



# The Impact and Risks of the Complexities of Bariatric Surgery

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## DESCRIPTION

As the global obesity epidemic continues to escalate, medical professionals and patients alike are seeking effective, long-term solutions. Weight loss surgery, also known as bariatric surgery, has emerged as a prominent option, offering significant weight reduction and the ability for drastic improvement in quality of life it has become an increasingly popular option for those struggling with obesity and its associated health risks. However, the decision to undergo such a procedure should not be taken lightly. This article aims to provide a comprehensive overview of the latest research on weight loss surgery, focusing on its effectiveness, risks, and long-term outcomes.

### Effectiveness and benefits

Bariatric surgery has been shown to be highly effective in reducing excess body weight and improving various health markers. A meta-analysis conducted over the period 2003-2007 confirmed the superiority of Laparoscopic Gastric Bypass to Laparoscopic Adjustable Gastric Banding in terms of percentage of excess weight loss [1]. Another study published in 2021 highlighted the urgent need to address knowledge gaps in weight regain and insufficient weight loss after bariatric surgery [2].

### Diabetes remission

One of the most remarkable benefits of weight loss surgery is its impact on type 2 diabetes. A study published in 2017 explored the diabetes remission after weight-loss surgery, revealing that some patients improve their insulin production and need fewer or no diabetes medications within days of the procedure [3].

### Risks and challenges

While the benefits are substantial, bariatric surgery is not without risks. A study published in 2021 discussed the medical need for careful monitoring and treatment of micro- and macronutrient deficiencies before and after bariatric surgery [4]. Another study from 2018 compared robotic revisional weight loss surgery and laparoscopic revisional weight loss surgery,

finding an increase in operative times and length of stay for robotic cases [5].

### Psychological factors

Personality characteristic have been found to play a significant role in the outcomes of weight loss surgery. A study published in 2018 found that a personality pattern denoting the ability to self-regulate emerged as a robust predictor of good outcomes [6]. Another study from 2016 assessed family characteristics of adolescents with severe obesity and their impact on weight loss outcomes following surgery [7].

### Social and cultural aspects

The stigma associated with weight loss surgery is another area of concern. A study published in 2018 found evidence of perceived stigma despite support from significant others [8]. Another study from 2016 explored the experience of regaining weight following weight loss surgery, revealing how weight-regain stories are easily silenced by social, cultural, and institutional narratives [9].

### Cost-effectiveness of bariatric surgery

One of the most important questions surrounding weight loss surgery is its cost-effectiveness. While the upfront costs of the surgery can be substantial, ranging from \$15,000 to \$25,000 depending on the procedure and location, research suggests that the long-term economic benefits may outweigh these initial expenses. A study published in 2019 found that patients who underwent bariatric surgery had lower overall healthcare costs in the five years following the procedure compared to those who opted for non-surgical treatments [10]. The reduction in costs was attributed to fewer hospital admissions and a decreased need for medication for obesity-related comorbidities like diabetes and hypertension.

### Future directions

Recent research has begun to explore pharmacological treatments for patients who experience weight regains after

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bariatric surgery. A study published in 2021 confirmed the efficacy and safety of liraglutide in such patients [11]. Another study from 2022 discussed the potential benefits of semaglutide in post-bariatric patients [12].

## CONCLUSION

In conclusion, weight loss surgery offers a partially helpful option for those struggling with obesity, but it is not an adaptable solution. This procedure can lead to substantial weight loss and improvement in various obesity-related health conditions, ultimately enhancing the overall quality of life for many individuals. However, it is essential to recognize that bariatric surgery is not a complete solution, and its success depends on various factors, including patient commitment to lifestyle changes and ongoing medical monitoring. It is essential for individuals considering bariatric surgery to engage in thorough consultations with healthcare professionals, receive adequate education about the procedure, and be prepared for the long-term commitment required for post-surgery success.

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