**Bariatric Surgery**

Name

Professor

Institution

Date

**Bariatric Surgery**

Bariatric surgery, also known as metabolic surgery, is a type of surgery that aims to help people lose weight by removing a part of the digestive system. While it can be effective in promoting weight loss and addressing weight-related health problems, it also comes with 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.

I would advise a person to undergo surgery but with caution, since it can cause some negative effects.

The potential benefits of bariatric surgery which makes me support it is that it can 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.

It has proven to be effective in addressing these disorders, especially for people who have a failed history of attempting other methods.

However, my reason for giving precaution 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 like:

1. Weight regain 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.

In addition, bariatric surgery is a very expensive procedure ranging from about 20000$-40000$ thus 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 eating a balanced diet and exercising regularly, which may be more appropriate for some individuals.

In conclusion, the decision to undergo bariatric surgery is a complex one that should involve careful consideration and consultation with a healthcare professional. While the procedure can be effective in promoting weight loss and addressing weight-related health problems, it also comes with potential risks and complications, both short-term like excessive bleeding especially during the procedure and long-term like mental problems and malnutrition as a result of low absorption of nutrients. Ultimately, the best approach to weight management will vary depending on the individual's unique needs and circumstances. By staying informed and working with a healthcare professional, individuals can make the best decision for their health and well-being.

**References**

Malia Frey, MA, CHC, CPT (2022). Risks of Bariatric Surgery: Is it worth it?

Derek Bagley (2018). Unforeseen Consequences: Bariatric Surgery Side Effects.