



Bariatric Surgery Shown To Help With Sleep Apnea

May 26, 2017

May 26, 2017 - PRESSADVANTAGE -

Bariatric Mexico Surgery is a facilitator company in Baja California, Mexico, that aims to help people make the right decisions when it comes to bariatric surgery. One of the ways in which they do this, is by discussing the various benefits people can experience following this type of surgery. Specifically, they have recently published a blog post on the link between gastric surgery and recovery from sleep apnea. The post can be accessed [at](https://www.bariatricmexicosurgery.com/bariatric-surgery/can-bariatric-surgery-really-resolve-my-sleep-apnea/) <https://www.bariatricmexicosurgery.com/bariatric-surgery/can-bariatric-surgery-really-resolve-my-sleep-apnea/>.

Alma Orozco from Bariatric Mexico Surgery says: "Opting for bariatric surgery is a major decision, and one not to be taken lightly. It is about weighing the pros and cons, which vary with each individual patient. Those who suffer from sleep apnea, however, may find that having this type of surgery can help resolve their condition, particularly if the underlying cause is obesity."

In the blog post, Bariatric Mexico Surgery starts by addressing the statistics on obesity and sleep apnea, revealing that 2% to 4% of the population suffers from this condition. It is noted that 70% of those who have sleep apnea are classed as obese. In the morbidly obese, around 90% suffer from sleep apnea. The link between the obesity and sleep apnea, therefore, has been clearly demonstrated. The article then goes into

how obstructive sleep apnea (OSA) is diagnosed, and why a diagnosis is important.

"The two main reasons to detect and treat OSA are to minimize the symptoms and to decrease cardiovascular risks," adds Alma Orozco. "Data shows that treatment of OSA can reduce the symptoms and enhance quality of life."

Bariatric Mexico Surgery also recommends that those who are scheduled to undergo bariatric surgery should be tested for OSA, as its prevalence is so high. Many pieces of research have shown that weight loss almost automatically goes hand in hand with a reduction in the prevalence of OSA. It was observed that the more weight people lose, the better their condition becomes. Alma Orozco ends: "Weight loss in those who are obese reduces the severity of OSA regardless of the method used, although surgical procedures may produce more objective results."

The company hopes to provide people with greater clarity on the potential for their quality of life to improve as a result of bariatric surgery. It should be noted, however, that Bariatric Mexico Surgery is not a clinic or healthcare provider but offers marketing and scheduling services.

###

For more information about Bariatric Mexico Surgery, contact the company here: Bariatric Mexico Surgery Alma Orozco 1 (800) 316-8234 info@bariatricmexicosurgery.com Diego Rivera 2386, Zona Urbana Río Tijuana, Tijuana, Baja California 22010 Mexico

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.

Website: <http://bariatricmexicosurgery.com>

Email: info@bariatricmexicosurgery.com

Phone: 1 (800) 316-8234



