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Discussion On Obesity In US

Millions of Americans struggle with their weight, but the battle to shed pounds can be especially desperate for people who are severely obese (at least 100 pounds overweight or twice their ideal weight). For these individuals their obesity puts them at risk for such life-threatening conditions as diabetes, cardiovascular disease, hypertension, orthopedic problems, gall bladder disease and sleep apnea. The risk of developing these additional medical problems is proportional to the degree of obesity. In a prospective study of more than one million adults in the United States, Calle and associates reported increased mortality from all causes for moderately and severely obese men and women. Bariatric surgery Los Angeles weight loss surgeons tell us, may be the best option for individuals struggling with these health concerns.

Obesity is a major healthcare problem in most developed countries. The prevalence of obesity in the United States has grown considerably during the 1990s, and the cost for management of bariatric disease and its co-existing complications has been estimated at 100 billion dollars annually. Severe obesity, sometimes known as "morbid obesity" that is effectively treated by gastric bypass surgery Los Angeles physicians say, is defined as being 100 lbs. or twice your ideal body weight according to the Metropolitan Life Insurance Company height and weight tables. Three to five percent of the United States adult population has severe obesity.

The development of obesity is complex and involves a combination of genetics, metabolism, endocrine regulation, and psychosocial and cultural factors, but the basic mechanism occurs when energy intake exceeds energy output. Treatment of morbid obesity consists of both medical and surgical options such as lap band Los Angeles experts explain. Numerous medical therapeutic approaches to this problem have been advocated, including low calorie diets, drugs, behavioral modification and exercise therapy, but all fail to maintain the reduced body weight in the majority of patients. The only treatment proven to be effective in the long-term management of morbid obesity is surgical intervention.

Bariatric surgery is a term from the Greek words for "weight" and "treatment". There are many surgical options to promote weight loss like Los Angeles Lap Band and they are collectively called bariatric surgery. The most common surgery performed in the US is the Roux-en-Y (gastric bypass). This is surgery that simultaneously seals off most of the stomach to decrease the amount of food one can eat, and rearranges the small intestine to reduce the calories the bodies can absorb.

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Wed, 21 Oct 2009

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People With Diabetes And Weight Loss After Gastric Bypass Surgery

There are a large number of people for whom weight loss is not so much a matter of slimming down to fit into a favorite pair of jeans, and more about health and quality of life; for many American men and women who are considering the option of bariatric surgery Los Angeles gastric bypass centers offer a variety of weight loss solutions. The effectiveness of weight loss surgery in large part depends on the present health condition of the patient.

Interestingly, people with diabetes lose less weight after gastric bypass surgery Los Angeles surgeons observe, when compared to non-diabetics, according to the University of California San Francisco (UCSF) researchers.

The study found patients with large stomach pouches similarly lose less weight, and also acknowledged that Los Angeles bariatric surgery provides weight loss, significant improvement in quality of life, extends life span and has a low rate of complications for most when accompanied by precise surgical technique and regular follow-up.

In some cases, diabetics may take insulin or other drugs that stimulate the production of fat and cholesterol, reducing the effectiveness of weight loss surgery. Other factors that may lead to weight gain in patients with diabetes include a 'protective' increase in caloric intake to treat episodes of hypoglycemia [low blood sugar], reduction of urinary glucose losses and sodium and water retention that are a direct effect of insulin on the distal tubule in the kidney.

The study concluded that gastric bypass provides good or excellent weight loss for most patients. However, diabetes mellitus and larger pouch size are independently associated with poor weight loss for some individual cases after gastric bypass. Changes in the use of diabetes medications may reduce the risk of poor weight loss among diabetics undergoing gastric bypass Los Angeles surgeons agree. Detailed attention to the creation of a small gastric pouch is essential for achieving the best results. For more information on bariatric and gastric bypass surgery, contact your local weight loss surgery experts to learn more.

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