



## Weight Loss Surgery for Diabetic Patients and their Medications

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### DESCRIPTION

Redox Weight loss surgery, also called “Bariatric Surgery”, it can be a very effective way of losing weight and putting type 2 diabetes into remission. This type of surgery is known as bariatric surgery or metabolic surgery. There are several types of weight loss surgery, such as gastric bypass, sleeve gastrectomy, and duodenal switch. Some of the factors that may affect your eligibility for weight loss surgery include your Body Mass Index (BMI), your diabetes control, your other health conditions, and your willingness to follow postsurgical instructions. Weight loss surgery can treat type 2 diabetes by managing the level of sugar in the blood. It can also improve other health problems related to obesity, such as high blood pressure, sleep apnea, and joint pain. However, it is not a cure for diabetes and you may still need to take medications and monitor your blood sugar after the surgery.

It can improve insulin resistance by affecting several factors, such as caloric intake, nutrient absorption, fat mass, hormonal changes, and gut microbiota. Insulin resistance is a condition where the body does not respond to the hormone called insulin and is unable to convert the glucose into energy. Some studies have shown that the changes in insulin resistance after weight loss surgery occur within days or weeks of the surgery, before any significant weight loss has occurred. This suggests that the deviation of nutrients to more distal parts of the small bowel, resulting in altered release of gastrointestinal hormones and gut microbiota, plays an important role in improving glucose metabolism and insulin sensitivity. However, weight loss surgery is not a cure for insulin resistance and diabetes. Some patients may still need to take medications and monitor their blood sugar after the surgery. Weight loss surgery also has some risks and complications, such as infections, bleeding, leaks, ulcers, vitamin deficiencies, and dumping syndrome. Therefore, it is important to consult with your doctor before deciding to undergo weight loss surgery. Clinical outcomes after weight loss surgery vary depending on the type of surgery, the patient’s characteristics, and the follow-up care. Some of the possible outcomes include:

- Significant weight loss ranging from 25% to 90+% of excess weight.
- Improvement or remission of obesity-related health problems, such as diabetes, high blood pressure, sleep apnea, and joint pain.
- Reduced risk of microvascular and macrovascular complications associated with hyperglycemia.
- Faster recovery and fewer complications with minimally invasive techniques.
- Changes in diet and exercise habits to maintain weight loss and prevent nutritional deficiencies.
- Changes in social and psychological aspects, such as self-esteem, body image, relationships, and alcohol use.

However, weight loss surgery is not a magic bullet and it does not guarantee long-term success. Some possible challenges or risks which include weight regain or inadequate weight loss over the time. Infections, bleeding, leaks, ulcers, hernias, or bowel obstruction after surgery. Vitamin and mineral deficiencies, anemia, or osteoporosis due to malabsorption. Bariatric surgery can help people with type 2 diabetes control their blood sugar levels and reduce the need for medications. It may result in long-term or permanent remission for diabetic patients. It can also improve other health problems related to obesity, such as high blood pressure, sleep apnea, and kidney function.

### CONCLUSION

Dumping syndrome, which is a condition where food moves too quickly from the stomach to the small intestine, causing nausea, vomiting, diarrhea, cramps, sweating, and dizziness. Increased risk in problem of alcohol using after surgery. It involves in bypassing or reducing the size of your stomach-so that you feel fuller sooner and eat less. Dissatisfaction within the body image or sagging skin after weight loss. The negative reactions from friends, family, or strangers due to weight loss. Therefore, it is important to consult with the doctor before deciding to undergo weight loss surgery and to follow the recommended guidelines for postsurgical care and lifestyle changes.

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