

Welcome to the BIB™ System

The BIB™ System is a simple tool that is designed to give you the extra help you need to adjust to a healthier lifestyle.

The BIB™ System is made up of two important parts:

1. The Intra-gastric Balloon

The BIB™ is a soft, saline filled silicone balloon that is placed in the stomach for six months. The balloon is designed to partially fill your stomach, giving you a feeling of fullness. In medical terms this is called **satiety**. It will not only make you feel less hungry, but feel fuller more quickly after small meals

2. Weight-loss Education

The intra-gastric balloon is only part of the solution; it cannot work without your commitment and the support of a supervisory medical team. They will help design a programme to help you successfully reach and maintain your weight-loss goals. While learning, you will be motivated by your success and more easily turn these principles into habits that will serve you the rest of your life. Your team could include doctors, dieticians and physiotherapists and they will be there every step of the way with encouragement and support.

Benefits of the BIB™ System

- Proven to deliver better weight-loss than with diet alone
- Simple non-surgical procedure
- Does not require long-term drug therapy
- Helps create and maintain a feeling of fullness
- Makes it easier to adopt changes to your eating habits and lifestyle



...with the BIB™ System

www.loseweightgainlife.co.uk



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Caution: This device is restricted to sale by or on the order of a physician. The BIB™ intra-gastric balloon contains no latex or natural rubber materials.™ mark owned by Allergan, Inc. © 2007 Allergan, Inc. Irvine, CA 92612. All rights reserved. This device is CE marked.

References:

1. Sallet JA, Marchesini JB, Paiva DS *et al.* Brazilian Multicentre Study of the Intra-gastric Balloon. *Obesity Surgery* 2004; **14**: 991-998.
2. Genco A, Bruni T, Doldi SB *et al.* BioEnterics Intra-gastric Balloon: The Italian Experience with 2,515 Patients. *Obesity Surgery* 2005; **15**: 1161-1164.

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Diet not working?

There could be another way to lose weight without surgery or drugs



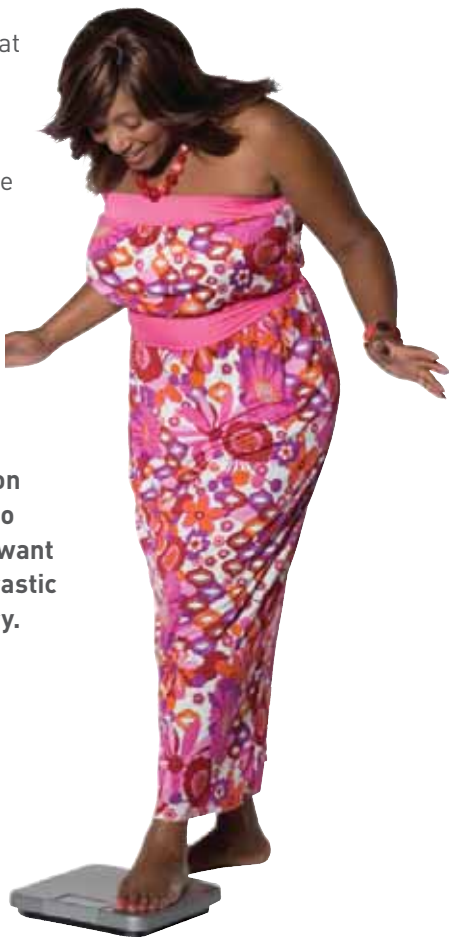
Are diets or slimming drugs not working for you?

If you are one of the thousands of people who have tried dieting the 'traditional' way or have been seduced by so-called 'alternative' weight-loss programmes without success, then you may need help of a different kind.

It's a fact that diets alone rarely change long-term eating habits. Many people find themselves in a cycle of losing and gaining weight, as they switch from one failed diet to another - the so-called 'yo-yo' effect. Others may resort to slimming drugs or diet suppressants, but even then unpleasant side effects can make it difficult to stay the course.

The simple truth is, that most people find it extremely difficult to maintain a rigorous dietary regime over the long term, especially when the foods they can eat may not be particularly appetising!

There is another option for people who want to lose weight but don't want or qualify for more drastic measures like surgery.



Is the BIB™ System right for me?

To qualify for the BIB™ System you must be:

- at least 18 years old
- obese with a Body Mass Index (BMI) of at least 30*
- ready to comply with a professional, medically supervised programme

* You can work out your own BMI by using the following calculation:

Your weight in kilograms divided by the square of your height in meters $\frac{\text{kg}}{\text{m}^2} = \text{BMI}$

Use of the BIB™ System is not advised in people with a BMI of less than 30, unless accompanied by other health problems associated with obesity that would be expected to improve with weight-loss. Certain medical conditions may also preclude patients from receiving the BIB™ System.

How is the gastric balloon inserted?

The BIB™ is a soft, silicone balloon that is designed to sit in your stomach for six months. The deflated balloon is attached to a soft tube and is passed through your mouth, into your stomach during a simple 15-20 minute procedure called **endoscopy**. You will be mildly sedated while the balloon is inserted and filled with saline to the appropriate volume.

It's the weight of the saline that gives the balloon the appropriate 'presence' to give you a feeling of fullness.

The tube is then removed through your mouth leaving the inflated balloon in your stomach.

Removal after six months is just as simple. A tube is passed through your mouth into your stomach and the balloon deflated. The deflated balloon is then pulled back out through your mouth again. Patients can be discharged home again within a matter of hours. Most people need little, if any, time off work.

How much weight could I expect to lose?

Patients participating in the BIB™ system can expect to have significant weight-loss in the first six months. The amount of weight you lose and how long you maintain that weight-loss will depend on how well you adopt long-term lifestyle changes related to eating and exercise.

The following results were achieved in two large published clinical studies using the BIB™ System.

Brazilian study, 2004

323 patients;
average weight-loss after 6 months: **15kg¹**

European study, 2005

2,515 patients;
average weight-loss after 6 months: **20kg²**

How important is the weight-loss education?

The follow-up programme is critical to success with the BIB™ System and in learning new lifestyle skills. Your doctor, dietician, and/or other experts will play important roles in evaluating your needs to create a programme that's right for you.

Your appointment schedule (typically, once a month) will be decided with your team, **however it is critical that you attend all meetings**. Your success with the BIB™ System will depend on how committed you are to learning from your support team and adopting the principles of good health into your daily life.

Experience shows that those who regularly attend the scheduled follow-up meetings have the best short- and long-term results.