

**Medical Edge from Mayo Clinic**

***Malabsorption for Weight loss***

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	WHEN IT COMES TO WEIGHT LOSS, IT'S ALWAYS BEST IF YOU CAN ACCOMPLISH YOUR GOAL THROUGH DIET AND EXERCISE. BUT IF THAT'S NOT WORKING, AND YOUR WIEGHT IS CREATING OTHER HEALTH PROBLEMS, SURGERY MAY BE AN OPTION. IN GENERAL THERE ARE TWO APPROACHES. ONE RESTRICTS THE AMOUNT OF FOOD YOU CAN EAT. THE OTHER...
James Swain, M.D. Track 1 (8:00)	"RELYS ALMOST SOLELY ON THE

	MALABSORPTION OF FOOD THAT'S TAKEN IN."
	MAYO CLINIC DOCTOR JAMES SWAIN SAYS THE MALABSORPTION TECHNIQUE IS BY FAR THE MOST EFFECTIVE AT WEIGHT LOSS AND PREVENTNG WEIGHT REGAIN. HOWEVER, IT CARRIES THE MOST RISK FOR NUTRITIONAL PROBLEMS. THAT'S WHY IT'S USUALLY RESERVED FOR PATIENTS WHO ARE CONSIDERED SUPEROBESE...
<b>Track 1 (8:40)</b>	"IT SHOULD BE DONE IN PEOPLE THAT CAN'T AFFORD TO FAIL WEIGHT LOSS SURGERY."
	LIKE ALL WEIGHT LOSS PROCEDURES, SURGERY IS ONLY PART OF THE DEAL. YOU'RE ALSO COMMITTING YOURSELF TO LIFE-LONG LIFESTYLE CHANGES.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.
--	---