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# Metabolic and Bariatric Surgery for T2DM

## How does diabetes treatment begin?

The optimal therapy for Type 2 diabetes was at first medical treatment. However, studies have reported that **metabolic** and bariatric surgeries can improve Type 2 Diabetes and reduce the rate of complications such as cardiovascular diseases.

## What is Metabolic and Bariatric surgery?

Metabolic and Bariatric surgeries are done when a person has significant health problems related to their weight and lifestyle modification failed to work. These surgeries work by either reducing the amount of absorbed nutrients or limiting how much you eat. And both mechanisms have been improved to help you lose weight significantly.



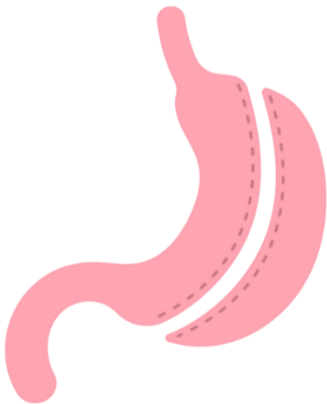
## When is Metabolic and Bariatric surgery recommended?

1. Failure of medical treatment.
2. Complications of T2DM.
3. Patient is not compliant to oral drugs.
4. Patient's personal preference.
5. Obesity associated with T2DM.



## What are the most common types of Metabolic and Bariatric surgeries?

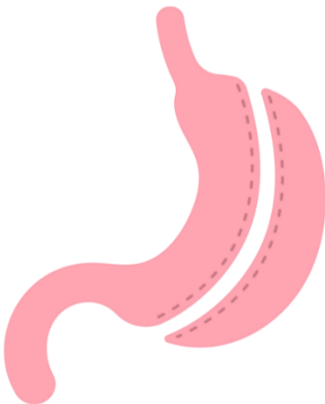
- 1- **Gastric bypass**: The digestive system is re-routed, bypassing most of the stomach except for the pouch at the top and part of the small intestine. You'll feel full faster and absorb fewer calories from food.
- 2- **Sleeve gastrectomy**: Part of the stomach was removed, but the intestines were not rerouted. Again, you don't have to eat too much to feel full.



## Type 2 diabetes and Metabolic and Bariatric surgery:

Bariatric surgery changes the way the digestive system works and can benefit people with type2 diabetes. It can:

- 1- Make you feel full faster, so you'll eat less.
- 2- Changes how hormones in your gut work, which in turn affects how your body makes insulin.
- 3- Increase the secretion of bile acids that your body makes, these make your body more sensitive to insulin.
- 4- Enhances the way your body uses insulin, leading to lowering blood sugar.





### Resources and References:

All pictures used from Canva.com

### Review and Audit:

Content of this booklets has been reviewed and approved by Bariatric  
Surgery Consultants at King Fahad University Hospital.

# Bariatric Surgery Department

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Health Awareness Unit

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