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Role of multidisciplinary approach before and after bariatric surgery

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Bariatric surgery and its short-term outcomes have greatly improved. Nevertheless, more knowledge is needed regarding the long-term sustainability of surgically-induced weight loss, subsequent improvement in obesity-related comorbid disease and long term safety. A review of the literature identified a trend suggesting improvements in quality of life and psychological health after bariatric surgery. However, not all patients report these psychological benefits. Some patients continue to struggle with body image dis-satisfaction. Severe pre-operatives psychopathology and patient expectation that life will dramatically change after surgery were found to negatively impact psychological health after surgery. Nutrition deficiencies are common complications after bariatric surgeries and are linked to physical and psychological disorders. Moreover, cases of eating disorders after bariatric surgery are being reported in the literature complicating the long term physical and psychological benefits of bariatric surgery. Medical, surgical, nutritional and psychological evaluation before the surgery is gold standard nowadays even though proper communication between team members is still lacking.

Biography

Carole Wehbe Chidiac is having 20 years experience as a Family Medicine Specialist and an Eating Disorder and Obesity Practitioner. She is the Board of Advisers of Middle East Eating Disorders Association and an Active Member of the International Academy of Eating Disorders. She is active in training other health care professionals when it comes to evidence based treatments of obesity and eating disorders. She has given many talks at schools and companies about prevention of obesity and eating disorders. She is also an Aviation Medical Examiner (FAA, GCAA) involved in treating obesity in aviation.

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