



Weight Loss Surgery

in "AJAPNYAK" Medical Center



A NEW MULTIPROFILE MEDICAL CENTER WITH
OUTSTANDING PREMIUM LEVEL OF QUALITY CONTROL in ARMENIA

 + 37410 38 00 44

 Ajapnyakmc.com



LIVING FREE FROM

OBESITY



ABOUT THE MEDICAL CENTER

The Medical Center is only one in Armenia completely built by German and Armenian architectures strictly following the main principles of medical hospital constructions, therefore every corner is carefully adapted for patients comfort and satisfaction. "Ajapnyak" Medical Center was opened in 2019.

IMPORTANT TO KNOW

Having in background an extensive experience in bariatrics we offer wide range of weight loss surgeries. Face to face or video online consultations are available where you can discuss your options to help you decide which is the most suitable procedure for you and for your lifestyle.

CORE INFORMATION

- THE BARIATRIC SURGICAL DEVISION IS DIRECTLY HEADED BY THE FOUNDER OF "AJAPNYAK" MEDICAL CENTER, SKILLED AND PROFESSIONAL SURGEON, **Dr. GRIGORII MANUKYAN, Ph.D., MD**
- ZERO MORTALITY RATE
- 27/7 + 1 YEAR CARE PACKAGE
- EXCEPTIONAL AND FLEXIBLE PAYMENT SOLUTIONS

Short introduction

The founder of "Ajapnyak" Medical Center – Dr. Grigori Manukyan, Ph.D., MD, MS is the leading and highly skilled specialist in advanced laparoscopic and bariatric surgery.

Dr. Manukyan Grigori has received his surgical education and medical practice during extensive working experiences during many years in German leading medical centers under the worldwide known supervision of the founder of laparoscopic surgery prof. Gerhard Buess. Dr. Grigori Manukyan is a Member of German Surgical Society, as well as Member of International Surgical Society.

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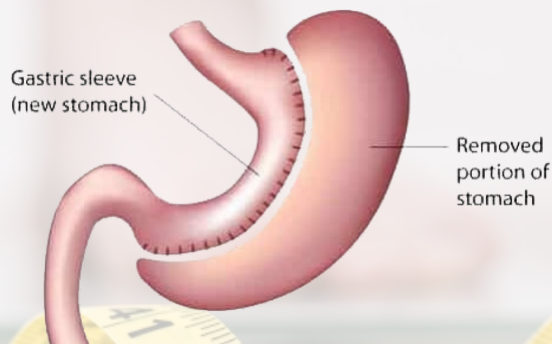
Under his supervision are working over 20 surgeons in different disciplines, he is a head of Multi disciplinary Bariatric Board.



WEIGHT LOSS SURGERY

How we do it?

A common surgery we perform is a **“golden standard”** for bariatric surgery called sleeve gastrectomy, also known as a partial gastrectomy, vertical gastrectomy or gastric sleeve.



It involves permanently reducing the size and capacity of the stomach by about 70-75%

The upper part of the stomach is removed as this is where the chemical (ghrelin) that stimulates your appetite is produced. This helps to reduce hunger. The another reason and reason, why the sleeve gastrectomy is so widely suggested, it is because it reduces the significant part of stomach, so that the patient can not eat as much, as he/she eat before.

Surgery time – approx. 2-2.5 hours

Expected results – about 40-45% excess of overweight loss.

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FOR MORE DETAILED INFORMATION :
Please call +37433 38 00 44. +37499380044
E-mail: info@ajapnyakmc.com



LIFE AFTER SURGERY

Weight loss surgery has the power to change your life, but it's only the starting step.

It's important to note that always follow the dietary guidelines of your physician.

Do not immediately start eating your pre-surgery diet.

Follow the post-procedure meal as suggested by your surgeon.

- **Days 1-2 – small volumes of clear liquids at room temperature.**
- **Days 3-7 – Add milk (dairy or non-dairy), broth, and yoghurt.**
- **Week 2 – Resume eating pureed foods such as mashed vegetables or blended fruits.**
- **Weeks 3-4 – consume soft and easy-to-chew foods, such as scrambled eggs, soft fruits, and steamed vegetables.**
- **Weeks 5-8 – Start eating fresh fruits, veggies, and beans.**
- **Beyond Week 8 – You can now eat a regular, balanced diet**

Do not drink Carbonated Beverages – The gases that make drinks fizzy can build up in the stomach, stretching it out and creating more space.

Don't Drink With Your Meals – Liquid in the stomach speeds up the rate at which your food moves to your small intestine.

Do not consume Alcohol. Alcohol consumption must be stopped for about 12 months since it has a lot of calories with little nutrition. Even when you resume drinking, it should be in small quantities.

Do Not Smoke. Since the new stomach is narrower, smoking will make you feel pain. In addition, carbon monoxide in the smoke makes the blood cells less able to carry oxygen and nutrition to your cells. It is recommended to quit smoking permanently after weight loss surgery or avoid smoking for 2 weeks to 3 months.

OUR RECOMMENDATIONS

- Do eat small meals
- Do eat Plenty of Protein
- Do take vitamins
- Replenish yourself with plenty of water.

By following the instructions of our Medical Team, you will increase your chances of recovery faster and reduce the risks of any possible complications.

After the discharging from the hospital and during the first year we shall provide the 24/7 hotline contact numbers of the doctors team and we will be with you at every step after the weight loss surgery, even if you are far away from Armenia.

YOUR DIET BEFORE SURGERY

Liver Shrinkage Diet (LSD)

When we carry extra weight on our stomach the liver often grows large and covers other organs. To insure your surgery can be carried out safely, your surgeon will ask you to follow the LIVER SHRINKAGE DIET (LSD). The optimal duration to follow the diet is between 1 to 4 weeks (start weight/BMI dependent) before your surgery date.

Tips for Sticking to the Liver Shrinking Diet

The liver shrinking diet is not one-size-fits-all. How long you'll be on it and what you'll eat will depend on your unique situation and dietary needs. Your nutritionist and bariatric surgeon will work together to come up with a liver shrinking diet plan that's right for you and keeps you strong until the day of the procedure.

Here are some general tips for sticking to the liver shrinking diet:

Choose the Right Protein Shake: Shakes are a great source of protein and will keep your energy up during your pre-op diet. Look for a protein shake that's less than 200 calories, has less than five grams of sugar and 15 grams of carbohydrates, and has at least 20 to 25 grams of protein.

Take a Multivitamin: Supplementing your pre-operative diet with a multivitamin will help prevent any nutritional deficiencies caused by a restrictive diet.

Stay Hydrated: Drink at least 64 ounces of sugar-free, calorie-free beverages per day. Water is always the best choice, but you can have plain tea or Crystal Light if you want a little flavor.

Clean Your Plate: The liver shrinking diet is extremely restrictive by nature, so it's important to eat ALL of your portions throughout the day. You don't want to risk malnourishment or feeling faint, so be sure to eat up!

Prepare Ahead of Time: It'll be easier to stick to the liver shrinking diet if you plan and prep your meals in advance. Also, test out your diet options to see which foods you like best and orient your meal plan around them.

For more information about pre-surgery diets and advice on how to stay healthy while preparing for bariatric surgery, contact the weight loss professionals at "Ajapnyak" Medical Center!

We're with you on your weight loss journey every step of the way.



FOR MORE DETAILED INFORMATION :

Please call +37433 38 00 44. +37499380044

E-mail: info@ajapnyakmc.com



OUR 1-year CARE*

PACKAGE

***INCLUDED in EVERY TREATMENT PLAN**

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WE REALIZE - *Postoperative care is crucial in achieving target weight and maintaining weight loss. Therefore, all our patients will have a 1-year care package under our team, so you will be fully supported through your weight loss journey.*

24/7 fast response team

We're always with you. Every patient will be provided with a 24/7 helpline, so that the patient can speak directly with the surgeon for any urgent inquiry. Throughout your weight loss journey, you have access to appointments across all of our clinics as well as a 24-hour number for urgent clinical advice so you're always supported, especially when you need us the most.

On-going expert dietitian support

Our dedicated team of expert dietitians will guide your diet throughout your journey with us, from your pre-operative diet to your long-term lifestyle change. Our specialist team will continue to support you to help you achieve your weight loss goals.

Appointments and consultations with your surgeon

While the final outcome of your weight loss surgery will be at the front of your mind, the care you receive following your procedure is just as important as the surgery itself in helping you to achieve your weight loss goals. We are committed to control the results through regular consultations with your surgeon after one week, 6 months and 12 months after surgery, so that you can better achieve your weight loss goals.

Support of highly qualified physicians team

In the initial year following surgery, our team of endocrinologists, cardiologists, mental health specialist will be there to answer your questions and will guide you through understanding your medications, and the healing process.

IMPORTANT to KNOW

The importance of great aftercare is often underestimated when it comes to gastric sleeve surgery. Most patients enjoy excellent weight loss but some weight regain is quite common after a few years. This can be reduced by adopting the correct dietary and exercise habits after surgery.

In order to develop the skills needed to get the best long term benefits from your sleeve, it is important to attend clinics and to stay in touch with the bariatric support team. We encourage patients to come in for reviews in order to ensure you are on track and to make sure that any potential problems can be identified, and rectified, as early as possible.

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“You made a big decision to undergo major surgery to help yourself achieve weight loss and a healthy body mass index (BMI). Now you must commit to a new and long way of life.

We suggest thinking of each day as a reflection of a new attitude that you're important and your health matters. Be proud of every day that you maintain this commitment to yourself.

A key to success is engaging in activities, behaviors and groups that remind you of your health goals and support your new lifestyle, so stay involved in your hobbies, favorite activities and social groups. Remember – The physical weight will go and this is great, but mental weight will also disappear and this is even bigger!”

Dr. Grigori Manukyan, Ph.D., MD. MS, MBA

Founder, Executive Director of “AJAPNYAK” Medical Center, Active Member of German Society of Surgery, General and Laparoscopic Surgeon

 +37493042042 (please no calls, only messages)

 manukyan@ajapnyakmc.com

 www.facebook.com/Dr.GManukyan



Our postal address:

“AJAPNYAK” Medical Center

Armenia, Yerevan city
0038. Abelyan street 8/1
(in front of HAYBUSAK University)



www.ajapnyakmc.com

SCAN THE QR CODE FOR MORE INFORMATION
Please call +37433 38 00 44. +37499380044
E-mail: info@ajapnyakmc.com

