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THE PATIENT AS THE PROTAGONIST OF SUCCESSFUL BARIATRIC AND METABOLIC SURGERY

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OBJECTIVE

To present a case report of a patient undergoing 10 years of bariatric surgery (BS) using the Roux-en-Y gastric bypass (RYGB) technique, the impact of weight loss on the body mass index (BMI), and to analyze the mean results of the parameters presented by bioimpedance between 2014 and 2022.

METHOD

Bioimpedance data was collected from a 44-year-old female patient, brown, who had been a student for 8 years. Her initial weight (Pi) was 110 kg and her BMI was 44 kg/m². The bioimpedance data was analyzed over the interval from 2014 to 2022.

RESULTS

The RYGB surgical technique resulted in significant weight loss ranging from 38.18 to 43%, which had a direct impact on BMI reduction. This, in turn, had an average of 23.87%, favoring the maintenance of the patient's eutrophic index. Body fat weight, in kilograms, averaged 18.22. Lean mass ranged from 68 to 75%, with an average of 72.12%, corresponding to an average of 47 kg; values considered ideal and satisfactory for the patient's muscular condition.

CONCLUSIONS

Bioimpedance is considered one of the gold standard methods for assessing body composition, which makes it essential in the systematic monitoring of patients undergoing BC. The test provides data that is of paramount importance for the successful treatment of obesity and control of patients undergoing RYGB in the short, medium and long term. Recurrent visits to the support team make the doctor-patient relationship stronger, which favors a closer bond with the multidisciplinary team that assists the patient, as well as adhe-

rence to pharmacological and non-pharmacological clinical treatment, which includes physical activity, psychotherapy and nutritional monitoring; not only of the maintenance of ideal body weight, but also of the mental and physical health and emotional conditions that permeate the ex-obese patient, in order to reduce the chances of the patient abandoning treatment. This can become a determining factor in weight regain and consequent recurrence of obesity associated with the other comorbidities that are strongly associated with obese people.