

OBESITY

SURGERY



OBESITY Surgery

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INTRODUCTION

For many people, being overweight is a part of life. They have struggled with weight loss and the problems associated with being overweight for much of their lives. It is hard to lose weight and some people just give up altogether.

While eating healthy foods and exercise is beneficial for everyone, some people find that this is just not enough to shed the excess weight. They may have tried fad diets, pills and other forms of dieting only to find that they may lose weight for a short amount of time, but it comes back. This is frustrating and can take a hit on a person's self esteem and confidence.

For these reasons, many people are turning to obesity surgery to help them lose the unwanted pounds. There are several types of surgery that aids weight loss and surgery may not be the right choice for everyone.

Life Changing Surgery

Weight loss surgery, also known as obesity surgery or bariatric surgery comes in many forms. If you think that you are at a loss at how to lose excess pounds, you may consider this option. You should know, however, that this type of surgery is not right for everyone and it is a life-changing surgery that will affect your life from day one.

Making the Commitment

Morbid obesity surgery will require that you make a life time commitment. You must have realistic expectations and you must be willing to make changes to your diet and exercise. Since these surgeries are radical, many bariatric surgeons will recommend that you also make a commitment to get counseling and see a dietician at regular intervals. This will ensure that your surgery is a success.

If you are interested in learning more about weight loss surgery, read on and learn how bariatric surgery has changed over the years and how you can lose the excess weight.

HISTORY OF WEIGHT LOSS SURGERY

Bariatric obesity surgery has certainly changed along with technology over the years. It used to be that weight loss surgery often did work correctly or was a major risk to take. In fact, it is not uncommon to hear about people that died after having this surgery years ago.

That has now changed thanks to today's technology in the medical field. While laparoscopic obesity surgery and other forms of weight loss surgery are life changing and do take a commitment, it is not as nearly as dangerous as it once was. Today people are finding more positive results after surgery and it is becoming a popular choice for those who cannot lose weight with diet and exercise.

The First Surgery:

The first weight loss surgery was developed and used on a patient in 1954. At that time, technology was not as advanced as it is today and the surgery was called "intestinal bypass" because it involved working with the intestines rather than the stomach.

This early surgery linked the upper and lower regions of the small intestines to the middle section. This is where much of the food absorption takes place and by decreasing the intestines, it then decreased the amount of food that the body processed. This enabled the body to absorb fewer calories and weight loss was the result. Many patients at the time, tried these surgeries, but found that the side effects and complications were hard to live with.

Complications:

Over the years that followed this surgery, many variations of the surgery were tried on patients with some degree of success. Mostly, however, patients had many complications that were difficult to overcome including electrolyte imbalance, severe diarrhea and dehydration. It was then realized that these early weight loss surgeries were causing more problems and intestinal bypasses were abandoned in favor of surgeries dealing with the stomach, which had fewer complications over a longer period of time and better results.



Gastric bypass surgery:

Around the mid sixties, another surgeon started looking at other ways to create a successful weight loss surgery. His answer was to use surgical staples to “staple” off a part of the stomach, which was called “vertical banded gastroplasty”. This created less room in the stomach area for food. The patient with a stapled stomach would have less room for food and would feel full faster, resulting in taking in fewer calories. The end result of stomach stapling was weight loss.

This was initially a successful surgery because weight loss was achieved. There were complications, but the surgeons performing these surgeries worked to refine the procedure so there were fewer complications. A few years later, elastic bands were developed and eventually replaced the surgical staples. One widespread problem with this surgery, it was found that the bands would stretch out of place and patients would gain the weight back after a few years. In addition, this obesity surgery cost was expensive and many people could not afford to have it done.

Roux-en-Y bypass:

With more advances in technology, the surgery known as the Roux-en-Y gastric bypass was developed. This method involved the early principles of restricting food intake through the stomach and what is known as the dumping syndrome.

With this surgery, the doctor creates a pouch using staples. It is then attached to the small intestines. The pouch is very small—about the size of the thumb. This causes a drastic decrease in the amount of food that can be taken in while eating. Thus, fewer calories means that weight loss can be achieved. This is still a popular weight loss surgery because there are fewer complications and because it works.

Other weight loss surgeries:

As technology advances, so do surgeries for weight loss. From the Manhattan obesity surgery center to the Miami obesity surgery center, there are now eight different weight loss surgeries performed in obesity surgery centers across the United States.



CAUSES OF OBESITY

No one wants to be overweight. Carrying excess weight can cause many problems including heart conditions, diabetes, gallbladder disease, stroke and can even increase your risk for death.

However, the fact remains that obesity is a problem across the United States. It is estimated that being overweight affects about 35 percent of all adults ages 20 and over just in the United States alone. That means that about 72 million people are overweight. These statistics are fairly equal among men and women and cross all racial boundaries.

Facts about obesity:

In fact, you might be interested to know that the number of overweight people in the United States is on the rise and has been on the rise since the sixties. There are many reasons for this which includes eating habits, living a sedentary lifestyle, age and even economic factors. More people are living “fast” lifestyles—eating at fast food places several times a week and spending a large portion of their time sitting in front of the television, computer and video games. If you live a life like this, it is probably no surprise to you that you might be heavier than you like.

Heredity:

In addition to living a sedentary lifestyle and not eating right, being overweight may not be all your fault. In some cases, your weight could be directly related to your relatives. Heredity may play a big role in your weight, especially if you find that you have always been heavy, or those in your family carry the same type of weight.

Obesity does have a strong genetic component. You may find that your grandmother, mother and even your aunts have the same type of body shape as you. This means that you have inherited your weight problem passed down from generations. This type of weight is harder to lose and you may find that more dieting and exercise will not do much in helping you shed the unwanted pounds. In this case, weight loss surgery may be a good option for you.