

## Editorial on Bariatric Surgery **Ling Zhao\***

### Editor Note

Obesity is a worldwide epidemic, affecting children, young individuals, and adults. Obesity is defined as having a BMI of 30 or more. Bariatric surgery is an optional method for a weight reduction. Bariatric surgery is advised to the individuals with high BMI >40. Bariatric surgery is recommended to the patients who is severally overweight and who have a serious weight-related health problems, such as high blood pressure, type 2 diabetes or severe sleep apnea.

Obesity is a complex disease involving an excessive amount of body fat. It increases the risk of health problems such as coronary illness, diabetes, high blood pressure and certain cancers. Obesity is not a cosmetic concern. It is a medical problem that increases the risk of other diseases and health problems, such as stroke, sleep apnea, snoring, asthma, pancreatitis, female disorders, abnormal periods, arthritis, often with blood clots etc. Obesity is the resultant factor of genetics, personal diet and exercise.

Bariatric surgical cause weight loss by restricting the amount of food the stomach can hold, causing malabsorption of nutrients, or by a combination of both gastric restriction and malabsorption. Bariatric procedures also often cause hormonal changes. Common bariatric surgery procedures are gastric bypass, biliopancreatic diversion with duodenal switch, adjustable gastric band, and sleeve gastrectomy.

Bariatric surgery has different procedures which decrease the food quantity intake and absorption of nutrients are also decreased.

### Bariatric Surgery Roles

Changes in weight, Changes in glycemic level in blood, Changes in hepatic insulin resistance and peripheral insulin resistance, Changes in insulin secretion, Changes in blood pressure, Changes in lipid profile, Changes in inflammation and changes in end-organ damage.

Department of Nutrition, University of  
Tennessee Knoxville, Tennessee, USA

**\*Corresponding author:** Zhao L,  
Department of Nutrition, University of  
Tennessee Knoxville, Tennessee, USA, E-mail:  
nutrition@utk.edu

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### Risks of Gastric Bypass

Gastric bypass surgeries can be extremely successful in helping patients suffering from obesity lose weight. But all surgery involves some risks. The risks and complications often associated with gastric bypass may include: Dumping syndrome, Malnutrition and Gastric Bypass. Gastric bypass not only limits the kinds of foods, we eat but also the quantity of food. Additionally, it limits the nutrients that body can absorb.

Weight reduction can prevent the health problems associated with obesity. Dietary changes, increased physical activity and behavior changes can help to lose weight. Medications and weight-loss procedures are additional options for treating obesity.

There are several complications in the bariatric medical procedure. The individuals who exposed to the weight loss surgeries experience malnutrition, hormonal changes and micronutrient deficiencies. After bariatric surgery the patient should restrict to dietary recommendations, life-long vitamin/mineral supplementation and follow-up compliance.