



Bariatric Surgery Shown To Provide Relief For Sleep Apnea

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Bariatric Mexico Surgery is an organization in Tijuana, Mexico, that helps people locate the best bariatric surgeon in Mexico. They are keen to provide people with relevant information so that they can be empowered to make the right medical decisions for their needs. As part of those efforts, they have released a new blog post on <https://www.bariatricmexicosurgery.com/> discussing the link between bariatric surgery and a reduction in type 2 diabetes and other dangerous metabolic conditions.

Alma Orozco from Bariatric Mexico Surgery says: "One dangerous condition that doesn't get quite as much attention yet, but that can respond very favorably to bariatric surgery is OSA or obstructive sleep apnea. We are keen to get this information out to people, so that they can understand how this type of surgery could potentially save their life."

In a study published in 2013 in the Obesity Surgery Journal, it was confirmed that there is a strong correlation between obesity and OSA. In fact, between 17% and 25% of the population currently has OSA, but the prevalence of the condition in the population that is obese is between 38% and 88%. OSA is, therefore, very common in patients who undergo bariatric surgery.

If left untreated, OSA can have a lasting negative impact on overall health and well being. The most common treatment is to provide people with continuous positive airway pressure (CPAP) treatment. Meanwhile, it has been found that the weight loss resulting from bariatric surgery procedures can also help to alleviate the symptoms associated with OSA.

"It is also very common for people with OSA to develop hypertension," adds Alma Orozco. "Additionally, right-sided cardiac failure and abnormalities in arterial gases that can lead to other comorbid problems. OSA has been linked to premature death, traffic accidents that occur due to severe sleepiness, ischemic heart disease, stroke, Type 2 diabetes and increased neck circumference. It has also been linked to an increased incidence of nighttime cardiac arrhythmias and chronic or acute adverse cardiovascular events."

In 2013, a report of some 69 studies, involving 13,900 patients was released. This demonstrated that 75% of people who had bariatric surgery saw an improvement in their OSA. The most successful procedure has been observed to be biliopancreatic diversion with duodenal switch (BPD-DS).

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Bariatric Mexico Surgery

Bariatric Mexico Surgery works with individuals who are interested in weight loss surgery by answering questions and offering bariatric surgery procedures through a relationship with some the best surgeons in North America.

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