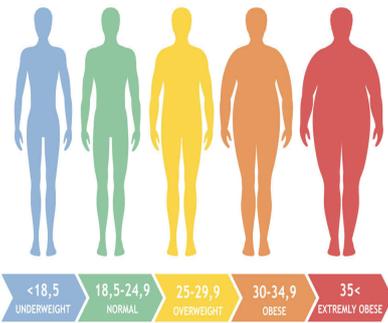


Body Mass Index



Respective roles of Bariatric)weight loss(Fight against Obesity: surgery and Lifestyle Modification

Description

Obesity is a complex disease. Complex to understand, occurs due to a complex causes a complex set of end-organ damage and isinterplay of multiple causes. Obesity remind you that I am talking about obesity andcomplex in its treatment. I would like to not overweight.

where your weight is above the ideal rangeTo make it clear, overweight is the situation individuals have a BMI from 23 to 27.0. Forbut not too high. More objectively, overweight mandatory < all individuals of Asian origin, BMI27.0 is considered obesity. Surgery is not is the only option for a large section ofall obese individuals. But weight loss surgeryfor surgery will follow further in the article. Butobese patients. Why is it so and who will need a surgery, only surgery is not enough. A healthyeven for all those who would need effective strategy to fight obesity. Why is itlifestyle is a non-negotiable component of an means is covered further in the article.so and what a healthy lifestyle

?yrasecen Why is Bariatric)weight loss(surgery

Surgery is necessary because only [Bariatric surgery](#)has to date shown a **significant and sustained weight loss.** of weight loss required to get improvement inThe amount need to shed a large number of kilos toobesity related diseases. Obese individuals Diet and exercise have failed to achieve theseachieve any significant health benefit. individuals. The problem increases if you havegoals even in dedicated and committed heart or lung condition limiting your exerciseknee or spine problems. Or if you have

manage to lose weight are unable to maintain capacity. A few individuals, who somehow back all those shed kilos in a few months. These it. Most of these individuals gain do not get the health benefits of weight loss. individuals

Reasons for failure of diet and exercise

to maintain body weight even in periods of food Our body has a mechanism that tries as a part of evolution. In the past humans have scarcity. This ability has been gained was not very certain. This happens by a change faced times when the availability of food various hormonal and behavioral syndromes in the. segment metabolism,

and is maintained for a certain period, the syndromes Now once a person has gained weight weight. The increased weight is updated as the metabolism is shifted to maintain that the syndromes new normal for that person. And the segment metabolism itself fights with craving for high-calorie carbohydrate food, the efforts to lose weight. Increased hunger, more healthy diet, tiredness and feeling of lack feeling of weakness and giddiness with a of the behavioral patterns by which the body of energy for physical activity are some resists weight loss.

are deranged in an obese person are responsible Many of the digestive hormones, which For example, craving for food and giddiness on for some of the above behavioral changes. sugar for low blood pressure. But it is due to a normal healthy diet is not due to low blood including Insulin. And these changes make it an increase in certain digestive hormones modifications that are needed to reduce weight difficult for a person to follow the lifestyle and lead a healthy life.

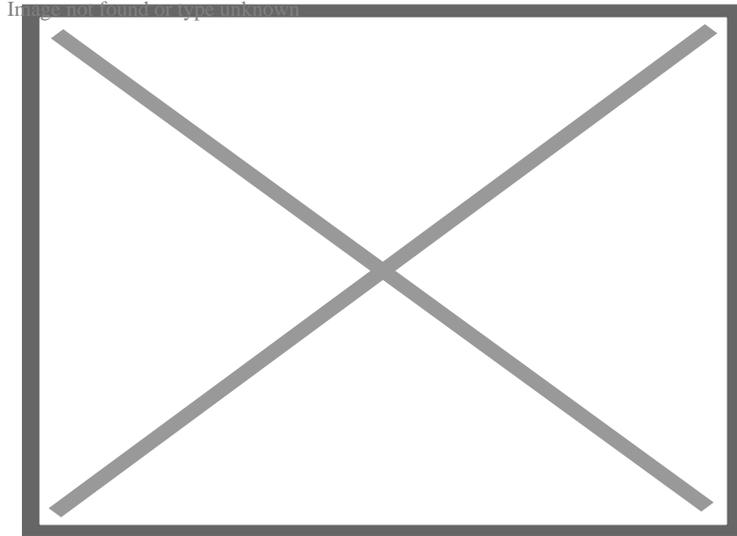
Why surgery gives sustained weight

metabolic, hormonal as well as a behavioral Bariatric surgery, creates a long-lasting loss but improves obesity-associated medical change. This helps not only in weight his diet, physical activity levels and behavior. problems. It also helps a person to change And thus leading to a healthier mind and body.

changes in the gut secreted hormones and other All this happens due to multiple for the improvement in medical problems chemicals. Some of them are also responsible While some are responsible for some fatty liver, lipid profile abnormalities. like diabetes, of the behavioral changes.

decreased hunger and satiety with a small amount The behavioral changes mainly include

in the liking for healthier food and decreased of food. There is also preferential change changes after bariatric surgery also lead craving for carbohydrates and sweets. Hormonal feeling. This is despite reduced food intake and to increased enthusiasm and energetic promotes increased levels of physical activity. continuing weight loss. It thus



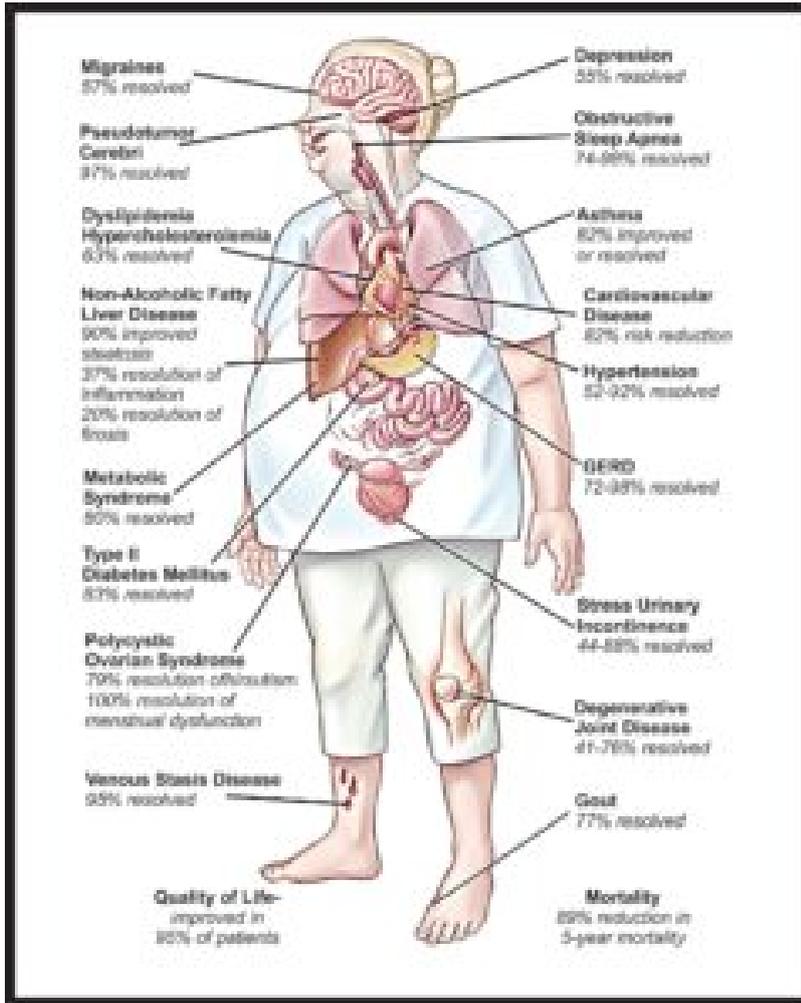
Reset the set point for body weight

resets the disturbed metabolic balance of the In a way, we can say that bariatric surgery weight loss, but improves the obesity-associated body. Surgery not just reduces the regarding diet and physical activity. Thus it diseases, improves the behavioral pattern body and ability to lead a healthier lifestyle. helps achieve a healthier mind and

Other factors that affects weight loss

also need to understand that each individual is With the above understanding, we after surgery, there are a large number of different. Even with these behavioral changes outcome. These include permanent or irreversible other factors that influence the Family support and the general lifestyle affecting mobility and physical activity. damages and friends, that has a significant influence on lifestyle. Any long term sēno of the family behavioral problems that would need additional and significant psychological and the individual and their commitment to lifestyle treatment. Also, the overall motivation of we have emphasized in the latter part of the change and follow up. This is exactly what article.

?dedeen When is Bariatric)weight loss(surgery



Obesity related medical problems

BMI is more than 37.0 even if they do not have Surgery is the ideal option for those whose Surgery is also the treatment of choice for any obesity associated medical problems. comorbidity. 0.23<IMB individuals having and Obesity related [Obesity](#) related by Obesity include Diabetes, Hypertension, comorbidities, means the diseases caused)Non alcoholic Steatohepatitis or Fatty Liver(, Cardiac problems, Acid reflux disease, NASH Infertility, etc. I know the list is long, apnoea and Asthma, Knee and spine problems, Sleep but this is a fact.

BMI obese individuals)BMI 27.0 to 32.0(with Surgery is also very helpful for lower diabetes, especially if the **is not well controlled with medical treatment. diabetes** indication is also called metabolic surgery. Surgery for the last mentioned **Metabolic surgery** with the intent of improvement in diabetes and means, the surgery done mainly not weight loss.

Why just Bariatric surgery is not

Bariatric surgery what you are unable to achieve with diet and helps you to achieve weight loss. It also helps you reset your loss. That is, a significant and sustained weight certain extent, it also improves your behavior, metabolism and hormonal status. To a It thus brings you back to normalcy where you related to eating habits and activity levels. your food and activity and lead a healthy people. If you would again be able to control What like any individual can put up weight if they care about it. The first thing to understand is that just lost weight by bariatric surgery can also regain their diet and lifestyle, all those who have the weight.

affects the outcome of Bariatric weight loss (Various factors that surgery

surgery is dependent on various factors. When The outcome of a bariatric or weight loss the total weight loss percentage of excess we are talking about outcomes, we consider like diabetes, hypertension, kidney problems, weight, resolution in medical problems overall improvement in mobility and finally how breathing problems, varicose veins, etc, as long as all these benefits

are the factors that affect the outcome: Following

- Proper selection and execution of surgery
- surgery-related complications
- A good follow up
- A healthy lifestyle and eating habits lifelong
- Family and social support
- issues knee and back problems, paralysis, etc (The severity of pre-surgery mobility before surgery)
- Heart problems, liver failure, The severity of medical problems kidney failure, major psychiatric problems (diabetes-related

which we can influence to get the best possible We need to focus on the factors of surgery and meticulous surgery, a good outcomes. Hence apart from proper selection is what will influence your final outcome. follow up and a healthy lifestyle

of Lifestyle modification after Bariatric Importance

Weight loss (surgery):

and activity level is mandatory irrespective of Improving your lifestyle including your diet alternative for that. A healthy lifestyle and a what treatment you undergo. There is no you get out of surgery and how long you will good follow up will decide how much benefit be able to maintain it.

Weight loss and health after a weight loss surgery To achieve optimum surgery

a large amount of weight. This will range from Bariatric surgery will surely help you lose the cases. This means if your weight is say 40-70-85% of your excess weight in most of bariatric surgery will help you lose about 30-kgs above the ideal weight for your height, it is 70% or 85 %, it will be decided on your 35 kgs of weight. In your case, whether diet change. People who improve their physical adherence to the advice for lifestyle and even more than 85%. And the same way, those who activity level significantly may lose and activity restriction may lose less than 70% continue a very unhealthy eating pattern.

it is nicely done, the only thing that is in our Hence once surgery selection is proper and good lifestyle. And once we have experienced the control is our efforts to follow a fitting it hard with a bariatric surgery, it is difficulties and problems of obesity, and we are and achieve the best that is possible for. So our duty to put our best efforts

just the maximum weight loss, but all the health And you must also understand, that not go hand in hand with the amount of your weight benefits and resolution of your diseases is not just to chase the number of kgs you are loss and lifestyle change. So your effort but it is to achieve the best of your health.

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and health lifelong after a weight loss surgery To maintain weight

maximum weight loss and best health status, Just as efforts are needed to achieve difference is, maintaining anything needs few maintaining it also needs efforts. The But you need a disciplined and steady effort, in efforts than what is needed to achieve it. but real chance of regaining weight. Usually, in this case for lifelong. Else, there is a small of weight. Also, the weight gain is not happens a few years after the stabilization

of the patients, but caution is really needed. Significant in most

meals and all. But you will persistently, You no longer need to do crash dieting, skipping you are eating the right things. Mostly after religiously and honestly make sure that culprit for weight regain, but the frequency of surgery quantity of food is not the unhealthy food is.

chips, pizzas once they forget their struggle Patients start having ice creams, chocolates, of years after surgery. This is the period when with obesity. This usually happens a couple reduced. And this happens more to those patients your visits to the bariatric team have who skip their follow-ups.

same is true regarding physical activities. You need to hit the gym every 3-4 days. The active, having half an hour to one hour morning or run a marathon. Just being physically climbing stairs rather than a lift is what is walk daily, going to nearby places by walking, even this is not done and then problems follow. Unfortunately,

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Lifestyle change needs change of mindset

nor boring. It is a matter of your mindset a healthy lifestyle is neither very taxing Living firm about health as your priority, everything and your priorities. If your mind is clear and we forget about health and are reminded about else will fall in place. The problem is that else in our life has a higher priority health issues only. This is because everything it by than our health.

a healthy diet and lifestyle live a boring and And the perception, that those who follow number of very happening, happy, joyous and unhappy life is a big lie. There are a large food and are very strict and rigid about it. In full of life people who eat absolutely healthy who is having a very unhealthy lifestyle, fact, if you observe with an open mind, someone how boring and frustrating that lifestyle. If you will understand

your mind that your health comes at the topmost But once you have a firm conviction in seems difficult. In that case, whenever you are priority and are conscious about it, nothing workplace or a social gathering or you yourself offered some unhealthy food either at the that your health comes first. And you can choose are tempted, you will remind yourself small amount depending on how unhealthy that either to avoid it totally or have in a very and physical activity also. And once you start food is. The same applies to exercise

see the change in your mind and body, you feel following it and **Wow, why I was not doing it till now.**

Lifestyle runs in families

infectious. Whether it is healthy or unhealthy. Lifestyle and eating patterns are very very pattern on our parents, partner, spouse, tend to adapt to the diet pattern and activity. We Anyone with whom we are spending a significant amount of time, friends, colleagues, neighbors, etc. people influence our thinking and lifestyle. And all these

and lifestyle of the whole family is very taking efforts in improving the diet pattern. Hence, those patients who have good family support in rewarding. What we routinely observe is, period of time. And certainly, their family to lifestyle change do well for a longer adhering of a healthy lifestyle and good health. And the members also do get benefitted in terms. Making changes in isolation has a very high same pass on to the next generation. stop it and compromise on your health. chance that you will eventually

Finally, harsh it may seem, it is a fact that if you want to do anything, however nobody and nothing is going to help you. about your weight and health, [Bariatric surgery](#) transformed a lot of lives but it is no magic. is a great tool that has

Also Read

- [Guide to Bariatric Surgery](#)
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[/ Heartburn: Does surgery really solve the GERD / Acid Reflux ?melborp](#)

- [Activity and Exercise After Hernia Surgery](#)
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