

Bariatric Surgery: Changing eating habits pre and post-surgery

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Abstract

Qualitative study aimed to identify possible changes in the power of individuals who have undergone bariatric surgery. Surgery is an effective alternative when traditional methods fail, such as diets. The subjects that require this process usually have inadequate feeding practices and difficulties in food control. In the statements, the subjects reported that the surgery requires the implementation of changes in nutrition in relation to the amount ingested, and because of this, they lose pleasure in food. It follows therefore that surgery promotes radical changes in eating habits and improvements in health, but at the same time ensuring losses related to food and changes in social relations.

Key words: Food, Change, Surgery

Introduction

Obesity is defined, according to the World Health Organization as a disease that is characterized by high accumulation of body fat, is transforming into one of the major public health concerns at present and in addition, attention around torna-increasingly early. The choice of bariatric surgery according Zanella & Claudino (2005), is a very effective alternative, although radical, when diets fail. Thus, this project aims to identify possible changes in eating habits of individuals who underwent bariatric surgery, to understand the reasons for their decision and these are amenable to solutions.

Results and Discussion

This study showed qualitative, using as a tool semi-structured interviews. Participated in the interviews 9 subjects who underwent bariatric surgery and that currently are treated at a university hospital. The analysis was by categories constructed from the testimonies of the subjects. Most people report changes in their diet due to surgery as well as being a requirement. In addition, they show that the biggest change was in the amount of food ingested and, therefore, ended up losing the pleasure of food. Confirming the results, Marcelino & Patrick (2011) state that the subjects who need surgery usually have inadequate feeding practices and difficulties in food control. Stenzel (2004) highlights the conflict between desire and control, saying that there is a paradox between pleasure by the act of eating and the obsession to control body weight to adjust it to the aesthetic standards imposed by society, which leads without doubt, the inclusion of diseases in the population.

Conclusions

The surgery was very effective in reducing not only the body weight of these patients, but also the dissatisfaction of the same with the image of your body. But one of the biggest difficulties is the change in eating habits, which affects somehow also the social side. Changes in supply depend on several factors and improvements in health after surgery contributes to the maintenance, even with difficulties in appropriating new lifestyle habits.

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