Bariatric Surgery

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**Introduction**

Gastric bypass or other surgeries that are meant for weight loss are collectively known as Bariatric Surgery. Such surgeries are meant to make changes to the digestive system of a patient by limiting the desire to eat and reducing the absorption rate of nutrition. These surgeries are opted when exercises and diets are unable to fulfill the weight reduction stance. There are three major surgeries involved in Bariatric Surgery, such as Gastric Bypass, Sleeve Gastrectomy, Biliopancreatic Diversion with Duodenal Switch Gastric Bypass and Adjustable Gastric Band

**Discussion**

It is significant to follow up with Bariatric Surgery, taking into account that these surgeries are an option to be opted if the body mass index is 40 or higher than 40, referring to obesity. The underlying base of Bariatric Surgery is to overcome obesity because being overweight means an individual is at a threat of type 2 diabetes, severe sleep apnea, and high blood pressure. Although Bariatric Surgery is one of the easiest and commonly used techniques of losing weight in the United States, still it is important to consider the reliability of technique on different exceptions. (Fernandez Jr, et, al. 2019). Childhood obesity has emerged as one of the prevalent problems, where one-fifth of adolescents are obese. Due to long term consequences, when obesity is intertwined with inefficient nonsurgical options of weight loss, bariatric surgery is recommended.

It is asserted that surgery is an effective way to reduce weight, but it should be performed in accordance with specific experts from psychology, pediatric obesity, and nutrition. However, it is necessary to undergo an analysis of risk factors and after effects of surgery. It is important to consider that an adolescent is at a greater risk of comorbid conditions they may be both, short term and long term. The patient may have pain after eating; surgery may also result in a diminished eating schedule. There are a lot of chances of dumping syndrome because food passes very quickly through the stomach and intestine. An analysis of the health of an adolescent can help to incorporate the resolution of comorbidities, weight loss, and complication rates. Sometimes, there are serious problems such as infection near cuts, leaky stomach, blood clots in lungs or legs and the blockage of intestine. (Davies, et, al. 2019). If there would be a lack of coordination with other experts, Bariatric surgery may result in devastation for the patient. Before undergoing surgery, an adolescent should be educated about the impacts and consequences of surgery. A patient should be taught about the risky outcomes as well as positive outcomes on the body. The postoperative period of bariatric surgery infers that a patient is left with excessive skin so some surgical invention should be involved.

A patient should be aware of risk management and complication he may face due to a long term stance of anesthesia. In a nutshell, a patient should be counseled and briefed about the pre and post impacts, taking into account risk factors and set of instructions that should be followed after surgery in order to maintain health because adolescent is a great risk of developing infections due to age sensitivity. (Fernandez Jr, et, al. 2019). One of the major aspects to note is, as the child is not able to take his decision or give a proper consent because obesity depresses. The family will not be in a state to make a better decision as well because of the pressure of hampering that can happen to the child being overweight, it is the responsibility of the surgeon to guide the patient in a way that can not only facilitate the patient but also make him aware of the future outcomes. The overall framework infers that bariatric surgery is a successful technique to lose weight in adolescent

**Conclusion**

Bariatric surgery, a collection of different surgeries is one of the famous and efficient techniques that can be used to reduce weight. However, it is necessary to consider the terms and conditions, such as pre-surgery necessities, and post-surgery instructions. Moreover, a multidisciplinary approach should be inferred so that positive outcomes can be achieved.

References

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