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Latifa Hospital, UAE

Nutrition management in bariatric surgery

Bariatric surgery is the most effective treatment method to help people with morbid obesity to lose weight and manage their health and weight. Bariatric surgeries can be divided into three categories such as restrictive procedures, malabsorptive procedures and combination (restrictive and malabsorption) procedures. Generally, patients undergoing restrictive procedures have the least risk for long-term diet-related complications, whereas patients undergoing malabsorptive procedures have the highest risk. In many patients, the benefits of weight loss, such as decreased blood glucose, lipids and blood pressure and increased mobility, will outweigh the risks of surgical complications. Most diet-related surgical complications can be prevented by following a strict eating behavior guidelines and supplement prescriptions. Eating behavior guidelines include restricting portion sizes, chewing foods slowly and completely, eating and drinking separately and avoiding foods that are poorly tolerated. Supplement prescriptions vary among practitioners and usually involve at least a multivitamin with minerals. Some practitioners may add other supplements only as needed for diagnosed deficiencies; others may prescribe additional prophylactic supplements. The most common nutrient deficiencies are deficiency of iron, foliate and vitamin B12. Fat-soluble vitamins such as vitamin A, D, E and K have been reported in patients with malabsorption procedures and Thiamine deficiency is very common among patients with inadequate food intake and/or nausea and vomiting. The diet after bariatric surgery is different from all other diets. So plan the menu based on the nutrient requirements and adhere to that to lead a healthy post bariatric surgery life. Frequent monitoring of nutrition status for all patients undergone bariatric surgeries can be helpful in preventing severe clinical deficiencies.

Biography

Bulbin Jose is a Registered Dietitian and is currently pursuing her PhD in Food Science and Nutrition from Bharathiar University Coimbatore, India. She has completed her MPhil degree in Food Science and Nutrition from Mother Theresa Women's University, Kodaikkanaal India in 2008. She has pursued her Master Degree in Food Science and Nutrition from Bharathiar University in 2003 and Bachelor Degree in Clinical Nutrition and Dietetics from M.G University, Kottayam, Kerala, India. She has completed her Food Safety Certification course from IGNOU, New Delhi India and she cleared UGC-NET Exam in 2010. She has 15 years working experience as a clinical dietitian and lecturer in various multi super specialty hospitals in various countries. Currently she is working as Senior Clinical Dietitian in Dubai Health Authority. She has published several research papers in scientific peer reviewed international journals and she is speaker for various conferences.

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