

## Fast Facts

### Bariatric Surgery

Intended purpose is to change your body's digestive system in order to lose weight. This is done by limiting how much you can eat, reducing the absorption of nutrients or both. The only time this is done is when diet and exercise haven't worked or when you have significant health problems due to your weight.

<i>Reasons to Have</i>	<i>Types</i>	<i>Complications</i>	<i>Recovery</i>
<ul style="list-style-type: none"> <li>-Gastroesophageal Reflux Disease (GERD)</li> <li>-Heart disease</li> <li>-High blood pressure</li> <li>-Severe sleep apnea</li> <li>-Diabetes types II</li> <li>-Stroke</li> <li>-Body mass index (BMI) &gt; 40</li> <li>-BMI is 35 to 39.9 with aforementioned serious weight-related health problems</li> </ul>	<ul style="list-style-type: none"> <li>-Roux-en-Y</li> <li>-Biliopancreatic diversion with duodenal switch</li> <li>-Laprosopic Adjustable Gastric Bypass (LAGB)</li> <li>-Sleeve gastrectomy</li> </ul>	<ul style="list-style-type: none"> <li>-Excessive bleeding</li> <li>-Infection</li> <li>-Issues with anesthesia</li> <li>-Lung/breathing problems</li> <li>-Blood clots</li> <li>-Leaks in gastrointestinal system</li> <li>-Bowel obstruction</li> <li>-Dumping syndrome</li> <li>-Nausea/vomiting/diarrhea</li> <li>-Gallstones</li> <li>-Hernia</li> <li>-Blood sugar problems</li> <li>-Malnutrition</li> <li>-Ulcers</li> </ul>	<ul style="list-style-type: none"> <li>-Nothing to eat for the first few days post-surgery</li> <li>-Specific diet for the following 12 weeks as laid out by your surgeon (liquids only, soft foods, regular diet)</li> <li>-Limits on how much you can eat or drink</li> <li>-Frequent medical checkups for several months (including physical, blood work and whatever else your doctor feels are necessary)</li> <li>-Can have body aching, feeling tired (almost as if you have the flu), feel cold, have dry skin, hair thinning/loss and mood changes</li> <li>-Amount of weight loss depends on the type of surgery and how effective your changes to lifestyle habits are (Note: If you don't follow the lifestyle changes, you could actually gain weight--even if the procedure was a success.)</li> </ul>

		-Stomach perforation -Death	
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