



Role of Bariatric Surgery in the Treatment of Severe Obesity

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Description

Bariatric surgery, also known as weight-loss surgery, is a surgical procedure that helps individuals who are severely overweight or obese to lose weight and improve their overall health. Bariatric surgery has become increasingly popular in recent years as more people struggle with obesity and its associated health risks. Obesity is a serious health problem that can lead to a wide range of health problems, including heart disease, diabetes, high blood pressure, and stroke. Being severely overweight can also lead to joint problems, sleep apnea, and even certain types of cancer. Obesity is often caused by a combination of genetic and environmental factors, but it can also be the result of poor lifestyle choices, such as a lack of exercise and an unhealthy diet. For many people, traditional weight-loss methods such as diet and exercise are not enough to achieve significant weight loss. While these methods can be effective for some individuals, they require a great deal of dedication and discipline, and they do not work for everyone. In addition, losing a significant amount of weight through traditional methods can be a slow process, and it may not result in permanent weight loss.

Bariatric surgery offers a more effective and permanent solution for individuals who are severely overweight or obese. The surgery works

by reducing the size of the stomach, which in turn reduces the amount of food that can be consumed at one time. This leads to a reduction in calorie intake, which in turn leads to weight loss. Bariatric surgery can also improve the body's metabolism, which can help individuals lose weight more quickly and easily. In addition to its weight-loss benefits, bariatric surgery has been shown to improve a wide range of health problems associated with obesity. For example, many people who undergo bariatric surgery experience significant improvements in their blood sugar levels, blood pressure, and cholesterol levels. This can reduce the risk of developing type 2 diabetes, heart disease, and other serious health problems. Bariatric surgery can also help individuals improve their quality of life. Many people who are obese experience a range of physical and emotional problems that can make it difficult to enjoy life to the fullest. Bariatric surgery can help individuals feel better physically and emotionally.

There are several types of bariatric surgery, each with its own advantages and disadvantages. The most common types of bariatric surgery include gastric bypass, sleeve gastrectomy and adjustable gastric banding. Gastric bypass is the most commonly performed bariatric surgery. It works by creating a small stomach pouch and rerouting the small intestine to this pouch. This limits the amount of food that can be consumed and absorbed, leading to weight loss. Sleeve gastrectomy involves removing a large portion of the stomach, leaving a smaller, banana-shaped stomach. This also limits the amount of food that can be consumed, leading to weight loss. Adjustable gastric banding involves placing a band around the upper portion of the stomach, creating a small pouch above the band. The size of the band can be adjusted over time to control the amount of food that can be consumed.

Bariatric surgery offers a more effective and permanent solution for individuals who are severely overweight or obese and have not been able to achieve significant weight loss through traditional methods. It can help individuals improve their health, quality of life, and overall well-being.

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