

Mayo Clinic Medical Edge

What is Bariatric Surgery?

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	ARE YOU PACKING A FEW EXTRA POUNDS? MAYBE MORE THAN A FEW? IF SO, YOU'RE NOT ALONE. ONE IN THREE AMERICANS ARE CONSIDERED OBESE AND THAT CAN LEAD TO SERIOUS HEALTH PROBLEMS SUCH AS DIABETES AND HEART DISEASE. COMBINING DIET AND EXERCISE IS THE BEST WAY TO LOSE WEIGHT. BUT IF THAT'S NOT WORKING, SURGERY MAY BE AN OPTION.
Michael Sarr, M.D.	"BARIATRIC SURGERY IS AN OPERATION DESIGNED TO HELP PEOPLE TO LOSE WEIGHT."

	<p>AND WHEN IT COMES TO SURGERY, MAYO CLINIC DR. MICHAEL SARR SAYS THERE ARE REALLY TWO APPROACHES. ONE IS TO RESTRICT THE AMOUNT OF CALORIES THAT CAN BE INGESTED. THE OTHER IS TO MANIPULATE THE ANATOMY SO THAT THE BODY DOESN'T ABSORB AS MANY CALORIES. BOTH ARE EFFECTIVE, BUT AS WITH ANY SURGERY, THERE CAN BE RISKS. YOU ALSO NEED TO REMEMBER...</p>
Dr. Sarr	<p>"THE OPERATION IS ONLY ONE SMALL PART OF THIS."</p>
	<p>YOU'RE ALSO COMMITTING YOURSELF TO LIFE-LONG LIFESTYLE CHANGES.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
