

Association of bariatric surgery in the reduction of complications resulting from obesity

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ABSTRACT

This study investigates the association of bariatric surgery in the reduction of complications resulting from obesity. Obesity is a globally prevalent health condition, associated with several complications that negatively impact quality of life and increase the risk of chronic diseases. The systematic review of the scientific literature identifies clinical studies and systematic reviews that explore the effects of bariatric surgery in reducing obesity-related complications. The compiled results consistently demonstrate the efficacy of bariatric surgery in improving clinical outcomes, including the reduction of comorbidities associated with obesity, such as type 2 diabetes, hypertension, and dyslipidemia. The analysis highlights the positive influence of bariatric surgery on sustained weight loss, providing metabolic and cardiovascular benefits. In addition, favorable impacts on quality of life, psychosocial function, and the reduction of the risk of specific surgical complications are discussed.

Keywords: Bariatric surgery, Obesity, Complications, Weight loss, Quality of life.

INTRODUCTION

Obesity represents a worrying global health epidemic, associated with a wide range of complications that compromise both the quality of life and life expectancy of affected individuals. Comorbidities such as type 2 diabetes, high blood pressure, dyslipidemia, and cardiovascular disease often accompany the obesitarian condition, making it a significant risk factor for the development of chronic complications.

Bariatric surgery emerges as an effective and comprehensive intervention for the management of obesity, offering not only the prospect of significant weight loss, but also substantial impacts on associated comorbidities. This study aims to analyze the association of bariatric surgery in the reduction

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of complications resulting from obesity, consolidating scientific evidence that supports the efficacy of this therapeutic approach.

OBJECTIVES

To investigate and analyze the association of bariatric surgery in the reduction of complications resulting from obesity, evaluating the impacts of this intervention on clinical outcomes and on the quality of life of patients.

Conduct a systematic review of the scientific literature to identify clinical studies and systematic reviews that address the effects of bariatric surgery in reducing obesity-related complications.

METHODOLOGY

A systematic search was conducted in the main scientific databases, including PubMed, Scopus and Cochrane Library, to identify clinical studies and systematic reviews related to bariatric surgery and its complications resulting from obesity. The search terms included combinations of keywords pertinent to the topic.

RESULTS

The results of this robust analysis highlight the significant efficacy of bariatric surgery in reducing complications arising from obesity. Sustained weight loss, effective control of comorbidities, and positive impacts on quality of life highlight this intervention as a comprehensive and effective therapeutic tool in the management of obesity.

Surgical complications, although present in some cases, were generally manageable, highlighting the importance of careful patient selection and adequate postoperative follow-up. The long-term sustainability of the results reinforces the durability of the benefits associated with bariatric surgery, providing an encouraging outlook for patients.

DISCUSSION

The discussion of the results highlights the consistency of the findings regarding the efficacy of bariatric surgery in reducing complications resulting from obesity. Sustained weight loss, effective control of comorbidities, and positive impacts on quality of life reinforce the importance of this intervention as a comprehensive therapeutic tool.

Surgical complications, although present, were generally manageable, and the long-term analysis points to the durability of the benefits. The discussion includes a balanced consideration of risks and benefits, emphasizing the importance of appropriate patient selection and a multidisciplinary approach in



post-surgical management.

CONCLUSION

The results presented in this systematic review reinforce the effectiveness of bariatric surgery in reducing obesity-related complications, offering a significant therapeutic approach for individuals facing this complex health condition. Consistent weight loss, effective control of comorbidities, and positive impacts on quality of life underline the importance of this surgical intervention.

Although surgical complications have been identified, detailed analysis underscores their manageability, emphasizing the need for careful evaluation of potential risks and benefits prior to surgery. The long-term sustainability of the results reinforces the viability of bariatric surgery as a long-lasting treatment option.