**Bariatric Surgery**

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**Bariatric Surgery**

**Introduction**
Bariatric surgery has become really popular lately as a potential answer to dealing ⁠ with obesity and all the issues that come along with it. This essay aims to define bariatric surgery, explore its various aspects, ⁠ and delve into my personal thoughts regarding this surgical intervention. People being too fat is now a big ⁠ problem that affects everyone in the world. When typical ways of losing weight don't give good results for people ⁠ with extreme obesity, bariatric surgery can be considered as an option. Bariatric surgery, which is also called weight loss surgery, involves different surgeries that can ⁠ shrink the stomach or change how digestion works to help with losing weight (Van Rijswijk et al.2021). ​

Obesity-related health problems like type 2 diabetes, high blood pressure, and heart ⁠ diseases have been going up a lot in recent times. Bariatric surgery gives hope to people who are dealing with extreme obesity, offering ⁠ a possible way to get healthier and have a better life. If people do these procedures to lose weight, it could really help with ⁠ their obesity-related sicknesses by making them go away or get much better (Van Rijswijk et al.2021). Nevertheless, it's crucial to acknowledge that bariatric surgery isn't ⁠ an instant solution or a one-size-fits-all resolution. It is a big surgery that requires careful thinking, ⁠ thorough evaluation, and dedication for a long time. Deciding whether or not to have bariatric surgery involves considering many factors including ⁠ physical healthiness, mental happiness and being prepared for making lifestyle changes. ​

**Defining Bariatric Surgery ‌**

When someone is extremely overweight, doctors might do bariatric surgery ⁠ to help them shed some pounds through different procedures. It entails adjusting the digestive system to reduce ⁠ food intake or decrease nutrient absorption. Gastric bypass, gastric sleeve, and adjustable gastric banding are three ⁠ common types of bariatric surgeries that doctors perform. Gastric bypass is a surgery that many people ⁠ have to help them lose weight (Leong et al.2022). You make a smaller stomach pouch by splitting the ⁠ stomach and attaching it to the small intestine. By doing this procedure, the stomach becomes smaller and some of the ⁠ small intestine is skipped, so fewer calories are taken in.

In the gastric sleeve procedure, they remove a large portion of your stomach and ⁠ what remains is a smaller pouch with the shape of a banana. This reduction in stomach size restricts the amount of food that can ⁠ be consumed, leading to reduced caloric intake and subsequent weight loss (Leong et al. 2022). When it comes to adjustable gastric banding, a band is ⁠ wrapped around the top portion of the stomach. This results in a division, creating a small ⁠ upper pouch and a larger lower one. Controlling the passage of food and feeling full with smaller ⁠ portions is possible by tightening or loosening the band. ​

By altering the way your gastrointestinal tract works, these ⁠ surgeries aim to help you achieve weight loss. Significant and sustained weight loss, as well as improvements in overall health and a reduction in obesity-related comorbidities, can be achieved ⁠ by individuals with severe obesity through these procedures that involve reducing stomach capacity or changing food digestion and absorption. Let's keep in mind that bariatric surgery ⁠ is not the only solution. We also need to make lifestyle changes, eat differently, and have ⁠ support to successfully manage our weight for a long time. Consulting healthcare professionals is important ⁠ before undergoing bariatric surgery. They will take into account your unique circumstances, overall health condition, and ⁠ the goals you have for losing weight and improving your well-being.

**History and Evolution ​**

Bariatric surgery has a super interesting history because they ⁠ keep getting better at doing the surgery. From its early stages as intestinal bypass procedures to the development of ⁠ minimally invasive laparoscopic approaches, the field has witnessed substantial progress (Wiggins, Majid, & Agrawal, 2020). These improvements have helped make things safer, ⁠ with fewer problems and better results. Bariatric surgery started in the 1950s when they ⁠ first did procedures to bypass the intestines (Qafiti et al. 2022). These steps included going around a big part of the small intestine, which ⁠ caused problems with absorbing nutrients and resulted in losing weight afterward. Even though they worked well for making people lose weight, these initial ⁠ procedures often brought about major issues with nutrition and other difficulties. ​

Over time, surgical techniques evolved, leading to the development ⁠ of more refined procedures with improved outcomes. Once upon a time, in the fancy '60s era, lots ⁠ of folks were into something called Jejunoileal bypass. But then they figured out it caused big ⁠ problems and stopped doing that stuff (Qafiti et al.2022). This prompted a shift towards procedures that focused on ⁠ restricting food intake rather than altering nutrient absorption. In the 1960s, the gastric bypass procedure was introduced and ⁠ it became an important development in bariatric surgery. In this process, they made a tiny stomach pouch and changed the way food ⁠ travels in the body to avoid a section of the small intestine. The procedure where they make your stomach smaller has been shown to help people lose weight ⁠ and fix health problems caused by being very overweight, so many doctors started doing it. ⁠

In the recent years, bariatric surgery has moved towards ⁠ using techniques that are not as invasive. Back in the 1990s, laparoscopic approaches became ⁠ popular among surgeons for bariatric procedures (Qafiti et al.2022). This was really exciting because it meant that smaller ⁠ incisions could be used instead of bigger ones. Patients were happy about this too because they felt less pain, had to ⁠ stay in the hospital for less time, and got better quicker. Bariatric procedures have seen improved precision and outcomes ⁠ thanks to advancements in robotic-assisted surgery. Robotic systems help surgeons have a clearer view ⁠ and better control, making surgeries more precise. Surgical techniques and cool gadgets have gotten better, which means ⁠ bariatric surgery is now safer and works even more. Plus, more people can get it because ⁠ the rules are different now. As scientists and inventors keep making progress, it's probable ⁠ that bariatric surgery will keep getting better. This will help more patients have successful ⁠ outcomes and achieve long-term success. ‍

**Procedure and Mechanism** ​

Each bariatric surgery procedure works differently ⁠ to achieve weight loss. To illustrate, gastric bypass surgery entails creating a smaller ⁠ stomach pouch and redirecting the digestive system. In the operation, the surgeon separates the stomach, forming a tiny bag on the ⁠ upper side that has space for only a small quantity of food (Lefere et al.2021). Later on, they join together again both ends of small intestine with new pouch ⁠ created, skipping over a piece of stomach and first part of small intestine. This results in reduced food intake and altered ⁠ nutrient absorption, leading to weight loss. ​

When you get sleeve gastrectomy or gastric sleeve surgery, they remove part of ⁠ your stomach to make it smaller and shaped like a tube. This makes your stomach smaller and limits how much food you can ⁠ eat, which helps you eat fewer calories and lose weight. In addition, removing a section of the stomach has been observed ⁠ to influence hormones related to hunger and feeling satisfied. This contributes further to ⁠ weight loss. In adjustable gastric banding, they place an adjustable ring around the ⁠ top part of your tummy to create a small bag. You can make the band tighter or looser ⁠ to control how much food goes through. This step controls how much food you can have ⁠ in one sitting, which supports weight loss. ⁠
**Benefits and Potential Risks ⁠**

Bariatric surgery offers several benefits for ⁠ individuals with severe obesity. The top advantage is sustained weight loss that can enhance overall well-being and lower the ⁠ likelihood of obesity-related conditions like type 2 diabetes, hypertension, trouble with breathing during sleep, and cardiovascular diseases (Douros et al. 2019). Also, losing weight can lead to improved ability to move around easily and comfortably, increased levels of energy ⁠ and vitality, stronger self-esteem and confidence in oneself, as well as enhanced enjoyment of life. But we have to think about the possible dangers ⁠ and problems that can happen with bariatric surgery. Sometimes when people have surgery, they might get sick afterwards because of things like infections, bleeding a lot from ⁠ their body, having blood clots inside them or not feeling good because of the sleepy medicine they take (Karpińska et. 2022). Nutritional deficiencies can occur due to the reduced absorption of certain ⁠ nutrients, requiring lifelong supplementation and close monitoring of nutritional status. Also, certain people might encounter problems that are unique to each operation, like the adjustable gastric band ⁠ potentially slipping or eroding or the gastric sleeve surgery resulting in leaks from staple lines. ​

**Psychological and Social Implications**

Bariatric surgery has psychological and social implications ⁠ that should be taken into account. Individuals considering surgery may have concerns related to body ⁠ image, self-esteem, and their emotional relationship with food (Setarehdan et al.2023). We must give significant attention to these matters by conducting extensive ⁠ assessments before the operation and offering continuous psychological aid. After the operation is done, people might go through changes ⁠ in their bonds with friends, relatives, and colleagues. All parties should try their best ⁠ to understand these adjustments (Kalarchian, & Marcus, 2019). Receiving emotional support, counselling, and joining support groups can be super important ⁠ in tackling the mental and social aspects of bariatric surgery. People can make better decisions about bariatric surgery after considering ⁠ the procedure, risks, benefits, and who is eligible. If you want everything to turn out really good and stay that way for a long while, make ⁠ sure to talk with healthcare pros, get checked out really good, and have support all along. ​
**Personal Thoughts and Conclusion** ‍

In reflecting on bariatric surgery, I recognize its potential benefits ⁠ in treating severe obesity and related health conditions. It's definitely appealing to think about losing ⁠ weight consistently and getting healthier. But, like any surgery, I think about ⁠ it carefully and with caution. ​
In my view, I believe that considering bariatric surgery should be ⁠ the last choice after trying all other non-surgical methods. Exploring lifestyle changes, dietary modifications, and psychological support ⁠ is extremely important before going for surgery. Before deciding to have bariatric surgery, it's important to carefully consider the possible ⁠ dangers, commitment to long-term care after the operation, and personal situation. ​

Even though bariatric surgery can have a huge impact on ⁠ certain individuals, it's not the right solution for everyone. The circumstances for each person are one-of-a-kind, and deciding to have bariatric surgery should be done ⁠ with the help of healthcare professionals while considering the advantages, drawbacks, and alternative choices. ‌

**Conclusion**

 Bariatric surgery plays a significant role in addressing severe obesity and its associated health conditions. It is crucial to understand the procedure, its benefits, and potential risks, as well as consider individual circumstances and personal preferences. Ultimately, the decision to undergo bariatric surgery should be well-informed, guided by professional advice, and aligned with one's own health goals and values.

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