



maintenance of weight loss after a bariatricWhat determines lifelong
?yregrus

Description

own health is the most important determinantBeing committed and responsible for your
maintenance of weight loss and good health.for lifelong

up regularly and religiously maintain their We have seen that those who follow [weight loss](#)
up even when it is free is possible on phoneand health. Those who do not come for follow
the clinic, show that they are very casual aboutor video call even after reminders from
at all a priority for them, and these are thetheir health. It shows that health is not
weight or land up with nutritional deficiencies.patients who either regain

follow up visits or postponing it for trivialIt is not uncommon to see patients missing their
patients to be sñel and insignificant reasons,call them excuses. I strongly urge all my
religious and punctual about the follow-ups.very

most crucial determinant. How can surgery be anFinally, a healthy way of living is the
?elytsefil alternative to a healthy [Bariatric surgery](#)treats your obesity and related
normal health as possible. But to maintain thatproblems and brings you back as close to
bariatric surgeon. Your job is to follow theyou have to share the responsibility with your
you to sñoegrus healthy lifestyle and yourjob is to guide you, motivate you and remind
of a healthy lifestyle is an important aspectdo so. Discussion regarding different aspects
up visits and hence they are very important.of follow

CATEGORY

- Diabetes Surgery

- Obesity / Bariatric / Weight-Loss Surgery

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