



VALLARTA UNIFIED HEALTH SOLUTIONS

Medical Services Coordinator

What is Bariatric Surgery?

Bariatric Surgery encompasses various procedures aimed at weight loss. These surgeries modify the digestive system's structure and food intake capacity. Some also impact hunger hormones, reducing appetite. They are viable for individuals facing challenges in losing weight through diet or exercise, including those with recurring weight gain. Bariatric Surgery offers manifold health benefits beyond weight loss. It has been observed to notably reduce the risks associated with chronic conditions such as liver disease, diabetes, certain types of cancer, and cardiovascular ailments. This surgical intervention often leads to improvements or even remission of these health issues, significantly enhancing the overall well-being and quality of life for individuals undergoing the procedure.

What Types of Bariatric Surgery Are Available?

1. Gastric Bypass:

The objective of Gastric Bypass surgery is to reduce the stomach's size, limiting calorie absorption, and potentially altering hormonal signals that regulate hunger. It stands as one of the most effective weight loss surgeries currently available.

2. Sleeve Gastrectomy

A Sleeve Gastrectomy (Gastric Sleeve Surgery) diminishes stomach size, limiting food intake per meal. It might also lower the presence of certain intestinal hormones affecting hunger and metabolism. This surgery offers permanent results as a portion of the stomach is removed.

3. Gastric Band Surgery

Gastric Band Surgery involves placing an adjustable band around the upper section of the stomach, creating a smaller pouch that accommodates less food. Its goal is to reduce calorie and nutrient intake. The band's adjustment capability allows for alterations in the pouch's food capacity.

4. Duodenal Switch

A Duodenal Switch is a comprehensive surgical procedure that involves two distinct phases. Initially, it encompasses a conventional Gastric Sleeve Surgery aimed at reducing the stomach's size. Subsequently, it involves partitioning the small intestines into two segments. The combined effect of these surgeries is geared towards curbing the body's caloric intake, contributing significantly to weight loss.

You will have the opportunity to discuss with your surgeon your specific goals and circumstances to decide what is the best option for your individual needs.