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Role of diet therapy in bariatric surgery in RG Stone Urology & Laparoscopy Hospital, New Delhi, India

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Abstract

Obesity is a growing problem in most developed As well as developing countries. Bariatric surgery should be consider only for severe obese patients who have not been to lose weight other treatment options and who are at high risk life threatening problems. The objective of the study was to find out the role of diet in the post Bariatric surgery. This study was carried out in a period of 05 months (April-August 2014). Data was studied at of RG Stone Urology & Laparoscopy Hospital, New Delhi. This study reveals the effect of diet among the post bariatric surgery patient.

Keywords: Bariatric surgery, Obesity, effect of diet, threatening problems, High Risk.

1. Introduction

Obesity is a growing problem in most developed As well as developing countries and is responsible for a significant degree of morbidity and mortality in the Western and oriental region. Bariatric surgery should be consider only for severe obese patients who have not been to lose weight other treatment options and who are at high risk life threatening problems. The role of this type of surgery is to modify the gastrointestinal tract to reduce the amount of food to be eaten & reduce the absorption area and resolution or better control of co-morbidities by improving the hormonal disbalance. Morbid obesity is very harmful and reduces life expectancy by 5–20 years (Sjöström *et al.*, 2007, Behan *et al.*, 2010 and Adams *et al.*, 2012). It is more effective when combined with nutritional care, which is sometimes complex, always ongoing and differs between surgical procedures. Most of bariatric patient are suffering from high calorie malnutrition and show some dietary deficiency pre-operatively (Adams *et al.*, 2012) with a reported prevalence of 60–80% for vitamin D, 24% for folate, 14.5% for selenium and up to 35% for iron (Papailiou *et al.* 2010 and Kaidar-Person *et al.* 2008). This paper deals with the nutritional importance of the patient of RG Stone Urology & Laparoscopy Hospital New Delhi. We had seen the effect of diet in the surgical patients those are earlier suffering from the calorie and micronutrient deficiencies. Diet plays a crucial role to overcome of those deficiencies with special reference to micronutrient.

2. Materials and Methods

In order to draw the dietary effect among the patient post Bariatric surgery, a cross-sectional survey of diet therapy was conducted among the post Bariatric patience of RG Stone Urology & Laparoscopy Hospital New Delhi (16-65 years) of various wards. Basic data regarding diet therapy and treatment practices and other issues were included during the study. The objective of the study was to find out the role of diet in the post Bariatric surgery. Post Bariatric surgery patients are followed the multiple phase diet therapy under the close surveillence of Nutritionist. Diet is flowed by clear liquid diet, liquid diet, Semi-solid diet and solid or regular diet respectively.

3. Results and Discussion

This study was carried out in a period of 05 months (April-August 2014). Data was studied at of RG Stone Urology & Laparoscopy Hospital New Delhi with the help of Dr. Rajat Goel (Bariatric Surgeon). Diet was given in four phase's clear liquid, full liquid diet, semi-solid diet and Regular diet.

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Protein Supplement powder, Multivitamin injection as required was given as a supplement. As per the micronutrient deficiency we recommend to lifelong supplements or short duration (depend on the degree or surgical procedures) for minerals and vitamins. The current recommendations include a multivitamin/mineral supplement plus vitamin B12, calcium, vitamin D3, iron, Calcium citrate and folic acid. We add some effort on to make some food eating behavior, high nutrient food choices and to overcome the altered food tolerance and restricted portion size which can contribute to potential nutrient deficiencies

4. Conclusions

While bariatric procedures influence the volume of food consumed, none of the procedures necessarily improve the quality of food consumed or compliance with recommended supplement usage, leaving nutrition care and food choice important lifelong considerations. Morbid obesity is a disease that often has multiple associated medical illnesses & is associated with a significant decrease in life expectancy. Many of these can be reversed with significant long-term weight loss. A close postoperative follow-up (Medication, Physiotherapy, Diet modification) and careful monitoring will improve the odds for successful surgical outcomes, Dietician or Nutritionist play a very important part in this process for the proper implementation of diet in the post Bariatric surgery and scarcity of micronutrient should be maintained by the proper diet. Bariatric surgery is a reasonably safe and effective method of weight loss for the treatment of morbid obesity, and is more effective when combined with nutritional care, which is sometimes complex, always ongoing, and differs between surgical procedures. Influence the volume of food consumed, none of the procedures necessarily improve the quality of food consumed or compliance with recommended supplement usage, leaving nutrition care and food choice important lifelong considerations. Ongoing coordinated care by the Bariatric surgeon, that links with the bariatric dietitian and others in the health management team, maximizes the benefits and health outcomes for the patient through ongoing monitoring of nutritional status, prevention of nutrient deficiencies and maximizing long term weight loss (Shannon, 2013).

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