

Name of Journal: *World Journal of Diabetes*

Manuscript NO: 35001

Manuscript Type: Review

Bariatric surgery and long-term nutritional issues

Roberta Lupoli, Erminia Lembo, Gennaro Saldalamacchia, Claudia Kesia Avola, Luigi Angrisani, Brunella Capaldo

#### Abstract

Bariatric surgery is recognized as a highly effective therapy for obesity since it accomplishes sustained weight loss, reduction of obesity-related comorbidities and mortality, and improvement of quality of life. Overall, bariatric surgery is associated with a 42% reduction of the cardiovascular risk and 30% reduction of all-cause mortality. This review focuses on some nutritional consequences that can occur in bariatric patients that could potentially hinder the clinical benefits of this therapeutic option. All bariatric procedures, to variable degrees, alter the anatomy and physiology of the gastrointestinal tract; this alteration makes these patients more susceptible to developing nutritional complications, namely, deficiencies of macro- and micronutrients,

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