultation is FREE. We do not charge consultation fees. Contact us to book your consultation today.

## Deposit

In order to secure your surgical date we require a \$2,500 non-refundable deposit. The remaining balance is due 3 weeks before your surgery date.

- Cancellation 2-4 weeks before day of surgery: \$2,500 processing fee charged, the remainder of deposit refunded.
- Cancellation less than 2 weeks before the day of surgery: 50% of the surgical fee is refunded.
- Cancellation less than 1 week before the day of surgery: No refund will be provided.
- Surgery may be rescheduled if notified at least 2 weeks in advance.
- Any procedures rescheduled for legitimate medical reasons (a physicians letter may be required) will not be subject to the above penalty fee(s).

## Payment Methods

- Major credit cards and pre-paid credit cards (Visa, MasterCard, American Express)
- Bank Drafts
- Cash

# Frequently Asked Questions

## **DO I QUALIFY FOR THE 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 SCARS FROM THE SURGERY?**

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

## **HOW MUCH TIME DO I NEED OFF WORK?**

We recommend patients 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 TAKE A SPECIAL DIET PRIOR TO MY GASTRIC SLEEVE SURGERY?**

Many of our patients will take OPTIFAST for 2 weeks prior to surgery. This helps patients lose weight prior to surgery which shrinks their liver which helps with the ease of the operation.

## **IS THE GASTRIC SLEEVE COVERED BY OHIP?**

The Gastric Sleeve is covered by OHIP under very specific situations as indicated below:

- Your BMI is greater than 60
- Significant scarring in your abdomen from previous surgery that prevents performing a gastric bypass surgery
- Certain medical conditions that prevent a Gastric Bypass surgery from being done safely.

If you are interested in an OHIP covered bariatric procedure you can ask your family doctor to refer you to the Ontario Bariatric Network to see if you qualify for the Gastric Sleeve surgery

# Contact Information

## 360 Sleeve at Clinic 360

(Consultations, surgery, follow-ups)

1131A Leslie St #300  
Toronto, ON M3C 3L8  
Tel: (416) 360-7360

## 360 Sleeve Brampton

(Consultations and follow-ups only)

2250 Bovaird Dr E #303  
Brampton, ON L6R 0W3  
Tel: (416) 360-7360

 @360sleeve

## Follow us on social media

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

