

Title: Treatment of Vitamin B12 Deficiency after Gastric Surgery for Severe Obesity

Author: Barbara M Rhode, Pdt

Date: 20 February 1995

Key words: Vitamin B12 Deficiency Gastric Bypass

Abstract: Patients receiving gastric bypass surgery for severe obesity and found to have low B12 levels were used in the study. Patients were given 1 of 4 different doses of oral B12 and evaluated for deficiency after 3 months of oral therapy. Patients receiving at least 350 micrograms of vitamin B12 daily were able to maintain sufficient levels at the end of the study. The researchers concluded that most patients could meet their B12 needs with at least 350 micrograms of oral B12, thus eliminating the need for monthly injections in most cases.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Benefits

Severely overweight individuals who lose weight can reduce their risk of health problems such as:

HEART DISEASE
HIGH BLOOD PRESSURE
DIABETES
STROKE
KIDNEY DISEASE
LIVER DISEASE
ARTHRITIS
ACID REFLUX

Potential risks

All surgical procedures have risks involved, gastric bypass surgery carries these risks in addition to others. Risks include but are not limited to:

PSYCHOLOGICAL DEPRESSION
LEAKAGE OF DIGESTIVE TRACT
DIARRHEA
NUTRITIONAL DEFICIENCY
INFECTION
BLOOD LOSS
DEATH

Some complications may actually require an additional operation to fix the problem. Remember to talk with your physician about the risks of any procedure

FOR MORE INFORMATION

CONTACT:

Weight-control Information Network
<http://win.niddk.nih.gov/index.htm>

MayoClinic.com
<http://www.mayoclinic.com/health/gastric-bypass/>

Gastric Bypass Surgery



Patient Education Tool
Jordan Mazur
University of Minnesota Medical School

What is gastric bypass surgery?

Gastric bypass surgery refers to a number of surgical procedures that alter the route food takes through the digestive tract.

Bariatric surgery refers to any surgical procedure aimed at weight loss, gastric bypass surgery is one type of bariatric procedure.

There are a number of different gastric bypass procedures, but the end result is the same. The size of functional stomach is reduced and a portion of the small intestine gets bypassed by anything moving through the digestive tract. The most popular version in the United States is the Roux en-Y because of its relatively lower complication rate and quicker recovery time.

The end result of the procedure is reduced stomach capacity and a slight reduction in ability to absorb food. This results in weight loss from lower calorie intake.

Who is a candidate for bypass surgery?

While many people are under the impression that gastric bypass surgery is essentially another weight loss option for overweight individuals, this is not the case. Gastric bypass surgery is a surgical procedure intended to reduce complications and death from severe obesity.

You should not consider surgery until methods such as dietary modification and exercise have failed to achieve weight loss.

How do I know if gastric bypass surgery is for me?

Put simply, gastric bypass surgery is intended to achieve weight loss in very obese individuals unable to lose weight using traditional methods such as dieting and exercise. Morbid obesity is a term that describes somebody who is substantially overweight based on their height. Patient who simply qualify as “obese,” but have other health problems such as heart disease or diabetes may also be considered for surgery.

Talk to your physician before making any decisions about surgery.

Special considerations

Bypass surgery alone is not enough to lose weight. Potential candidates need to understand that they will have to modify the way they eat. This means eating 2 or 3 meals per day and avoiding snacking in between meals. Frequent snacking can render the procedure ineffective!