

## Weight Loss Surgery: Preventing the Health Risks

If you have been watching your weight go up and you are worried about the rising pounds, you may be wondering whether weight loss surgery really works. Is it possible to prevent future weight gain by putting yourself on a well-known weight loss surgical operation?

Today, weight loss surgeries are gradually gaining recognition when it comes to losing weight. Many health experts contend that people who are excessively overweight or has slower metabolism would normally require some surgical operations.

### Surgery at Present

The greatest progress in the care of the surgical patient has taken place since the beginning of the present century. An increasing knowledge of disease and disorder as a result of research has permitted the development of many diagnostic aids. Some of these depend upon roentgenograms, laboratory procedures such as chemical, bacteriologic, and pathologic determinations, as well as monitoring devices and computer aids.

Hence, the result is that the diagnosis of disease and disorder is made with more exactness and certainty than was possible from the simple clinical examinations of previous days.

That is why people who wish to undergo weight loss surgery should no longer be afraid of the procedure because high clinical standards are now being implemented in every surgical operation.

### The Concept of Weight Loss Surgery

Health experts contend that weight loss surgery is a "major surgery." One of the most common reasons why people would like to lose weight is to enhance their physical attributes. However, it should not be the underlying motivation that they should undergo the process of weight loss surgery.

What people do not know is that weight loss surgery is especially generated to help obese people live longer, healthier, and better.

That is why it is important for an individual to meticulously analyze his or her situation, do some research about the process, and analyze if weight loss surgery is the ultimate choice for his or her physiological condition.

Moreover, it is important to gather further information about weight loss

surgery by consulting an experienced and knowledgeable bariatric surgeon or even just an expert family physician who knows the ins and outs of weight loss surgery.

In addition, the patient should also consult the other health experts such as the psychiatrist and dietician with regards to some psychological advices on long-term goals after the operation.

Generally, patients who have undergone weight loss surgery are said to be successful if they were able to lose 50% or more of their extra body weight and will be able to maintain that condition for the next five years or so. However, the results of the operation may still vary depending on the clinical information of the patient and the skills of the bariatric surgeon.

Normally, the patient will be able to lose at least 30% to a maximum of 50% during the first six months after surgery; and within the year after the operation, the patient has the potential of losing weight up to a maximum of 77%.

Best of all, people who were able to loss weight through surgical operations can actually maintain a continuous weight loss of up to 50% to 60% in the next 10 to 14 years after surgery.

#### Factors to Consider

As with the other weight loss management programs, there are many factors to consider before the patient should decide to undergo weight loss surgery.

Consequently, the actual weight that will be lost is reliant on the weight before surgery, surgical procedure, patient's age, capability to exercise, total health condition of the patient, dogged determination to maintain the necessary follow-up nurture, and the enthusiasm to succeed with the help of their family, friends, and their colleagues.

If you have just put on a few extra pounds and want to avoid gaining more, these weight loss surgeries for better health may seem convincing. But, in addition to being convinced, you may also have to take some action to ensure that your weight does not creep upward.

Therefore, it can be concluded that losing weight is not just a question of deciding to be strong-willed and determined or upbeat and positive. Lifestyle changes are where it is at for long-term success with your weight especially after weight loss surgery.

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