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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Obesity Surgery**

**By John Furnem**

It is an undeniable fact that obesity has become a global epidemic and is wreaking havoc on our

society as mortality rates soar. Approximately 30% of the general population is considered obese, but it doesn't stop there. An unprecedented 15% of young people are afflicted as well, leaving their budding lives scarred emotionally, physically, and psychologically.

Contrary to the unbelievable number of claims for products that miraculously take off the pounds, there is no magic cure for obesity. However, there is an option. Obesity surgery is becoming increasingly popular despite the many side effects.

Obesity surgery is only for those people who have a body mass index (BMI) of 40 or more or are suffering from a disabling condition due to excess weight. Morbidly obese people who are unable to lose weight by any other method often turn to this major surgery as a last resort. However, the younger generation soon may not have this option. Physicians are becoming very reluctant to perform obesity surgery on patients younger than 18 because of the lack of knowledge about the long-term side effects. The serious short-term consequences are a deterrent as well. The absolute minimum age recommended is 13 in girls and 15 in boys. The youngest patient on record who underwent obesity surgery was a 12 year-old girl.

The rate of obesity surgeries has multiplied unbelievably with over 170,000 done yearly. There are no reliable statistics on how many of these were performed on teenagers, but a definite increase was noted. Costs for the surgery range anywhere from \$15,000 to \$50,000 (depending on the type), with the average being \$30,000. If complications develop, obesity surgery may cost \$65,000 or more. The effects, however, may be priceless for some. Adult patients lose an average of 70% of their excess body weight, while teenagers show even more promise at 82%. For a few patients, the results are devastating and the little weight they lose is quickly regained.

There are 2 main types of obesity surgery: those that reduce the size of the stomach and those that reduce absorption of calories in the small intestine. Gastric bypass is a combination of the two and is the most common type done. All require a lifelong commitment to making drastic changes in eating habits and lifestyle. Obesity surgery is beset with many risks and for young people, this may mean

## Obesity Surgery

permanent stunting of growth. 2% of patients die from the surgery and 40% develop complications within six months.

Complications range from infection, respiratory problems and bleeding, to vomiting, hernias and stomach obstruction. Many patients develop anemia or osteoporosis in the long term and have to constantly take supplements. Obesity-related illnesses, such as diabetes, are often resolved, though. Considering only the short-term effects, young people actually have fewer risk factors in developing complications from obesity surgery if they follow all the recommendations.

Overall, obesity surgery remains highly controversial. Many argue that the psychological benefits of feeling human again far outweigh the disadvantages, especially for teenagers. There is always the possibility of regaining the weight lost or developing serious complications. Much of the success of obesity surgery depends on choosing an experienced physician and complying with orders. Obesity surgery has greatly improved over the years and for many, those unwanted pounds have become a

thing of the past.

John Furnem specializes in work psychology and Stress disorders, he has written articles and held workshops/seminars on the effect of stress on children and adults . John writes articles at

<http://childhoodobesity.zupatips.com/>

for

<http://Zupatips.com>

### **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.

## Obesity Surgery

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.

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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