

Bariatric Surgery: What is it? Is it safe? Is it for me?

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Bariatric surgical procedures 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 can often cause hormonal changes. Most weight loss surgeries are performed using minimally invasive techniques (laparoscopic surgery).

The most common bariatric surgery procedures are

- gastric bypass
- sleeve gastrectomy
- adjustable gastric band, and
- biliopancreatic diversion with duodenal switch

Source: American Society for Metabolic & Bariatric Surgery (ASMBS) website

TRUE OR FALSE

1. Most people who have metabolic and bariatric surgery regain their weight.

True False

2. The chance of dying from metabolic and bariatric surgery is more than the chance of dying from obesity.

True False

3. Surgery is a 'cop-out.' To lose and maintain weight, individuals affected by severe obesity just need to go on a diet and exercise program.

True False

4. Many bariatric patients become alcoholics after their surgery.

True False

5. Bariatric surgery increases the risk for suicide.

True False

6. Bariatric patients have serious health problems caused by vitamin and mineral deficiencies.

True False

7. Obesity is an addiction, similar to alcoholism or drug dependency.

True False

8. Type 2 diabetes makes surgery riskier?

True False

9. Can I have laparoscopic surgery if I have heart disease?

True False

10. Can I get pregnant after metabolic and bariatric surgery?
Will the baby be healthy?

True False