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Introduction

Obesity is a complex, multifactorial condition that a ects millions of individuals worldwide. e rising rates of obesity are a signi cant concern for public health due to the associated risks of chronic diseases, including type 2 diabetes, heart disease, stroke, and certain cancers. While lifestyle interventions, such as diet and exercise, form the foundation of weight management, these strategies are not always e ective for individuals with severe obesity. In such cases, bariatric surgery has emerged as a promising solution for achieving signi cant, long-term weight loss and improving overall health outcomes. Bariatric surgery encompasses a range of surgical procedures designed to help individuals with obesity lose weight by altering the digestive system. is article explores the di erent types of bariatric surgery, their e ectiveness, and the impact they have on obesity management [1].

Description

Bariatric surgery refers to a collection of surgical procedures aimed at helping individuals with severe obesity achieve signi cant weight loss. ese surgeries work by either restricting the amount of food that can be consumed, altering the absorption of nutrients, or both. Bariatric surgery is typically recommended for individuals with a body mass index (BMI) of 40 or higher, or those with a BMI of 35 or higher who have obesity-related health conditions, such as diabetes or hypertension, that have not been successfully managed through diet and exercise [2].

e primary goal of bariatric surgery is not just to facilitate weight loss, but also to improve or resolve obesity-related health issues, such as diabetes, high blood pressure, and sleep apnea. ese surgeries are considered only a er other weight loss methods, such as diet changes and exercise, have proven ine ective.

Types of bariatric surgery

ere are several di erent types of bariatric surgery, each with its unique approach to treating obesity. e most common procedures include:

Gastric bypass (Roux-en-Y Gastric Bypass): is procedure involves creating a small pouch from the stomach and rerouting a portion of the small intestine to this pouch. e small pouch limits the amount of food that can be consumed, while the rerouted intestine reduces the absorption of calories and nutrients. Gastric bypass surgery is highly e ective for weight loss and has been shown to signi cantly improve or resolve conditions like type 2 diabetes [3].

Gastric sleeve (Sleeve Gastrectomy): In this procedure, approximately 80% of the stomach is removed, leaving behind a smaller, tube-like structure or "sleeve." e reduced stomach size limits food intake and helps patients feel full a er consuming smaller portions. is procedure does not alter the small intestine, so nutrient absorption remains relatively intact, but the reduction in stomach size leads to signi cant weight loss.

Adjustable gastric band (Lap-Band): is surgery involves placing

Citation: