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## Gastric Surgery – Miracle Cure For Obesity?

By **Alfred J. James**

You wake up one morning and you decided that you have had enough of being obese! You have a very personal reason: a choice for change and a healthier you.

Whether you're considering weight-loss surgery and want to understand what's ahead, adapting to a new lifestyle following the procedure, or looking for non-surgical weight-loss tips, all the information is here.

Opting for weight-loss surgery is not an easy choice. To decide whether it's right for you, consider the facts of the procedure and the post-operative road you'll need to travel.

The challenges of dieting, exercise and even medications can seem daunting when trying to keep weight off. As a result, many have turned to weight-loss surgery as the best long-term option. But before making that difficult decision, questions need to be answered.

Which type of weight-loss surgery is right for you? What's involved in the procedure? Are there any risks associated with weight-loss surgery? In normal digestion, food passes through the stomach and enters the small intestine, where most of the nutrients and calories are absorbed. It then passes into the large intestine (colon), and the remaining waste is eventually excreted.

Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine. You will feel full more quickly than when your stomach was its original size, which reduces the amount of food you eat and thus the calories consumed. Bypassing part of the intestine also results in fewer calories being absorbed. This leads to weight loss.

## Gastric Surgery – Miracle Cure For Obesity?

The most common gastric bypass surgery is a Roux–en–Y gastric bypass.

In a Roux–en–Y gastric bypass, the stomach is made smaller by creating a small pouch at the top of the stomach using surgical staples or a plastic band. The smaller stomach is connected directly to the middle portion of the small intestine (jejunum), bypassing the rest of the stomach and the upper portion of the small intestine (duodenum).

This procedure can be done by making a large incision in the abdomen (an open procedure) or by making a small incision and using small instruments and a camera to guide the surgery (laparoscopic approach).

Male gender is a predictor of morbidity and age a predictor of mortality for patients undergoing gastric bypass surgery. Open gastric bypass surgery requires up to a 5–day stay. Laparoscopic gastric bypass surgery requires a hospital stay of 2–3 days.

The most common surgery for obesity is Gastric Surgery. Find out more about Gastric Surgery at

<http://Gastric>

[Surgery.ewhy.info](http://Surgery.ewhy.info)

### **Gastric Bypass – Solution To Weight Loss?**

**By Alfred J.James**

The most common surgery for obesity is gastric bypass. The gastric bypass results in an effective resolution of major illnesses that accompany obesity. Most gastric bypass surgery candidates have already tried more conventional diet and exercise plans with little success. With few options, doctors and patients are increasingly turning to gastric bypass surgery as a lifesaver and often as a last resort.

Laparoscopic gastric bypass surgery is a treatment for obesity. Obesity risks add to complications of gastric bypass. Today, gastric bypass surgery is being marketed and promoted to obese patients as a panacea for obesity. According to the report, "Gastric bypass is now established as an effective and safe therapy for morbid obesity and its associated health problems.

Research investigators followed 20 women who underwent gastric bypass for treatment of morbid obesity to compare the safety and effectiveness of RNY and MGB in the treatment of morbid obesity. It was found that Laparoscopic gastric bypass is simple, effective and safe.

Patients who have a BMI over 50 tend to lose about 50 percent of their excess weight with a gastric bypass. With the gastric bypass, patients with a BMI under 50 seem to lose 70 percent of their excess weight or more.

Undergoing a gastric bypass requires patients to commit to a new lifestyle. The amount of calories and nutrients absorbed by the body are significantly decreased after gastric bypass surgery.

## Gastric Surgery – Miracle Cure For Obesity?

People who have gastric bypass operations usually lose two-thirds of their excess weight within two years after the operation. It is no miracle that patients of the gastric bypass lose weight rapidly.

However, weight reduction surgery known as gastric bypass is merely the first step. After a gastric bypass, it is recommended that you follow a certain diet in order to maintain proper weight balance and nutrient intake. The gastric bypass diet helps you maintain good nutrition while losing weight. People who regain weight after gastric bypass surgery usually are consuming too many high-calorie foods and beverages and do not exercise enough. About 1 in 20 people who have gastric bypasses fail to lose sufficient weight or regain weight and the operation has to be repeated.

Kyle Potts is a general surgeon who specialize in performing Roux-en-Y gastric bypass surgery for people with severe obesity. He performs laparoscopic obesity surgery since 1994 and is experienced in gastric banding, gastric bypass, intragastric stimulation and intragastric balloon procedures. He specializes in laparoscopic redo surgery where he converts failed previous obesity surgery to gastric bypass laparoscopically.

Before you consider going for such a surgery, it is always wise to read up everything on this subject, and subsequently meet your doctor to discuss the possibilities of the surgery.

The most common surgery for obesity is Gastric Bypass. Find out more about Gastric Bypass at

<http://GastricBypass.eabout.info>

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