



Benefits Of Bariatric Surgery Besides Losing Weight

When you feel full after eating a small amount of food, probably you will eat less. This is exactly what bariatric surgery does and why it helps people lose weight. Bariatric surgery can help enhance the process of weight loss in obese people who haven't achieved success with some other weight loss attempts. This surgery helps reduce the storage capacity of your stomach which helps to limit the food intake, helping you to feel full much sooner than normal.

Losing weight and gaining it back doesn't help in mitigating the potential health problems related to obesity. You should keep the weight off for a minimum of five years and then only you can consider that the loss is a successful one and can result in a happier and healthier you. Here are some other benefits of getting a [bariatric surgery in Tijuana](#) besides losing weight.

1. Helps improve cardiovascular health

Weight loss surgery reduces the risk of coronary heart disease, peripheral heart disease, and stroke. Blood pressure and cholesterol levels can return to normal or sometimes near normal after the surgery. This reduces the risk of any disease related to cardiovascular health and improves the overall well-being of the patient.

2. Helps relieve joint pain

Carrying around excessive weight can actually put a lot of stress on your joint which further and often causes chronic pain and sometimes even damages the joint. The considerable and sustained weight loss that happens after bariatric surgery helps in relieving the stress on joints and enables the patients to stop using pain medications and enjoy more mobility.

3. Improves fertility and alleviates other medical problems

Weight loss surgery or bariatric surgery in Tijuana can also help improve fertility in childbearing years. Not only this, but it can also help in eliminating the metabolic syndrome, complications in pregnancy, gallbladder disease, and much more!

4. Helps with depression

Many people feel depressed as they associate themselves with the social stigma of poor body image. Even many younger people who have significant excess weight, find it difficult to take part in activities they might enjoy doing. This further leads to losing interest in their favorite activities and sometimes they even isolate themselves which leads to depression. When they lose this excess weight, it can help improve their physical as well as mental health.

5. It is a long term remission for type 2 diabetes

According to a recent study performed at the Cleveland Clinic, bariatric surgery can cause long term remissions of hard-to-control type-2 diabetes. The results of this study show that the procedure for this is highly effective for obese patients with type-2 diabetes, which allows almost all of its patients to remain free of insulin and adjunct medications for a minimum of three years after surgery.

With obesity and so many rising health complications associated with it at an alarming rate in the US, bariatric surgery indeed can be a powerful tool to provide sustained relief for many overweight people. If you are also considering this surgery, look for the best bariatric surgeon in Tijuana.