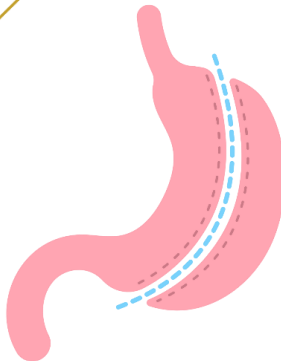




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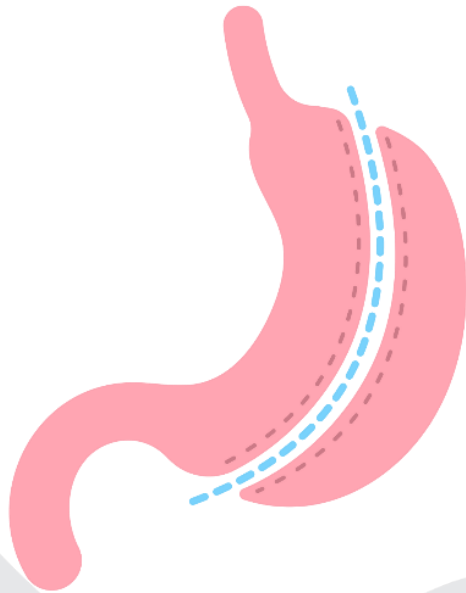
Bariatric Surgery Myths and Misconceptions



Is Bariatric surgery highly risky?

While all surgical procedures come with inherent risks, advancements in surgical techniques have significantly reduced the dangers associated with bariatric surgery.

Research indicates that the risk level for bariatric surgery is comparable to that of a routine gall bladder surgery.



Is surgery not necessary and it is all about diet and exercise?

While diet and exercise are undoubtedly crucial, they may not be sufficient for individuals who suffer from extreme obesity. Research has revealed that although modifications to diet and exercise can lead to weight loss, more than half of these individuals experience weight regain due to high insulin resistance.



Do majority of individuals tend to regain the lost weight?

After undergoing bariatric surgery, patients can experience weight loss ranging from 50 to 100 pounds within the initial year.

Extensive long-term studies have demonstrated that after 10 years, a higher percentage of patients who underwent the surgery have successfully maintained their weight loss compared to those who achieved weight loss without surgery.

This demonstrates that bariatric surgery can lead to long-term weight loss. However, 10-20% of patients who have had gastric sleeve surgery may regain their weight if they adopt unhealthy eating habits.



Can surgery affect how my body absorbs vitamins and minerals?

There are different forms of bariatric surgery for weight loss.

Some of these elements can change the way the body absorbs vitamins and minerals, and deficiency can occur.

This side effect can be prevented by using [nutritional supplements after surgery](#). Follow-up care for patients after surgery should include regular testing of their vitamin and mineral levels, so that any deficiencies can be addressed.



Can I have children after weight loss surgery?

Patients who have undergone weight-loss surgery are advised not to become pregnant within a year and a half after surgery. One reason is that surgery aims to stimulate weight loss and pregnancy leads to weight gain. Most patients reach a stage of weight loss after about two years of surgery and then they can get pregnant.

It is also important to note that weight loss actually leads to higher rates of It reduces the level of testosterone in men and treats many problems in women, such as polycystic ovary syndrome.



Does obesity surgery leaves a big scar?

In the past, traditional surgery left scars, and with the improvement of technology and techniques, Most weight loss surgeries are now performed through small incision surgery, known as In addition to arthroscopic surgery.

Laparoscopic surgeries leave much fewer scars than open surgery, In addition, it requires less recovery time and causes less pain and loss of Blood.





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Sources and references:

Lifespan.org ,Center for Bariatric Surgery

Review and audit:

The content of this booklet has been reviewed by consultants of General, Bariatric and Minimal Invasive Surgery at King Fahd University Hospital.

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