

Gastric Bypass Bottom Line

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(Writing is a 9th grade reading level, because of required explanation of surgical procedure)

Gastric bypass definition:

Weight loss surgeries are tools that use doctors to help patients lose weight. They try to change the way you absorb food or how much food your stomach can hold before feeling full.

Roux-en-Y gastric bypass is a type of weight loss surgery, commonly performed in the U.S. It involves creating a bridge between your stomach and intestines that allows food to skip a portion of bowel. This surgery in the end limits the amount of food you can eat and digest. Surgeons like this surgery there is less risk of something bad happening and it also helps lose the most weight.

Who Qualifies?

Bypass surgery is generally for people who have had hard time losing weight even with regular exercise and diet, who are severely overweight or have additional health problems as diabetes, sleep apnea or heart disease. Gastric bypass is usually considered in:

- In males 100 pounds overweight
- In female 80 pounds overweight
- Or in people who are less overweight but have serious health problems

Bypass surgery is not a substitute for diet and exercise; it is simply an extra tool that can be use in addition to diet and exercise. The success of the surgery is dependent on people's wiliness to lose weight, have a healthy balance diet and regularly exercise.

The Bottom Line

Even though weight loss surgery has been successful for people wanting to lose weight it has not been proven to decrease the number of deaths over the long run.

Studies in Utah and Sweden have shown bariatric surgery to decrease number of deaths as 40% and 23.7% respectively. While a study in North Carolina using a majority male veteran population did not find an association with surgery and death. Yet no study has shown bariatric surgery to increases number deaths.

Bariatric Surgery may help you lose weight and lower your chance of having cardiac event or diabetes.

Information obtained from original articles:

- Maciejewski ML, Livingston EH, Smith VA, et. al. Survival among High-Risk Patients After Bariatric Surgery. JAMA 2011; 305: 2419-26
- Adams TD, Gress RE, Smith SC, et al. Long Tern Mortality after gastric bypass surgery. NEJM 2007; 357 (8):753-761
- Sjöström L, Narbro K, Sjöström CD, et al; Sweden Obese Subjects Study. Effects of bariatric surgery on mortality in Swedish obese subjects. NEJM. 2007; 357(8): 741-752

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