Wall Street Journal

Institutional Affiliation

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Course

Date

**Wall Street Journal**

**Benefits of Weight-Loss Surgery**

One of the article in Wall Street Journal talks about the benefits of weight loss surgery. The article explains that this form of surgery has more benefits other than easing diabetes and heart disease. According to the health research, people who have heard weight loss surgery have very lower chances of experiencing heart attack or any other stroke related event. Some of the benefits associated with this surgery include reduced weight of the patients as well as preventing them from having any form of cardiovascular diseases (Marlow 2016). The surgery also elevates other medical condition as well as reducing depression among the patients. There is also pain relief experienced by the patients, which also contributes to their healthy kind of living. In general, the article explains more other benefits associated with weight loss surgery, thereby encouraging people to practice it whenever there is need.

As much as the article discusses more advantages associated with weight loss surgery, I feel that the practice should not be encouraged among patients. This is because there are still more side effects which result from this kind of surgery. Some of the short term effects include wound infection, excessive bleeding as well as difficulties in breathing. The patients may also experience much vomiting, diarrhea and even malnutrition as long term effects. The only advantage of surgery is that it requires very little time before the weight is lost, but then the side effects tend to have much impacts on the patients. I feel the patients should be advised to participate in natural activities as a better way of losing weight. They need to be taught on the importance of taking a specific form of diet, engage themselves in physical activities among many other things. Such natural approaches tend to take much time but then they are more appropriate in maintaining the health condition of the patient.

References

Marlow, M. (2016). Weight-Loss Nudges: Market Test or Government Guess?. In *Nudge Theory in Action* (pp. 195-224). Palgrave Macmillan, Cham.