

# Securing Success: Preventing Weight Regain after Bariatric Surgery through Strategies and Support

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## Introduction

Bariatric medical procedure is a weight reduction medical procedure that is performed to help people who are obese or overweight to lose weight and improve their health. It is a surgical procedure that involves altering the digestive system to reduce the amount of food that can be eaten and absorbed. The procedure is typically performed on people who have tried diet and exercise without success and who have health problems related to obesity, such as type 2 diabetes, high blood pressure, and sleep apnea. The procedure is typically performed on people who have a body mass index (BMI) of 30 or higher, or a BMI of 27 or higher with a health problem related to obesity. The procedure is typically performed on people who have a BMI of 30 or higher, or a BMI of 27 or higher with a health problem related to obesity. The procedure is typically performed on people who have a BMI of 30 or higher, or a BMI of 27 or higher with a health problem related to obesity.

To forestall or limit weight recapture after bariatric medical procedure, it is fundamental to have an extensive arrangement that incorporates legitimate nourishment, customary activity, and backing from medical care experts, like dietitians, specialists, or care groups [4]. Long haul follow-up care is likewise fundamental to guarantee that people keep up with their weight reduction and in general wellbeing.

By and large, weight recapture after bariatric medical procedure is a typical issue that can be tended to with legitimate help and an emphasis on solid propensities. With an extensive arrangement and a promise to keeping a solid way of life, people who have gone through bariatric medical procedure can accomplish long haul weight reduction achievement.

Bariatric medical procedure is an exceptionally viable therapy for heiness, however weight recapture can happen after the medical procedure. The degree and pace of weight recover after bariatric medical procedure can change contingent upon different variables, including the patient's way of life, dietary patterns, and the kind of medical procedure performed.

Studies have shown that weight recover can happen in up to 20-30% of patients in no less than two years of bariatric medical procedure, for certain patients encountering huge weight recapture quite a long while after the medical procedure. Factors that add to weight recapture incorporate unfortunate dietary propensities, absence of actual work, mental factors like pressure and melancholy, and ailments like hypothyroidism [5].

Nonetheless, it's critical to take note of that weight recover after bariatric medical procedure isn't unavoidable, and it tends to be forestalled or limited with fitting way of life changes and continuous help from medical services suppliers. Methodologies, for example, customary activity, good dieting propensities, and progressing checking and support from medical services suppliers can assist patients with keeping up with weight reduction and forestall weight recover after bariatric medical procedure.

## Conclusion

All in all, while weight recover is an expected entanglement of bariatric medical procedure, it very well may be forestalled or limited with suitable way of life changes and continuous help from medical services suppliers. Patients ought to work intimately with their medical care group to foster a complete arrangement to keep up with long haul weight reduction after bariatric medical procedure.

## Acknowledgement

None

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**Received:** 01-Jul-2023, Manuscript No. JOWT-23-108110; **Editor assigned:** 03-Jul-2023, PreQC No. JOWT-23-108110 (PQ); **Reviewed:** 17-Jul-2023, QC No. JOWT-23-108110; **Revised:** 21-Jul-2023, Manuscript No. JOWT-23-108110 (R); **Published:** 28-Jul-2023, DOI: 10.4172/2165-7904.1000589

**Citation:** Gupta P (2023) Securing Success: Preventing Weight Regain after Bariatric Surgery through Strategies and Support. J Obes Weight Loss Ther 13: 589.

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**Conflict of Interest**

None

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