

6<sup>th</sup> World Conference on  
**NEUROLOGY AND NEUROSURGERY**  
 &  
 2<sup>nd</sup> World Congress on  
**OBSTETRICS AND GYNECOLOGY**

March 27-28, 2019 | Paris, France

**Which place for bariatric surgery?**

**Natalia Leston**  
 Paris Divin, France

In France the prevalence of obesity is less than in United-States, England or Eastern Europe, but there are a progressive augmentation, especially in 35-55 years old people and in the North and East of France, in cities and the poor localizations. Careful patient selection and preoperative work-up are extremely important and now very well codified by ANAES recommendations that are carefully follow-up by national social security. Weight loss obtained after bariatric surgery improved comorbidities. If patient cannot lose weight with traditional methods, because of morbidity and late term complications, surgery should be considered. Bariatric surgery is most time safe and effective method for achieving durable weight loss for patients with morbid obesity. Different interventions include long-limb gastric diversion with duodenal switch. The principal indications are the morbid obesity (BMI >40 kg/m<sup>2</sup>) resistant to medical treatment, obesities with BMI between 35 and 40 kg/m<sup>2</sup> with comorbidities, and with a multidisciplinary decision (psychologist, nutritionist, bariatric surgeon). This kind of surgery is not indicated in the cases of social, familiar, psychological difficulties, and the impossibility of the patient to follow-up the post-surgical protocol. The benefits of the lost weight are important (biological and quality of life parameters are described). Adverse events have been reported for all kind of surgery. A careful selection of the patients should be done to minimize the complications of surgery.



Picture: Nicole Obrien, NY (with authorization)

**Biography**

Natalia Leston has her expertise in evaluation and passion in improving the health and wellbeing of overweight /obese Patients. She was born in Argentina, but she made her medical training in Endocrinology and nutrition in France, Lyon. After a Master degree in Health system, she worked 6 years in clinical research (international project manager in Diabetes and metabolism in the Pharmaceutical industry), and she returned to the clinical practice five years before. Actually she's preparing a project of nutritional information and training for patients, to improve their quality of life and wellbeing, and in a multidisciplinary group.

nataliamonas@hotmail.com