



Bariatric Surgery: A Multidisciplinary Approach for Successful Weight Loss and Improved Health

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Description

Bariatric surgery has emerged as an effective treatment option for individuals with severe obesity with people have not achieved significant weight loss through non-surgical methods. The surgical procedures aim to reduce the size of the stomach or alter the digestive system, resulting in weight loss and improvements in obesity-related health conditions.

Types of bariatric surgery

There are several types of bariatric surgery, including gastric bypass, sleeve gastrectomy, adjustable gastric banding, and biliopancreatic diversion with duodenal switch. Each procedure has unique mechanisms of action and considerations, which should be carefully evaluated based on individual patient characteristics and goals.

Mechanisms of action

Bariatric surgery works through multiple mechanisms, including restriction of food intake, malabsorption of nutrients, changes in gut hormones, and alterations in the gut microbiota. These mechanisms contribute to reduced calorie intake, increased satiety, and improved metabolic regulation.

Patient selection criteria

Appropriate patient selection is crucial for successful outcomes in bariatric surgery. Candidates typically include individuals with a Body Mass Index (BMI) of 40 or higher or a BMI of 35 or higher with obesity-related health conditions. A comprehensive evaluation is conducted to assess physical and psychological readiness for the procedure.

Benefits of bariatric surgery

Bariatric surgery offers significant benefits beyond weight loss. It can lead to improved glycemic control, remission of type 2 diabetes, reduction in cardiovascular risk factors, alleviation of obstructive sleep apnea, enhanced fertility, and improvements in quality of life. Long-term weight maintenance and improvement of comorbidities are influenced by adherence to lifestyle changes and ongoing follow-up care.

Potential risks and complications

While bariatric surgery is generally safe, it carries potential risks and complications, including infection, bleeding, adverse reactions to anesthesia, nutritional deficiencies, gallstones, and gastrointestinal issues. Close monitoring, adherence to post-operative guidelines, and long-term follow-up care are crucial for minimizing risks and managing potential complications.

Impact on obesity-related health conditions

Bariatric surgery has a profound impact on various obesity-related health conditions. It can result in remission or improvement of type 2 diabetes, reduced cardiovascular risk factors, resolution of hypertension and dyslipidemia, and alleviation of obstructive sleep apnea. The improvements in these conditions often occur soon after surgery and continue to progress over time.

Multidisciplinary approach and long-term follow-up care

A multidisciplinary approach involving healthcare professionals, including surgeons, dietitians, psychologists, and exercise specialists, is essential in the comprehensive management of bariatric surgery patients. Long-term follow-up care is crucial for monitoring weight loss, nutritional status, and overall health, as well as providing ongoing support and addressing potential challenges.

Future directions and innovations

Advancements in bariatric surgery techniques, such as minimally invasive procedures and robotic-assisted surgery, are continuously being explored to improve patient outcomes and minimize invasiveness. Research is also focusing on identifying predictors of successful outcomes, optimizing patient selection criteria, and exploring novel interventions for long-term weight maintenance.

Conclusion

Bariatric surgery is a valuable treatment option for individuals with severe obesity and obesity-related health conditions. It offers significant weight loss, improvements in comorbidities, and enhanced quality of life. However, it requires careful patient selection, a multidisciplinary approach, and long-term follow-up care to optimize outcomes and ensure sustained benefits. Continued research and advancements in bariatric surgery techniques and post-operative management will contribute to further improvements in patient care and outcomes.

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