

## Is Gastric Banding for Weight Loss Worthwhile?

After years of trying to lose weight through diet and exercise, some people look for more drastic measures. If you are in that boat, and are contemplating weight loss surgery, you may have found that there are several available types of surgery. Your preference and the recommendations of your physician will help determine the best option for you. If you are trying to choose the right type of weight loss surgery, then you may want to consider adjustable gastric banding. This particular surgery follows specific procedures to allow for many people to lose large amounts of weight.

Adjustable gastric band surgery for weight loss works by dividing the stomach into one lower and one upper portion. The band is situated around the upper part to create a stomach pouch. The band used will have an opening between the upper and lower stomach which then regulates the volume of food that moves into one place. This will allow you to receive necessary nutrients and will also help control your food portions. The band is then attached to a tube that travels to the band from your chest. This tube is inserted in your chest muscles. This will be checked periodically in order to add or remove fluids in the band, causing a tightening or loosening of the band.

There are several things to watch out for after you have chosen to undergo adjustable gastric banding. For example, if the band is too tight or too loose, you may notice side effects such as reflux, problems with swallowing, or heartburn. However, prevention of these problems is as simple as re-adjusting the band. One of the reasons that the adjustable band is commonly used is that it is possible prevent the majority of these problems and side-effects.

The band may continue to need adjustment according to your needs. Need for adjustment will be determined by how much weight you need to lose, as well as the duration of time that has passed since the surgery. Often, surgeons will recommend making the band tighter or looser in order to hasten weight loss. Tightening or loosening the band following surgery will also be determined by several other indicators.

For example, if you are struggling to lose one to two pounds per week, your surgeon may recommend loosening the band. If the band is too tight, you may notice that you have trouble eating and drinking fluids and will suffer the aforementioned side-effects. In order to ensure your surgery helps you successfully lose weight, it is important to pay attention to these signs. Consultation with your physician is mandatory throughout.

If you are considering weight loss surgery options, you may want to consider the popular adjustable gastric banding procedure. Because side-effects are reduced, and can be eliminated by band adjustment, many surgeons will recommend this as an option for their patients. This surgery can then be a beginning to necessary weight loss and moving away from morbid obesity to complete health. It is best used by those in extreme situations, and is not a procedure to be taken lightly.