



# BARIATRIC SURGERY IN PATIENTS WITH OBESITY

## What is bariatric surgery?

It is a type of surgical treatment option for those who are suffering from severe obesity or obesity related complications and despite their attempt to lose weight medically or by lifestyle measures are not able to do the same.

## Who is eligible for bariatric surgery?

Answer –If a person who has morbid obesity ( body mass index  $> 37.5$  ) or those with a body mass index  $> 32.5 \text{ kg/m}^2$  with obesity related co-morbidities like diabetes , atherosclerotic cardio vascular disease, blood pressure ,sleep apnea etc then weight loss surgery is required to improve health outcomes. This is as per the recently published Endocrine Society of India Guidelines.

## Is bariatric surgery , the only treatment option for obesity treatment

Answer is no. In all patients with obesity, the first step in treatment is life style modifications like increasing physical activity and dietary modifications. And then medical management can be tried, But despite all these if a patient with severe obesity is not able to lose weight then weight reduction surgery can be done in selected cases which can help in weight reduction

## What are the types of bariatric surgery?

Bariatric surgery is of different types which can be broadly divided into restrictive type or mal-absorptive type. In restrictive surgery the size or volume of stomach is reduced surgically , while in mal-absorptive type the intestinal area is reduced so less calories are absorbed and patient lose weight.

## What is the amount of weight loss that one can expect after different kinds of bariatric surgery?

It depends upon multiple factors like type of surgery, baseline excess body weight, and patient's diet and life style patterns. But weight loss is more in mal-absorptive surgery than in restrictive surgery. In most of the patients at least 50 percent of excess body weight is lost , while in others, it can be up to 70-80 percent of excess weight, depending on factors mentioned before.

## Is bariatric surgery covered by insurance?

As per IRDAI's ( insurance regulatory and development authority of India) guidelines bariatric surgery is included in health insurance from October 2019.

## What are the side effects of bariatric surgery?

Like any other surgery , bariatric surgery can also have some surgical side effects. In long term patients can have deficiencies of various nutrients and can lead to mal-absorption, which can be easily managed.

## Any tips to prevent weight gain after bariatric surgery ?

Yes, continuous life style and dietary modifications , as per the guidance of treating doctor/ dietician are required even after bariatric surgery to avoid weight re-gain.

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