Top Ten Things To Know
Bariatric Surgery and Cardiovascular Risk Factors

1. Between 60-70% of Americans are overweight and/or obese. It is projected that in the near future, there will be at least 31 million U.S. adults who are severely obese and may qualify for bariatric surgery.

2. A common reason and barrier for not undergoing bariatric surgery is the inability to obtain insurance coverage.

3. The National Health and Nutrition Examination Survey (NHANES) reports that Caucasian women aged 20-30 years with a body mass index (BMI) ≥ 45 kg/m² will lose 8 years of life and their male counterparts will lose 13 years.

4. Compared to previous years, bariatric surgery has become safer in both older and younger severely obese (BMI ≥ 40 kg/m²) patient populations.

5. Severe obesity disproportionately affects African Americans, women, young adults, and those of lower socioeconomic status in the American society.

6. All types of bariatric surgical procedures rely upon one or both of two mechanisms: restriction of food intake and/or the malabsorption of food.

7. A restrictive procedure induces weight loss by decreasing the amount of oral intake primarily by the small volume of the stomach and the small diameter of the opening obstructing the passage of food. Restrictive procedures include the adjustable gastric band and the sleeve gastrectomy.

8. The severely obese who undergo bariatric surgery are at increased risk for developing general complications, including but not limited to: wound infection, respiratory complications, and blood clots.

9. Bariatric surgery provides the greatest sustainable weight loss in the severely obese population.

10. Research supports evidence that bariatric surgery provides significant survival benefit for severely obese patients.