



# Preventing Weight Regain after Bariatric Surgery: Strategies and Support

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## Perspective

Bariatric surgery is a highly effective treatment for obesity, leading to significant weight loss and improvement in associated comorbidities. However, a major challenge is the high rate of weight regain after surgery, which can undermine the long-term benefits of the procedure. This perspective discusses the strategies and support systems that can help prevent weight regain and ensure sustained weight loss.

Weight regain after bariatric surgery is a common occurrence, with studies showing that up to 50% of patients regain a significant amount of weight within the first year after surgery. This is often due to a combination of factors, including changes in eating habits, reduced physical activity, and hormonal changes. Therefore, a comprehensive approach to weight management is essential for long-term success.

One of the key strategies for preventing weight regain is the implementation of a structured follow-up program. This should include regular monitoring of weight, diet, and physical activity. Additionally, patient education and counseling are crucial for helping patients understand the importance of maintaining healthy eating and lifestyle habits.

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