**Definition of bariatric surgery**  
 Bariatric surgery refers to surgical procedures performed on the stomach or intestines to induce weight loss in obese patients. These methods are often considered when weight loss methods such as diet and exercise fail, or when health-related obesity poses a significant risk.

**Personal thoughts regarding bariatric surgery**

Bariatric surgery can be a great tool in helping obese patients and improving their

health. Significant weight loss is associated with improving or resolving obesity- related problems such as type 2 diabetes and sleep apnea and improving overall

quality of life in many patients.  
  
 However, like any surgery, bariatric surgery has risks and complications. These may include infection, bleeding, malnutrition, gastrointestinal problems, and the need for subsequent surgery. Before considering bariatric surgery, it's important to discuss the risks and benefits with a qualified doctor.

The selection to go through bariatric surgery is very personal and must be made after careful consideration, consultation with a physician, and understanding of the benefits and risks to an individual's lifestyle and long-term health.  
  
 If you are considering bariatric surgery, I recommend that you discuss your options with a doctor who specializes in this procedure. They are able to provide personalized advice based totally in your particular situation to help you make a knowledgeable decision.

**Will you personally do it?**  
 Modern-day bariatric surgical operations have strong evidence of efficacy and protection and, for this reason I would do it.  
  
 The risks of bariatric surgery are insignificant compared to the risks of obesity, including complications related to diabetes, sleep apnea, and high blood pressure, and are more likely to die prematurely. Most patients who have undergone bariatric surgery and committed to weight loss have seen significant improvements in their overall health. Maintaining a wholesome weight can assist eliminate sleep apnea, reverse type 2 diabetes and enhance blood pressure, leading to a longer and healthier life.  
Although all surgical procedures have risks, bariatric surgery is one of the safest. It is considered safe or more secure than other selection methods.

**Conclusion**

Bariatric surgery has become a popular way to manage obesity problems and it is considered the best intervention for obesity. This approach is generally recommended when nonsurgical procedures fail in adults with class 2 obesity and obesity-related comorbidity or without obesity. There are many different surgical procedures and they are constantly changing, influenced by scientific findings, local conditions and the experience of surgical staff everywhere.

As with all surgeries, bariatric surgery is not entirely risk-free. Therefore, it is important to understand the motivation for seeking surgery. When patients are presented with surgical options for the treatment of obesity, many are reluctant due to a lack of knowledge about bariatric surgery and misconceptions about its complications. Bariatric surgery is an effective, stable and safe treatment for obesity. It makes the loss noticeable and permanent. Plus, the benefits of bariatric surgery go beyond just weight loss. Most obesity-related conditions improve after bariatric surgery; elimination is required in T2DM. Guidelines for bariatric surgery are expanding. Some centers support bariatric surgery in mild obesity and comorbidities (especially metabolic syndrome). In order for bariatric surgery to be successful in the long term, it must be combined with lifestyle changes.  
Research raises concerns about worsening mental health problems. Closer observation and further studies are needed in high-risk patients.

Bariatric surgery is also a safe procedure for patients who are frail due to issues of lifestyle and health management, morbidity and mortality, and obesity.  
Not every candidate is suitable for surgery and multidisciplinary evaluation is important in candidate selection. The choice of surgery should be made taking into account personal goals, the surgeon's experience, and current circumstances. Self-care is the basis of assessment determined by clinical assessment rather than using current predictive models or biomarkers.

Bariatric surgery performed in an experienced facility has minimal complications and can provide long-term weight loss while improving function, metabolism, and mental health. Bariatric surgery is effective in the treatment and prevention of many obesity problems. Long-term follow-up is required to confirm positive results.  
  
 The primary motivation for bariatric surgery patients is current health, followed by concerns about future health problems. Gender influences motivation to seek bariatric surgery; The most important motivation for women is appearance, and the most important factor for men is physical health.  
It is recommended to consider the above incentives when recommending surgery to obese patients. Also, sharing these events on social and other media can help encourage dissatisfied patients who need surgery.

As with any major surgery, bariatric surgery has potential risks, both short-term and long-term.  
Risks associated with surgery include:  
a) excessive bleeding  
b) infection  
c) Adverse reactions to anesthesia  
d) blood clots  
e) Lung or breathing problems  
f) Leaks in your gastrointestinal system

g) Rarely, death

The long-term risks and complications of bariatric surgery vary by the kind of surgical treatment which may include:

i. Bowel obstruction

ii. Dumping syndrome, which ends up in diarrhea, nausea, or vomiting

iii. Gallstones

iv. Hernias

v. Low blood sugar, called hypoglycemia

vi. Malnutrition

vii. Ulcers

viii. Acid reflux

x. The need for a second surgical operation, or procedure

xi. Rarely, death  
  
 If you are eligible for bariatric surgery, your healthcare team will advise on how to prepare for certain types of surgery. You may have many tests and examinations before surgery. You may have restrictions on what you eat and what medications you can take. You may need to start an exercise program and quit smoking if you do.  
You may also need to prepare for post-operative recovery. For example, be prepared to seek help at home if you think you need it.

Bariatric surgery is performed in a hospital under general anesthesia which means that you will not be conscious during the procedure. The details of your surgery will depend on your condition, the type of bariatric surgery you have had, and the hospital or doctor working. Some bariatric surgeries are performed with major abdominal surgery. This is called open surgery.  
Today, most types of bariatric surgery are performed laparoscopically. The laparoscope is a small, tube-like instrument with a camera which is inserted through a small incision in the abdomen. The camera that is at the tip of the laparoscope allows the surgeon to see inside the abdomen and operate without making large incisions. The surgical operation can make recovery faster and shorter, but this is not for everyone.  
The surgery usually takes a few hours. After the surgery, you wake up in the recovery room where the medical staff will monitor you for any problems. Depending on your surgery, you may need to stay in the hospital for a few days.

After bariatric surgery, fasting is usually done for 1-2 days to recover the stomach and intestines. After that, you will follow a special diet for several weeks. The diet starts with liquids only, progressing to pure and bland foods and finally to regular foods. You may have various restrictions on the price and content of your food.  
Within the first few months after bariatric surgical operation, you will undergo frequent physical examinations to monitor your health. You may need lab tests, blood tests, and numerous assessments.

Gastric bypass surgery and other bariatric surgeries can provide long-term weight loss. The weight you lose will depend on the type of surgery you have and changes in your lifestyle. Within two years, you may lose half or more of your body weight. In addition to weight loss, gastric bypass surgery may improve or resolve conditions often related to being obese, which includes:

a. Heart disease

b. High blood pressure

c. Obstructive sleep apnea

d. Type 2 diabetes

e. Nonalcoholic fatty liver disease (NAFLD) or nonalcoholic steatohepatitis (NASH)

f. Gastroesophageal reflux disease (GERD)

g. Joint pain, also called osteoarthritis

Gastric bypass surgery and other weight loss procedures don't always give you the results you want. If your weight loss program is not working well or is stopped, you will not be able to lose weight and serious health problems may develop.  
Keep all appointments after bariatric surgery. If you notice that you are not losing weight or are having problems, see your doctor right away. You will be able to monitor your weight loss and identify factors that may prevent you from losing adequate weight.  
Even if the surgery itself works, you may not be able to lose enough weight or regain weight after any bariatric surgery. You can gain weight if you don't make lifestyle changes like regular exercise and a healthy diet.

Bariatric surgery is usually done when a multidisciplinary doctor works with a primary care physician to evaluate, treat, monitor, and evaluate a person before and after surgery. Family physicians must use the skills of the multidisciplinary care team to promote and manage the health of bariatric surgery patients.

If you are considering bariatric surgery, I recommend discussing your options with a doctor who specializes in the procedure. They can provide personalized advice based on your unique situation to help you make an informed decision.

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