



Nutrition and Bariatric Surgery

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Bariatric surgery has led to improved health outcomes including significant weight loss and reduction in comorbidities among patients with obesity. Clinical practice guidelines recommend that patients considering bariatric surgery undergo a comprehensive nutritional assessment. **Nutrition and Bariatric Surgery** is the first comprehensive book that uniquely addresses the dietary and nutritional care of the bariatric surgery patient.

This book reviews the nutritional and physiological changes imposed by surgical revision of the gastrointestinal tract. Also discussed are nutritional assessment of the bariatric surgical patient as well as pre- and postoperative dietary management recommendations. Other clinical topics covered include nutritional anemia, metabolic bone disease, neurological disorders, and protein–calorie malnutrition.

Nutrition and Bariatric Surgery examines eating behaviors before and after bariatric surgery as well as psychological issues, mood disorders, and nutritional concerns associated with weight regain. The book also addresses nutritional needs of special populations undergoing bariatric surgery including adolescents, pregnant or lactating women, and severely obese ICU patients. The book is an authoritative guide for health care professionals caring for the bariatric patient including physicians, dietitians, physician assistants, nurses, and nurse practitioners.

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