

Weight Loss and Health Benefit; Bariatric Surgery

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Editorial

The purpose of this brief editorial comment is to highlight the effects of weight loss on health outcome, especially focused on bariatric surgery. Altered life-style and food habits are the commonest forms of the unhealthy gateway, which allows the induction of various deathly disease pathologies in the human body. Obesity is associated with such complications, where excessive intake of fatty foodstuff brings several secondary disease pathologies. The realization from the evil effects of obesity, the awareness of weight loss has come into the act as a therapeutic intervention. The obesity and weight loss therapy deal with the biomedical research of obesity and metabolic disorder. Obesity and metabolic disorder are well-known risk factors for many medical conditions. Therapeutic weight loss including bariatric surgery in overweight or obese individuals can decrease the chance of developing obesity-associated diseases.

Journal of Obesity and Weight Loss Therapy aims to “publish most updated and relevant research in the current developments and discoveries in Obesity and its associated areas including Childhood and Adolescence Obesity, Morbid Obesity, Obesity & Diabetes, Overweight and Weight Loss, Yoga and Physical Therapy, Current Opinion in Endocrinology, Diabetes and Obesity, Diabetes Obesity and Metabolism, Obesity reviews, research and clinical practice, Obesity and Physical Activity and Exercise, Childhood Obesity, Bariatric Surgery, Obesity and Eating Disorders, Advances in Weight Loss Management & Medical Devices, Obesity and Weight Management, Eating and Weight Disorders, Obesity Surgery and making information freely available worldwide”. Journal of Obesity & Weight Loss Therapy publishes articles discussing topics such as Spanish bariatric surgery in a community hospital for four decades, the impact of weight loss on inflammation and endothelial function in childhood obesity, and study how weight loss improve liver cirrhosis prior to bariatric surgery.

Some bariatric surgical practices in the community setting are under-reported. Baltasar et al. [1], presented the developments of Spanish bariatric surgical practice carried out in the community setting in Spain from its start in 1977 to the present. Spanish medical and surgical professionals have been involved in the advancement of patient management with bariatric surgery and technique from 1977s through the present. Bariatric surgeons in Spain have contributed to an initiation of the first gastric bypass in the 1970s, to develop the vertical banded gastroplasty and bilio-pancreatic duodenal switch in the 1980s

and 1990s, and innovations associated with laparoscopy from 1990s up to date. In the present article, the outcomes and approaches to prevent and treat the bariatric surgical complications are reviewed from the community perspective and are suggested that the bariatric surgery practice in the community setting should be continuously updated and refreshed.

Obesity is known to be chronic low-grade inflammation and hyperinsulinemia that is closely linked to the endothelial dysfunction and atherosclerosis even in childhood. Iezzi et al. [2], demonstrated that weight loss by lifestyle intervention, including changes of eating and physical activity habit, can reduce low-grade inflammation markers and insulin resistance in children and adolescents with severe obesity. In conclusion, the author suggests that the weight management program is critical for the obese children to prevent the development of metabolic syndrome in the future life by the management of abnormal glycemic and lipid profile. A non-invasive long-term lifestyle change program may significantly decrease the degree of obesity and improve abnormal lipid profile and glucose metabolism, and cardiovascular risk factor in childhood obesity.

Spieker et al. [3], reported a case study of a 61-year-old male patient suffering from metabolic syndrome with liver cirrhosis who underwent a laparoscopy in 2013 and planed Roux-Y-Bypass. Since the non-alcoholic fatty liver can progress to non-alcoholic steatohepatitis and liver cirrhosis, bariatric surgery with patients who had liver cirrhosis possibly causes bleeding complications due to hypocoagulability. Therefore, it is suggested that weight loss by lifestyle change was recommended for liver function improvement prior to bariatric surgery. As a result, bariatric surgery, Roux-Y-Bypass, was safely performed in a patient with liver cirrhosis.

References

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