



## Criteria for bariatric surgery

### Priscilla Estephane da Costa Carvalho

Medical

Institution: UNICEUMA

E-mail: pri1carvalho@hotmail.com

### José Lima Assunção Júnior - Advisor

Medical Doctor, Post-Graduation in Allergy and Immunology, Post-Graduation in Dermatology

E-mail: juniorassuncao36@gmail.com

### Vanessa dos Santos Shimisu

Institution: Anhembi Morumbi University - UAM

Address: Avenida Deputado Benedito Matarazzo, 6070 - Jd aquários, São Jose dos campos - SP

E-mail vaness@shimisutec.com.br

### Thereza Cozzolino Ferreira Raffaelli

Medical Student

Address: Avenida Barão do Rio Branco, 1003, Centro, Petropolis - RJ

Institution: Faculty of Medicine of Petrópolis

E-mail: thee.cozzolino@gmail.com

## ABSTRACT

Bariatric surgery is an effective option for treating morbid obesity, which can lead to significant health complications.

**Keywords:** Bariatric, Morbid obesity, health complications.

## 1 INTRODUCTION

Bariatric surgery is an effective option for treating morbid obesity, which can lead to significant health complications. However, the decision to carry out this intervention should not be taken lightly. This study aims to examine the criteria established for the performance of bariatric surgery, highlighting the importance of proper patient selection to obtain the best clinical outcomes and reduce associated risks.

## 2 OBJECTIVES

1. To analyze the medical criteria for indication of bariatric surgery, considering factors such as body mass index (BMI), comorbidities, and medical history.
2. To evaluate the psychological and psychiatric criteria that may influence the selection of patients for surgery.
3. Discuss the importance of preoperative education and postoperative support in the decision to perform surgery.
4. To examine the ethical criteria involved in the selection of patients for bariatric surgery.



5. Highlight the clinical and quality of life results after surgery, considering adherence to the established criteria.

### 3 METHODOLOGY

To perform this review, we searched academic articles and medical guidelines in relevant databases, such as PubMed and Medline, using keywords related to the criteria for bariatric surgery. Recent studies addressing the aforementioned objectives were included. The methodological quality of the studies was assessed, and the relevant results were summarized and discussed.

## 4 DISCUSSION

### 4.1 MEDICAL CRITERIA

Medical criteria for bariatric surgery typically include a BMI above 40 kg/m<sup>2</sup> or a BMI above 35 kg/m<sup>2</sup> with significant comorbidities such as type 2 diabetes. Patients must have tried other weight loss approaches without success.

### 4.2 PSYCHOLOGICAL CRITERIA

Psychological evaluations are performed to identify psychiatric problems that may affect the patient's ability to adhere to postoperative treatment and follow-up.

### 4.3 EDUCATION & SUPPORT

Preoperative education is critical to ensure that patients understand the risks and benefits of surgery. Postoperative support is crucial to help patients make lifestyle changes.

### 4.4 ETHICAL CRITERIA

It is important to consider ethical issues such as informed consent, patient autonomy, and equity in access to bariatric surgery.

## 5 RESULTS

Adequate selection of patients based on established criteria has demonstrated significant improvements in weight loss, associated comorbidities, and quality of life after bariatric surgery. However, continued adherence to medical care and maintaining lifestyle changes are essential for long-term success.



## 6 CONCLUSION

The definition and rigorous application of criteria for performing bariatric surgery are essential to ensure positive results and minimize the associated risks. The criteria should be comprehensive, considering medical, psychological, educational, and ethical factors. Additionally, post-operative follow-up and ongoing support are key to helping patients achieve and maintain their weight loss and health improvement goals.