



A Short Note on Weight Regain after Bariatric Surgery

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Short Note

If you start to regain weight after gastric bypass surgery, ask your doctor. you'll have a way of what is causing your weight gain. However, you'll need a more thorough evaluation to work out what factors — medical, psychological, lifestyle — are involved within the weight gain.

You may have gained weight after gastric bypass surgery due to changes in your stomach and intestine that allow you to eat more and absorb more calories.

It's also possible that your diet and exercise habits have slipped, during which case you want to typically lose the regained weight the old-fashioned way — both by reducing your calorie intake and increasing your physical activity.

In some cases, a second surgery to repair — or redo — a gastric bypass could also be appropriate. this is often very true if the anatomy of your stomach and little intestine have changed, like with a fistula (additional connection between the stomach and intestine).

However, a second surgery has an increased risk of complications, including infection, bleeding and leaks within the alimentary canal. due to these risks, gastric bypass surgery usually isn't redone if you regain weight due to poor diet or exercise habits.

Gastric bypass surgery is often an efficient treatment for

obesity, and most of the people do reduce after the procedure if they're adequately prepared for the changes that are necessary. But you will always be in danger of regaining weight, even years later.

To help reach your weight-loss goal and stop weight regain, it's crucial to form lifestyle changes alongside having gastric bypass surgery.

By now you recognize that one among my favorite and most often used take-home messages to my patients is that the importance of getting realistic expectations through all stages of their weight loss journey. Though some might find it disheartening to simply accept the likelihood weight regain, we've a responsibility to offer them the facts; research shows that weight regain isn't only common, it's expected following nearly all obesity treatment modalities.

We know from multiple studies we will expect the subsequent mean weight loss percentages consistent with the varied treatment modalities:

- Diet, Exercise, and behavior modification: 3–5%
- Diet, exercise, and behavior therapy plus Pharmacotherapy: 9-15%
- Endoscopic interventions: >15%
- Gastric bypass or sleeve gastrectomy: >30%

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