



Myths and Misconceptions About Bariatric Surgery

Myth



✗ **Bariatric surgery** is a very serious medical procedure

Truth



✓ Thanks to the development of medical technologies, **the risks of bariatric surgery** have become equivalent to gallbladder surgery



✗ **Exercise** and a balanced diet reduce weight



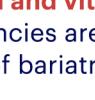
✓ Despite the importance of exercise and diet, **they are not enough** because insulin resistance causes the lost weight to be regained



✗ **Most patients** regain their weight after surgery



✓ A greater number of people who had bariatric surgery maintained their **weight loss after 10 years** compared to people who did not have the surgery



✗ **Mineral and vitamin** deficiencies are an inevitable result of bariatric surgery



✓ **Bariatric surgery sometimes affects absorption**, but this can be compensated for with nutritional supplements and regular check-ups



✗ **Pregnancy** is not possible after bariatric surgery

✓ It is recommended to avoid pregnancy during the **first 1.5 years after bariatric surgery**, as fertility improves in both sexes after this period



✗ **Bariatric surgeries** leave large scars

✓ **Scars and recovery time** are reduced thanks to advanced techniques such as laparoscopy

