

## Bariatric Surgery Support Groups

Bariatric surgery is gaining popularity as a method for reducing weight. However, people have many apprehensions about this surgery. These people seek the help of bariatric surgery support groups. Persons who are about to undergo bariatric surgery can discuss their personal and dietary issues with these support groups. Many hospitals have their own bariatric surgery support groups. These support groups provide a forum for people who have undergone bariatric surgery or are considering it. They educate people on the surgery, provide guidelines regarding dietary controls and exercise, and review the preparation and recovery processes associated with the surgery. The support group meetings are usually organized weekly, fortnightly, or monthly. Expert surgeons participate in these meetings, and they give presentations on the surgery and complications that can arise. Such presentations clear any misgivings and fears regarding bariatric surgery and its side effects. These meetings additionally feature seminars on related topics such as obesity, treatment options, and risks and benefits of the surgery. A lot of psychological and physical preparation is needed prior to bariatric surgery. Hospitals organize special pre-surgery counseling sessions for obese persons. This counseling includes briefing about health goals, dietary requirements, exercise options, and the role family members can play in supporting the person. Following surgery, counseling services provided by bariatric surgery support groups play a key role in bringing the person back to normalcy. The healing period associated with bariatric surgery is typically six weeks. Bariatric surgery involves changes in the digestive tract, and eating habits have to be changed temporarily. Bariatric surgery support groups organize special counseling for giving additional information on the dietary patterns to be followed. They also hold special sessions on psychological and physical adjustments that have to be made following the surgery. A major problem faced after the surgery is nutritional deficiency that can occur owing to a lower intake of food.

## About the Author

Resources for hospitals in the Cincinnati or Dayton areas, healthcare jobs, surgery, birth centers, heart care, sports medicine.

Source: <http://www.productsherbal.com>