

# HELLO GASTRIC BYPASS, GOODBYE STOMACH

prevent the food from entering the lower portion of the stomach so the volume of food that can be consumed in any given meal is now much smaller. This is the restrictive part of the procedure. To add malabsorption to the Roux-en-Y gastric bypass, the small intestine is rearranged so that food isn't efficiently broken down and thus less is absorbed. The small intestine is cut below the duodenum so that the second part of the small intestine, the jejunum, can be attached to the small gastric pouch. This means that the food will now travel to the small pouch and then exit into the jejunum. The duodenum is attached lower down on the jejunum to provide the food with digestive enzymes to aid in the digestion of

nutrients. Since the length of the GI tract has now been shortened, food has less time to be digested so it can't be efficiently absorbed.

(6) Though bariatric surgeries can be life-saving procedures, they aren't a magical fix. Patients have to dedicate themselves to a strict routine of healthy eating and exercise for the rest of their lives or else weight can still be gained. As well, not only are less calories absorbed after bariatric surgery, less vitamins (e.g. B12) and minerals (e.g. iron) are absorbed as well. To overcome this, bariatric patients will need to use multivitamins, iron and B12 supplements.

## Article Questions

- 1) What is morbid obesity?  
Morbid obesity is a condition where someone has gained so much weight that it is greatly threatening their health. Medically, it is reached when a person's BMI is at 40 or above.(1)
- 2) What is bariatric surgery?  
It is any type of surgery whose goal is to produce weight loss.(2)
- 3) Though there are many different types of bariatric surgeries, they all fall into two main types. Name these two types and explain how they lead to weight loss.
  - 1) Restrictive procedures aim to reduce the amount of food that can be eating in any given sitting, thus reducing caloric consumption leading to weight loss.
  - 2) Malabsorptive procedures aim to prevent the body from absorbing nutrients efficiently which leads to reduced caloric consumption leading to weight loss.(2)
- 4) Explain how gastric banding leads to weight loss.  
Since gastric banding restricts the size of the stomach, it reduces the volume of food that can be eaten at any given time. This decreases caloric intake and leads to weight loss.(4)
- 5) What does "gastric bypass" mean and how does it lead to weight loss?  
Gastric bypass means to skip over the stomach. Since the stomach is either partially or entirely removed, less food can be eaten and stored at any given time and this reduces caloric intake and leads to weight loss.(5)
- 6) What is a negative nutritional consequence of bariatric bypass surgeries?  
Since bariatric bypass surgery results in decreased nutrient absorption, vitamins and minerals deficiencies can result if not reversed by a regime of taking daily vitamin and mineral supplements.(6)
- 7) Why is bariatric surgery only recommended for people with morbid obesity? Why isn't it recommended for people who are overweight, but not morbidly obese?  
Since bariatric surgery comes with its own risks (all surgeries do), if an overweight person can reach a healthy weight through diet, lifestyle change and exercise, than that method is much more preferable as long as their health is not in immediate danger due to their weight.