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What is Gastric Bypass Surgery?

What is gastric bypass surgery? Here is a definition for you. Gastric bypass surgery is a procedure in which the stomach is reduced in size and a section of the small intestine is bypassed in order to shorten it, thereby shortening the length of time food spends in the intestine and therefore reducing the number of calories absorbed into the body. This procedure has proven extremely effective for many people. The recovery period is perhaps the most important time of the surgery process as this is the time when you form the diet and workout regimen.

Gastric bypass surgery is utilized to treat morbid obesity. Morbid obesity is defined as chronic accumulation of fatty tissues and excess weight with the potential to seriously affect health. Most individual who undergo this surgery do so only after the failure of other methods of weight loss. This type of surgery is a drastic measure which should only be contemplated by those with lifelong weight issues and not those seeking a short term, effort free solution to weight loss.

Before you consider gastric bypass surgery you must consider the cost of the procedure, this will rely on the national health plan in your country of residence. Many times gastric bypass surgery won't be included your national health plan. The reason for this is because the procedure is classified as cosmetic. However, in certain cases they may view the surgery as necessary to the health and well-being of the patient. In this event your health plan may cover all or some of the surgery cost.

There are several different gastric bypass surgery methods; all very similar, however the procedure can vary from country to country, or even physician to physician. The concept of the surgery is to make you feel satisfied faster, resulting in reduced food consumption and eventual weight loss. It is crucial to note that the surgery isn't the only contributing factor to weight loss. Once you have recovered from the surgery you must maintain a healthy lifestyle, including both diet and exercise.

If you want to learn more about gastric bypass surgery your first port of call should be your physican who will perform the necessary research to discover whether you are a suitable candidate for the procedure or will refer you to a specialist who can do so. The good news is, there are many resources dedicated to this surgery. Other weight loss options may be recommended before a decision is made to perform this procedure. If you've exhausted all other options this procedure may be considered by your doctor or health professional as a suitable solution. They can inform you of all risks commonly associated with the procedure in addition to providing a referral to a surgeon who specialize in gastric bypass surgery.

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