



COMMENTARY

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Surgical Solutions for Obesity: Types, Risks and Considerations of Bariatric Surgery

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Description

Obesity is a global health crisis, affecting millions of individuals and increasing the risk of various chronic diseases. For those who have struggled with severe obesity and failed to achieve lasting weight loss through diet and exercise alone, bariatric surgery offers a lifeline to a healthier future. This article discusses about bariatric surgery, exploring its various types, benefits, risks, and the profound impact it has on the lives of those who undergo the procedure.

Bariatric surgery, also known as weight loss surgery, is a medical procedure that helps individuals with severe obesity shed excess weight by altering the digestive system's anatomy. These surgeries aim to reduce the size of the stomach and/or reroute the small intestine to restrict food intake and nutrient absorption. Bariatric surgery is not a quick fix but rather a tool to help individuals achieve sustainable weight loss and improve their overall health.

Types of bariatric surgery

Gastric bypass surgery: This procedure involves creating a small pouch from the upper part of the stomach and connecting it directly to the small intestine. It restricts food intake and reduces nutrient absorption.

Sleeve gastrectomy: In this surgery, a large portion of the stomach is removed, leaving a smaller "sleeve-shaped" stomach. This limits the amount of food that can be consumed and results in decreased appetite.

Adjustable gastric banding (lap-band): A band is placed around the upper part of the stomach to create a small pouch. This band can be adjusted to control the rate at which food passes from the upper to the lower stomach.

Biliopancreatic diversion with duodenal sw-

itch: This complex procedure involves removing a significant portion of the stomach, rerouting the small intestine, and reducing nutrient absorption. It results in significant weight loss but carries a higher risk profile.

Benefits of bariatric surgery

Sustained weight loss: Bariatric surgery helps individuals lose a substantial amount of excess weight and maintain it over the long term, improving overall health and quality of life.

Resolution of comorbidities: Many obesity-related health conditions, such as type 2 diabetes, hypertension, sleep apnea, and joint pain, often improve or resolve after bariatric surgery.

Enhanced quality of life: Patients often experience increased mobility, reduced pain, and improved mental health, leading to a better quality of life.

Increased lifespan: Weight loss surgery has been shown to reduce the risk of premature death associated with obesity-related diseases.

Risks and considerations

While bariatric surgery can be life-changing, it is not without risks. Patients must carefully consider the potential complications, which may include infections, bleeding, nutritional deficiencies, and complications related to anesthesia. Additionally, lifelong commitment to dietary and lifestyle changes is essential for long-term success.

Postoperative support and lifestyle changes

Successful outcomes from bariatric surgery require comprehensive postoperative support. Patients are often advised to make significant changes to their diet, exercise regularly, and attend regular follow-up appointments with healthcare professionals to moni-

tor their progress and address any concerns.

Bariatric surgery is a powerful tool for individuals struggling with severe obesity to achieve lasting weight loss and improved health. While it is not suitable for everyone and carries risks, it has transformed countless lives by reducing the burden of obesity-related

diseases and enhancing overall well-being. For those considering bariatric surgery, it is essential to consult with a qualified healthcare provider who can provide personalized guidance and support on this transformative journey toward a healthier future.