Bariatric Surgery

[Name of the Writer]

[Name of the Institution]

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Obesity is a crucial health issue in America. It can lead to other health issues like diabetes, stroke, heart disease, hypertension, eating disorder and sometimes cancer. Different medical interventions like bariatric surgery are used to reduce the fats from the body. Offering bariatric surgery to individuals suffering from psychiatric disorders can be beneficial. Due to obesity, individuals lose self-esteem, confidence, and face various psychological disorders like anxiety and eating disorder. Bariatric surgery not only helps in reducing weight but also improves psychological health because it results in weight loss along with resultant gains in body image. The patient takes staff support and feels the sense of taking control of his life which increase confidence and self-esteem in the patient (Yen, Huang, & Tai, 2014).

Bariatric surgery has various benefits as it reduces life-threatening health issues. It reduces the chances of heart disease, type 2 diabetes, and high blood pressure. It not only improves the psychological condition but also improves physical health and appearance by giving better body shape to the patient. It also increases energy expenditure. Besides the benefits, there are some risks related to the surgery. During the surgical procedure there are chances of excessive bleeding, leaks in the gastrointestinal system, breathing issue, infection, and sometimes death. There are also long-term risks like low blood sugar, vomiting, gallstones, malnutrition, hernias, and ulcer.

Bariatric surgery is not for every over-weighted individual. Therefore, the patient should meet specific medical guidelines to qualify for the surgery. In addition, different requirements are offered by surgeons, insurance companies, and weight loss programs to make positive changes in lifestyle. Therefore, the patient can be asked for permanent lifestyle changes, and long-term follow up plans as the post-operative period in bariatric surgery. In addition, cholecystectomy is also performed depending on the choice of surgeons (Kim, Kim, & Schafer, 2000).

**References**

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