**Bariatric Surgery**

Name:

Professor:

Institution:

Date:

Bariatric surgery, also referred to as metabolic surgery, is a surgical procedure that aims to aid weight loss by removing a part of the digestive system. Although it can be beneficial in promoting weight loss and addressing weight-related health problems, it also has potential risks and complications, both short-term and long-term. Therefore, the decision to undergo bariatric surgery should involve careful consideration and consultation with a healthcare professional.

While I would advise a person to consider surgery as an option, it should be done with caution since it can have negative effects. The potential benefits of bariatric surgery that make it worth considering include its ability to address weight-related health problems such as:

1. breast cancer
2. endometrial cancer
3. prostate cancer
4. heart diseases
5. stroke
6. high blood pressure
7. high cholesterol levels
8. nonalcoholic fatty acid disease
9. type 2 diabetes

Also as it speeds up the weight loss process, it helps the patient to overcome stigmatization since obesity has been proven to be a highly stigmatized disorder.

However, my reason for giving caution is that despite its potential benefits, several studies have suggested that 37% of patients who undergo the surgery develop mental problems 3-5 years after the procedure. Some of these mental disorders may include eating disorders and depression.

The surgery also comes with long-term complications such as:

1. Weight regains in some patients over time
2. Addictive behaviours related to food and other substances
3. Nutritional deficiency due to changes in digestion
4. Increased risk of gallstones
5. Dumping syndrome which may develop as a result of food going to the small intestines too quickly
6. Skin sagging as a result of weight loss.

Also, it may have some short-term effects including:

1. Excessive bleeding
2. Abdominal pains
3. Anesthesia effects
4. Acid reflux
5. Hernia

Moreover, bariatric surgery is a very expensive procedure, ranging from about 20000$-40000$, making it difficult to be covered by insurance, hence most people cannot afford it. For these reasons, I would advise exploring other methods of managing weight, such as:

1. Eating a balanced diet
2. Exercising regularly
3. Avoid smoking if taking part.

 In conclusion, bariatric surgery is a serious surgical procedure that can be an effective option for individuals struggling with obesity and related health problems. However, it is not a decision that should be taken lightly. The potential benefits of bariatric surgery are numerous, including weight loss and improvement of weight-related health problems such as diabetes, high blood pressure, and heart disease. However, it is essential to consider the risks and potential complications that come with the surgery, both short-term and long-term.

The long-term complications of bariatric surgery can include weight regain, addictive behaviors, and nutritional deficiencies. It can also lead to mental health issues such as depression and eating disorders. Short-term complications may include excessive bleeding, abdominal pains, and anaesthesia effects. Additionally, the surgery is expensive and may not be covered by insurance, making it an unaffordable option for many people.

Therefore, it is crucial to explore other methods of managing weight, such as eating a balanced diet, regular exercise, and avoiding smoking. Ultimately, the decision to undergo bariatric surgery should involve careful consideration, consultation with a healthcare professional, and a thorough understanding of both the benefits and risks associated with the procedure. By staying informed and working with healthcare professionals, individuals can make the best decision for their health and well-being.

**References**

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