

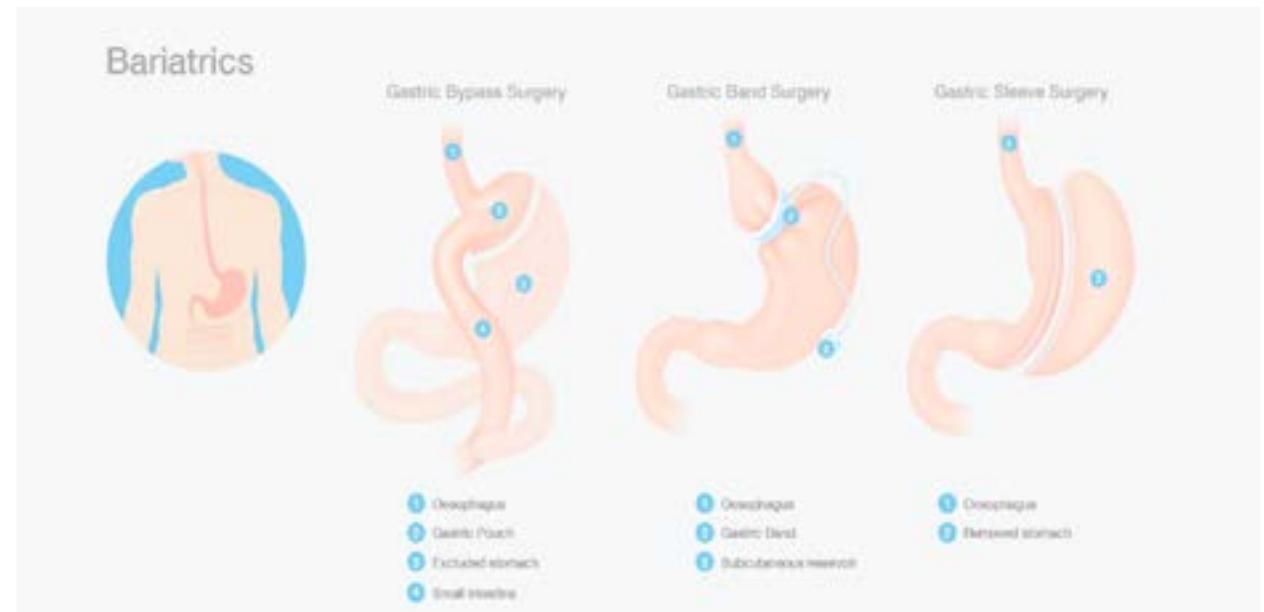
Bariatric surgery is an operation which consists of reducing the absorption of food in severe obesity cases.

Three methods are used : the gastric band, the gastric sleeve and gastric by-pass.

The gastric band works like an hourglass. By surrounding the stomach, the ring will « partition » it.

The gastric sleeve is an operation that consists of removing one part of the stomach. The gastric by-pass consists of reducing one part of the stomach by modifying the food system : a part of the digestive system is by-passed.

Generally, these operations, enable to accelerate the occurrence of the feeling of satiety and thus to reduce the portion size. The operations are serious and require a very specific lifestyle before and after two or three years following the operation in order to maximise the chances of success.



In particular you need to chew very slowly after each meal and to reduce drastically your speed of food intake. Even if these imperatives seem evident at first, they are nonetheless thereafter essential although the physical constraint diminishes gradually.

The following medical study shows how the speed of food intake and the portions size decrease drastically after a bariatric surgery (here with by-pass) but it also demonstrates to what extent these new behaviours can unfortunately be precarious.

Eating-rate and gastric surgery

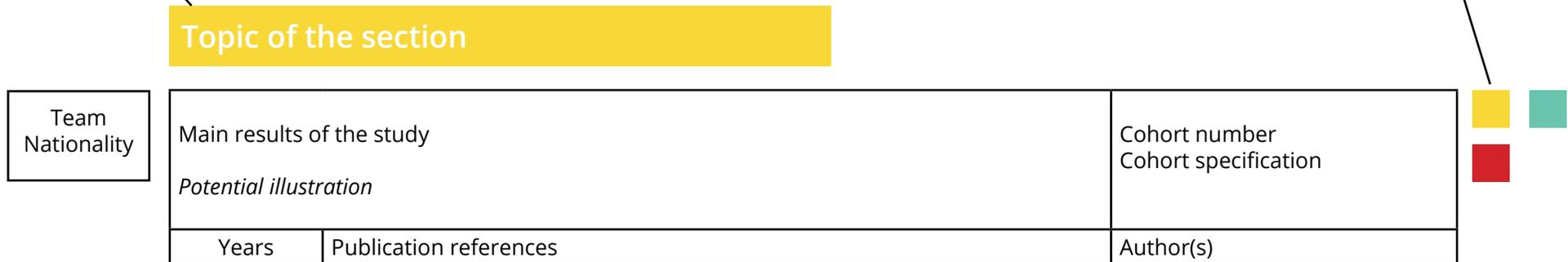


<p>Six weeks postoperatively meal size was 42% of the preoperative meal size. After 1 and 2 years, meal size increased but was still lower than preoperative size 57% and 66%, respectively.</p> <p>Mean eating rate measured as amount consumed food per minute was 45% of preoperative eating rate 6 weeks postoperatively. After 1 and 2 years, eating rate increased to 65% and 72%, respectively, of preoperative rate</p>		<p>74 patients age 42.6 years, BMI 44.5 kg m⁻². 31 non-obese subjects, 37.8 years, BMI 23.7 kg m⁻² served as a reference group.</p>
<p>2012</p>	<p>International Journal of Obesity (Lond) Mar;36(3):348-55</p>	<p>Laurenius A, Olbers T.</p>

Presentation of the studies

Color of the section

Color of the related topic the study treats



Color by section :

- | | | | | | |
|---|-----------------|--|--------------|---|-------------------|
|  | Satiety |  | Diabetes |  | Portion Size |
|  | Food Intake |  | GERD |  | Mindful eating |
|  | Obesity |  | Food quality |  | Gastric surgery |
|  | Metabolic Risks |  | Chewing |  | Scientific Method |