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## Impact of Regular Patient Follow Up on Weight Loss and Nutrient Profile Post Bariatric Surgery

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**Background:** Bariatric surgery, a highly successful treatment for obesity, requires adherence to special dietary recommendations to ensure the achievement of weight loss goals and weight maintenance. Nutrition counseling is important for patients undergoing gastric bypass surgery. All patients with bariatric gastric procedures are at risk for nutrient deficiencies, and regular compliance to diet and supplements help in maintaining nutrient profile.

**Method:** A prospective study examined patients (N= 60) who underwent Bariatric surgery from September 2017 to December 2017. The number of follow up visits of each patient with the nutritionists was compared to the weight loss and nutrient profile. Spearman's correlation was used to analyze data and also draw descriptive statistics of the patients. For analyzing the data SPSS 16.0 was used.

**Results:** A moderate correlation was found between the number of postoperative nutrition visits and the percent change in post surgery BMI at 1 years (**Spearman's  $\rho = 0.616$ ;  $P \leq 0.01$** ). Nutrient profile Vitamin B 12 improved substantially post operatively as compared to pre-operatives but no change in albumin levels was seen.

**Conclusion:** Patients with more nutrition visits following bariatric surgery experienced greater weight loss and also maintained a better nutrient profile as compared to pre- operative stage that means patient follow up plays a significant role in the amount of weight loss after bariatric surgery.

### Biography:

Dr. Somya Shrivastava is a highly motivated Nutritionist and Dietetics expert. She is currently working as the Head of the Clinical Nutrition Department. She has been chosen the 'Best Dietician of the year 'at Max Healthcare for my dedicated contributions to the organization. She is a knowledge seeker and a voracious reader on topics of nutrition. She has been a practicing nutritionist since 11+ years, with my keen interest in Bariatric, Sports Nutrition and in oncology to name a few.