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## Nutritional deficiencies before and after bariatric surgery

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The obesity per se can be the cause of numerous nutritional deficiencies. In nutritional assessment, in the preoperative period the deficiencies of vitamins C, B12 and D are common and occur in up to 90% of patients. Bariatric surgery in their technical variants provides weight loss and improves the quality of life of the patients. The restrictive, mal-absorptive and hormonal components promote weight control over time. There is absolute need for change in lifestyle, food quality, frequent physical activity and use of nutritional supplements permanently. Nutritional deficiencies after bariatric surgery are common and must be monitored by a multidisciplinary team. The most important shortcomings are: Vitamin B, fat-soluble vitamins, iron, calcium, zinc and protein. Anemia is common complication and should be treated individually; it could be due to iron deficiency, megaloblastic anemia and pernicious anemia. Nutritional needs vary according to gender. According to the guidelines, there is no need to use a daily multivitamin as that reaches at least 2/3 of all optimal micronutrient for an adult. Minerals like iron can be supplied with iron 27 mg in the form of fumarate and in women of reproductive age can take up to 100 mg daily iron; calcium with 1500 to 2400 mg/day. Vitamins like Folic acids can be taken up to 240 mcg per day. Whereas vitamin B12, daily requirement is 350 to 500 mcg orally, vitamin A daily requirement is 10.000 UI and vitamin D is 2000 UI per day. Therefore, all operated patients need to maintain a specialized nutritional monitoring to prevent and treat these possible nutritional deficiencies.

### Biography

Maria Paula Carlini has completed his PhD from Federal University of Parana, Brazil. She is a Nutritionist at Clínica Dr. Giorgio Baretta. She is a member of scientific Commission of Brazilian Society for Bariatric and Metabolic Surgery (SBCBM). She has published papers in reputed journals and has been serving as an Editorial Board Member of repute.

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