SUMMARY ABOUT : DIETARY HABITS OF OBESE PATIENTS QUALIFIED FOR BARIATRIC PROCEDURES

Obesity has become one of the big issues in the developed and devolving world as well. And one of the most effective treatment for obesity is bariatric procedures.

One of the major problems facing patients and doctors today that a lot of those patients who have this surgery show deficiencies in vitamins and vital minerals the body should have. Noticing that the diet of obese patients is usually poor!

In this study we try to analyze the role of dietary habits in patients prepared to bariatric procedures. In order to make awareness about this issue making the operation and the post-operative recovery more effective.

we have a group of 39 patients qualified for surgery treatment :

27 women : 18-65 years old
12 men : 20-62 years old

The study takes place in Poland in the Medical University of Bialystok.

We give them a questionnaire composed of two parts :

1st part : questions about eating habits ( e,g: number of meals, snacking between meals, eating at night, type of snacks, places where food eaten).

2nd part : frequency of consumption of definite food products.

Finally when analyzing the results we found that most of the patients who are prepared for the surgery ate whole grain cereal products very rarely.

And we find that most of men in the study eat 3 meals a day while women eat 4.
When we discuss the results comparing it with other studies we find a large present of similarity as were implicated that a small number of meals, irregular food intake, too long intervals between meals and snacking are risk factors for obesity.
And in association with an American study its improved that eating more than 4 meals during the day decreasing the risk of having obesity.

- **Note: the most important meal of the day is breakfast.**

Finally, "the assessment of the frequency of consumption of the selected products by the morbidly obese qualified for bariatric surgery showed a very low intake of grits, pasta, rice and wholemeal bread". Indicating that our surgical procedures must take care about the nutritional habits of the patient and improving it in order to get better results and more comfortable post-operative recovery.

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