**Bariatric Surgery: A Comprehensive Review**

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***Introduction***

Obesity is defined as a disorder of having an abnormal or excessive fat accumulation that presents a risk to health. It has emerged as a pandemic and a serious public health issue due to its high prevalence and detrimental effects on mortality, morbidity and healthcare costs. It is now even considered a chronic disease of some sort. The most significant population affected by obesity resides in countries with low to middle standards of living, with a predicted twofold increase in obesity rates in low and middle-income countries and a threefold increase in low-income states. Most people with disease try measures such as feeding on a diet or exercise on a daily and regular basis. But often these methods are seen not to work. As a result of this, people suffering from obesity turn to Bariatric surgery. This is a medical term usually used for surgical procedures used to manage severe obesity and obesity related conditions. These procedures include: Firstly, Gastric bypass surgery, which entails creating a small pouch from the stomach and connecting the newly created pouch directly to small intestine therefore the small new stomach makes people feel full quicker. Secondly, Sleeve gastrectomy, which involves a part of the stomach being separated and removed from the body and the remaining part of the stomach forming a tubelike structure that can't hold as much food. Lastly, Adjustable gastric banding, which is done as a laparoscopic surgery with small incisions in upper abdomen, where afterwards a surgeon puts ana adjustable band around top part of the stomach thus creating a small stomach pouch that holds less food. (American Society for Metabolic and Bariatric Surgery, 2024).

***Personal thoughts Regarding Bariatric surgery***

My personal opinion on Bariatric surgery is that it is a good and helpful way of helping those suffering from severe obesity. Obesity as stated above offers health risks and also affects the individual emotionally. Bariatric surgery offers a way of assisting them and aiding them in this struggle I believe that it offers hope and a chance for a healthier life for many people who have not found success with traditional weight loss method. If done by professionals it could prove to be very effective. This can be proven through various testimonies offered by ones who previously suffered from obesity and were able to recover from it through Bariatric Surgery. ’**I am 13 months post-op and I’m down 123 pounds! Before considering weight loss surgery I was weighing 263 pounds and I was miserable and had very little energy. Now I’m 140 pounds and I feel better not only physically but mentally. I never thought I’d have this confidence.’** The above is an example given by a gastric bypass patient who was able to lose 123 pounds and able to gain self-confidence as a result of the surgery. In conclusion my overall view on Bariatric surgery is that it is a helpful and efficient method that can be used to aid millions and millions of people suffering from obesity and lack of self-confidence. It is a positive means that can be used to change and help the lives of many suffering from this disorder However, I also recognize that it is not a quick fix and requires a strong commitment to lifelong lifestyle changes. The psychological, nutritional, and physical adjustments needed after surgery are substantial, and success depends on the patient’s willingness to adhere to this changes.

***Would I personally do it***

If I was suffering from severe obesity and all other methods of traditional weight loss such as eating on a diet or regular and thorough exercises had failed, i would have most definitely considered undergoing a Bariatric surgery. From all the good medical reports by medical experts and positive testimonials given by patients, the surgery is portrayed as a clear way that can be used to transform one's lives for the better. I would undergo it with a hope of improving my life and gaining self-confidence if i was suffering from obesity related conditions. But even though it assists one in their struggles, it also brings about complications. Some of the early complications include: dumping syndrome, leakage of new connections, nausea or vomiting and even blood clotting. It even brings about later complications such as: stomach ulcers, small bowel obstructions, kidney stones, gallstones, vitamin and mineral deficiencies, heart burn or acid reflux and even hair shedding. But still even if aware of these possible risks I would still have undergone the surgery. Instead of continuing suffering with the disorder why would i not want to go for a method that would better myself. I would have taken the chance and hoped for a silver lining in the end. I would be afraid of course but i would still go for the surgery since it would aid and assist me in my life both mentally and physically. In conclusion, If i was suffering from obesity, i would personally have gone for the Bariatric surgery.

***Conclusion***

Obesity is a disorder of having abnormal or excessive accumulation of fat thus bringing about risk in health. It affects many both emotionally and physically. But through undergoing Bariatric surgery one can be able to cure from this disorder. Bariatric surgery is an effective and often necessary intervention for individuals with severe obesity, as it not only promotes significant long-term weight loss but also improves or resolves related health conditions, enhancing overall quality of life; however, it requires careful patient selection, lifelong commitment to lifestyle changes, and a comprehensive understanding of potential risks. Through Bariatric surgery one can be able to better their life and improve their self-confidence. Even though it offers various risks, it is still a suitable and effective means to better one's life.

***Reference***

American Society for Metabolic and Bariatric Surgery. (2024). *Bariatric surgery procedures*. Retrieved from [https://asmbs.org](https://asmbs.org/)