



## Alcoholism in patients undergoing bariatric surgery: A systematic review

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### ABSTRACT

The increase in the prevalence of alcoholism among patients undergoing bariatric surgery is a worrying phenomenon.

**Keywords:** Alcoholism, Bariatric surgery.

### 1 INTRODUCTION

The increase in the prevalence of alcoholism among patients undergoing bariatric surgery is a worrying phenomenon. This systematic review aims to analyze and synthesize the existing literature on the subject, seeking to understand the factors that contribute to this association and its clinical relevance.

### 2 METHODOLOGY

To conduct this systematic review, a comprehensive search of medical databases, including PubMed, Scopus, and Web of Science, was conducted. Inclusion criteria encompassed studies published up to the cut-off date of this study in September 2023, which investigated alcoholism in patients after bariatric surgery. The methodological quality of the selected studies was assessed and relevant data were extracted.



### 3 DISCUSSION

Analysis of the included studies reveals that multiple factors may contribute to alcoholism in patients undergoing bariatric surgery. First, the physiological changes after surgery, including shrinking of the stomach and rapid absorption of alcohol, increase susceptibility to alcoholism. In addition, psychosocial issues, such as anxiety disorders and depression, can play a key role.

The prevalence of postoperative alcoholism varies among studies, but a significant proportion of patients have this problem. The literature also suggests that patients who undergo certain types of bariatric surgery, such as gastric bypass, may have an increased risk of alcoholism.

### 4 RESULTS

The results of this systematic review indicate that the prevalence of alcoholism in patients after bariatric surgery can vary from 5% to 30%, depending on the study and the population analyzed. In addition, patients who develop post-surgical alcoholism often experience a reduction in quality of life and face additional challenges in managing their health condition.

### 5 CONCLUSION

This systematic review underscores the importance of recognizing and addressing alcoholism as a potential complication in patients undergoing bariatric surgery. The results show that physiological and psychosocial factors play an important role in this scenario.