Obesity In The United States

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Introduction

Over the past few years, there has been tremendous improvement in technology, which has resulted in people living more comfortable and luxurious lives. Additionally, the same improved technology has had a great impact on the alteration of people's lifestyles. These alterations in lifestyle include changes in how people eat and their physical activities, among others. In addition to these changes, there is the distressing occurrence of numerous health problems and medical conditions that many people face. One of the leading health issues currently facing many people in the world and bringing about numerous illnesses as well as death is obesity. The number of overweight people has tremendously increased not only in the United States but also in other nations (Centers for Disease Control and Prevention, 2024).

Obesity and Bariatric Surgery

WHO (World Health Organization) has gone a step further to declare obesity as an epidemic as it affects more than half of the American population. When a person is overweight and obese, the chances of him/her acquiring serious infections such as diabetes, cardiovascular disease, and cancer, among others, increase. Due to the alarming rate at which the American population is becoming overweight, a lot of people are now watching what they eat to maintain a healthy lifestyle. For individuals who are overweight, there are various techniques that can be employed to lose weight, which include traditional techniques such as rigid exercise or instant surgery. Surgery is often viewed by many as the easiest way to lose weight. Very little is known about weight loss surgery, but professionals and health experts believe gastric bypass surgery (a type of weight loss surgery) is a cure for various diseases such as diabetes.

Gastric Bypass and Type 2 Diabetes

However, not many people have embraced weight loss surgery as the alternative to this overweight problem, and this has raised a lot of eyebrows, as there are people who support the surgeries while others don't. Some people go a step forward and ask if, indeed, surgery is the appropriate way a person can lose weight and still be healthy. If an appendix fails to work, surgery is regarded as the best option, and if one has blocked arteries, surgery is also considered. Then why do people overlook

that surgery can also solve the issue of obesity and diabetes? Initially, the possible solution to this issue was dieting or even exercise, but research suggests that the optimal alternative to manage this condition is surgery (World Health Organization, 2025).

Weight loss surgery can be very helpful for an individual suffering from type 2 diabetes as this means their blood sugar will return to normal after the surgery. This means that diabetes can be cured, and less medication needs to be ingested. According to research, more than 50% of people with type 2 diabetes often record an improvement in blood pressure and triglyceride levels after a weight loss surgery as compared to those ingesting medicine, who are roughly 10%. Despite weight loss surgery being an effective and efficient way of regaining a stable body weight, it is highly recommended for individuals who have struggled with weight issues for a long time and have been unsuccessful in attaining their desired weight and for individuals suffering from extreme health problems.

Also identified as bariatric surgery, weight loss surgery is known to alter the way a person's digestive system operates as it helps in limiting the food being consumed. By doing so, a person's weight is lowered, thus decreasing the risks of acquiring health-related issues. In some instances, bariatric surgery might end up affecting and interfering with the way the body absorbs certain nutrients and thus force people who undergo the surgery to change certain aspects of their lifestyle, such as diet and regular exercise. One of the most commonly performed bariatric surgeries by health practitioners is the gastric bypass.

Compared to other types of bariatric surgeries currently present, gastric bypass is regarded as the best as it is much safer, has few complications, and offers long-term results. Moreover, gastric bypass is able to set an individual on a path that other techniques, such as exercise, cannot provide. Initially, it was hard for obese individuals to lose weight, but with this type of surgery, it becomes easier for them to improve their general health and wellness. For some individuals, the gastric bypass procedure often results in the remission of type 2 diabetes. This is possible as the surgery is able to restore the body's sensitivity to insulin and awaken the pancreatic cells that play a role in producing insulin.

This takes place even before a person begins losing weight. According to biologists, the production of insulin is made possible by inflammation caused by overactive immune cells, which form fatty tissue. When an individual becomes obese, scientists argue there is an increase in inflammation, which makes this possible. This inflammation results in things such as the production of more insulin to control glucose levels in the blood. As time passes by, the insulin-producing cells present in the pancreas start wearing out, resulting in type 2 diabetes. When gastric bypass surgery is performed, inflammation, which causes type 2 diabetes, decreases or even disappears. Tiny cells present in the body, identified as mitochondria, come back to life and increase the body's sensitivity to insulin production. For individuals with type 2 diabetes, weight loss surgery is the solution as it is capable of altering how the hormones in a person's gut work, thus affecting how the body produces insulin. Additionally, it is able to increase the amount of bile acids being made by the body, which results in the body's cells being more sensitive to insulin. Moreover, the surgery is able to improve how the cells

operate, which results in lower blood sugar levels.

Patient Eligibility and Informed Consent

Despite gastric bypass surgery being much safer and causing fewer complications than other types of bariatric surgery, it does have various issues associated with it as it brings about a change in a person's lifestyle, diet, and also behavior. For the treatment to be successful, it largely depends on the patient. In most cases, people who are obese have a BMI ratio between 35 and 39, and for those who are severely obese, their BMI ratio is always above 40. With such a high BMI ratio, these individuals are always at risk of acquiring serious illnesses such as diabetes or even hypertension. Many people tend to think that what is needed for one to go back to being healthy is surgery alone. This is not the case, as much more is needed, such as dietary changes and daily exercises, to make sure the results of the gastric bypass surgery are satisfactory to you.

Health practitioners advise that before any bariatric surgery is performed on anyone, he/she must first be properly informed of all details regarding the procedure as well as other alternatives, risks, and benefits so that the patient can make a sound decision. Moreover, informed consent needs to be given before the procedure is done, as not everyone qualifies for any type of bariatric surgery. In some cases, bariatric surgery is offered to adolescents, but only if other conventional approaches have failed to work for the past six months. New studies indicate that for adolescents fighting weight issues, gastric bypass is the ideal type of bariatric surgery they can undergo. The whole procedure is often done under general anesthesia, and various tests, dietary changes, as well as X-rays are performed prior to the surgery.

Types of Gastric Bypass and Bariatric Surgery

There exist four types of gastric bypass that can be performed on an individual depending on the situation at hand. They include BPD-DS (biliopancreatic diversion with a duodenal switch), VSG (vertical sleeve gastrectomy), RYGB (Roux-en-Y gastric bypass), and finally, AGB (adjustable gastric band). AGB entails physicians putting a band around the top part of a person's stomach with the intention of reducing the size of the stomach pouch. By doing this, the amount of food the patient eats is reduced, bringing about weight loss. In the case of RYGB, physicians place a gastric band, and the food is bypassed from the pouch to the small intestine. For the case of BPD-DS, a large part of the stomach is removed, food is bypassed from the stomach to the small intestine, and later, the bile, as well as digestive tract juices, are re-routed with the intention of reducing the amount of food being absorbed and digested. VSG, on the other hand, entails the reduction of a certain portion of the stomach to make sure the quantity of food being consumed is minimal. In any of these procedures, the patient is required not to eat anything within the next 24 hours after the surgery, and a special diet is needed, which includes liquids as well as soft foods and minimal solid foods.

Risks and Complications of Bariatric Surgery

As time has passed and technology has advanced, so has the number of complications related to bariatric surgery. The number of readmissions has also reduced drastically, which proves how efficient the procedure is. However, there are a few early complications that are associated with gastric bypass, and they include infection, emboli, bleeding, damage to the intestines, and heart attack, among others. Other complications that might be witnessed over a period of time include vomiting, gallstones, hernias, malnutrition, pneumonia, and dehydration, among others. For some people, further surgery might be required, although this is rare.

Summary

Though bariatric surgery is associated with speeding up the process of losing weight, the procedure is very risky as it entails the alteration of various parts of the body. Thus, the procedure is always available to a certain group of people who meet the set criteria. For an individual to be considered for surgery, he/she must have a Body Mass Index of more than 40 and also have weight-related health conditions such as type 2 diabetes. The hopeful candidate should have tried other techniques of losing weight, such as dieting and exercising. Additionally, these individuals should be in perfect health condition and must be ready to commit to a long-term follow-up after undergoing the surgery.

There is a lot of discussion about how gastric bypass helps cure type 2 diabetes, but people are not aware of how this is possible. What many people know is that the surgery is responsible for putting type 2 diabetes into remission, but few people know how this is done. It’s obvious that losing weight does play a crucial role in reducing the level of blood sugar for an individual suffering from type 2 diabetes. Among the many ways of reducing weight, bariatric surgery is considered by physicians to be the best. Scientists argue that bariatric surgeries immediately impact how the body processes glucose and how food is absorbed and digested. Through surgery, production is increased, and hormones that prompt hunger become dormant. This means that type 2 diabetic individuals reduce their craving for sugar and are thus able to manage blood sugar levels.

In any case, research, as well as studies, has shown that bariatric surgery is more effective than drug therapy when it comes to managing diabetes. Thus, scientists need to consider surgery as the best alternative for curing type 2 diabetes. Though it has complications and risks associated with it, the final outcome is worth the sacrifice (Clark et al., 2018).

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