**Title: Bariatric Surgery**

**Student Name:**

**Institution:**

**Assignment Due Data:**

**Bariatric Surgery**

**Meaning of Bariatric Surgery**

The word "bariatric" is derived from the Greek words "baros," which means weight, and "iatros," which means doctor or medicine. People who have a body mass index (BMI) of 40 or higher are candidates for bariatric surgery.

Bariatric surgery is a type of surgery that works by removing a portion of the stomach to make the stomach smaller, which helps people eat less and lose weight. Usually, it's done only after you've made an effort to lose weight by altering your eating and exercise routines. In general, if you have excessive obesity, defined as a body mass index (BMI) of 40 or greater, bariatric surgery may be a possibility for you.

**Procedure Types For Bariatric Surgery**

**Adjustable gastric banding (lap band)**: Gastric banding entails wrapping the stomach in a silicone band that is not removable. Without removing any of the stomach, the band makes the stomach appear smaller

**Sleeve gastrectomy**: In gastric sleeve surgery, a section of the stomach is removed, reducing the size of the stomach. The remaining stomach after this treatment, which is often done laparoscopically, is fashioned like a sleeve.

**Gastric balloon**: An endoscope is a flexible scope that is used to insert a deflated balloon via the mouth and into the stomach. The balloon is inflated once it has been placed in order to decrease the stomach's volume. The balloon is eventually removed after this brief procedure

**Gastric bypass** : Involves separating the small intestine's opening from the stomach's lower portion and reattaching it to the upper portion. As a result, the stomach can contain less food, and more critically, the food spends less time in the small intestine, limiting how much is absorbed.

**Thoughts on Bariatric Surgery**

I think bariatric surgery is important and has been helpful in the medical industry despite some of its shortcomings. I can see why individuals could be in favor of bariatric surgery because it is helpful in assisting patients in experiencing considerable and long-lasting weight loss. Bariatric surgery can provide those who have tried multiple diets and lifestyle changes without success a new lease on life by launching their weight loss journey.

Bariatric surgery also has the ability to improve health concerns linked to obesity, which may be appreciated. Obesity is frequently linked to a number of health hazards, such as diabetes, heart disease, and joint issues. In many instances, bariatric surgery has been shown to improve or even cure certain illnesses. This beneficial effect on health may result in an improvement in general wellbeing, more mobility, and a decreased risk of issues related to obesity.

However, just like any other operation, bariatric surgery is a significant treatment with risks and potential side effects. To ascertain whether it is the best option for a person, extensive consideration, evaluation, and consultation with medical professionals are required. The choice to have bariatric surgery should be made after a thorough evaluation of the patient's health, lifestyle, and resolve to make long-term dietary and exercise modifications.

There are several risks that come with the surgery ,the patient should be made aware of them before the surgery so they can decide weather to get it or not. Even while the success rates for weight loss surgery are rising, it's fairly typical for patients to acquire some weight in the years following their procedure. The majority of weight loss occurs in the first two years following surgery, according to the American Society for Metabolic and Bariatric Surgery.

Even if your weight loss shows success on the scale, you might not like what you see when you look in the mirror. Losing weight causes excess skin, which is problematic for bariatric patients. For some people, having loose skin is equally as unpleasant as having too much weight on.

Surgery for weight loss is a supplement to diet and exercise, not a replacement for them. In fact, following bariatric surgery makes maintaining a healthy diet and regular exercise even more crucial. You must spend each day engaging in healthy conduct if you want your operation to have the best possible effects. To ensure the proper dietary and nutritional intake, you must measure the quantities and types of food you eat and keep a food log

The choice to have bariatric surgery should ultimately be taken in cooperation with medical specialists who can evaluate unique situations and offer individualized guidance based on the person's particular health needs and goals.

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**Conclusion**

In conclusion, I firmly believe that bariatric surgery may considerably enhance the health and wellbeing of people who are battling with obesity. For many who have tried and failed to lose weight through conventional techniques, bariatric surgery offers a workable alternative, giving them a fresh lease on life. The main arguments in favor of bariatric surgery for me are as follows:

long-term type 2 diabetes remission. According to one study, type 2 diabetes can go into long-term remission after bariatric surgery. According to the study's findings, the technique is very successful in treating type 2 diabetes and obesity, enabling almost all patients to avoid using insulin and other related medications for at least three years following surgery.

By addressing both the psychological and behavioral aspects of obesity in addition to its physical manifestation, bariatric surgery offers a thorough method of weight management. Pre-operative assessments, post-operative counseling, and continuous support are typically included in bariatric surgery programs to assist patients in changing their lives and maintaining weight loss over the long term. This all-encompassing strategy increases the likelihood of effective weight management and encourages healthy lifestyle modifications.

relief from joint pain. Your weight-bearing joints experience a great deal of stress when you carry around excess weight, which frequently results in chronic pain and joint deterioration. Following bariatric surgery, large and sustained weight loss lessens the strain on joints.

**References**

Is Bariatric Surgery Worth It? How Your Life Might Change

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National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) - The NIDDK is a division of the U.S. National Institutes of Health (NIH)