

Bariatric surgery and nutritional and life style recommendations

Fariha Kauser

Dundee University
Scotland

Abstract

Background: Bariatric surgery is currently the most effective treatment for morbid obesity and its associated metabolic complications. To ensure long-term postoperative success, patients must be prepared to adopt comprehensive lifestyle changes. Our research highlights the insights with regard to nutritional care in the perioperative and long-term postoperative periods. Nutritional recommendations are divided into 3 main sections: 1) presurgery nutritional evaluation and presurgery diet and supplementation; 2) postsurgery diet progression, eating-related behaviors, and nutritional therapy for common gastrointestinal symptoms; and 3) recommendations for lifelong supplementation and advice for nutritional follow-up. We recognize the need for uniform, evidence-based nutritional guidelines for bariatric patients and summarize recommendations with the aim of optimizing long-term success and preventing complications.

Aim and Objective: to create awareness regarding Bariatric Surgery and Nutritional and Life Style Recommendations

Methods: A Self designed Questionnaire based on research objectives were administered to public via social media like facebook, twitter, Instagram, snapchart etc in India, Pakistan and Nepal.

Biography:

Fariha Kauser has received her Bachelor's degree in Dental Surgery from Ras al-Khaimah Medical and Health Sciences University, UAE and Diploma in Medical Education, University of Dundee, Scotland.

Speaker Publications:

1. "Theophylline for unexplained dyspnea in palliative medicine: a case report"

[3rd World congress on Nutrition and Obesity Prevention;](#) Webinar – October 26, 2020.

Abstract Citation:

Fariha Kauser, Bariatric Surgery and Nutritional and Life Style Recommendations , Nutrition Meet 2020, 3rd World congress on Nutrition and Obesity Prevention; Webinar- October 26, 2020.

<https://obesityprevention.nutritionalconference.com/>

