

Patient Guide to Bariatric Surgery for Obesity with Type 2 Diabetes



Bariatric surgery works to treat type 2 diabetes by improving your body's natural **insulin** production, **insulin sensitivity**, and helping you lose weight. Bariatric surgery can help you achieve **diabetes remission**, meaning your blood sugar is in normal range (A1c < 5.7%) without medication. Bariatric surgery can be especially beneficial for individuals recently diagnosed with type 2 diabetes.

What is diabetes remission? Diabetes remission occurs when the blood sugar levels stay below the diabetes threshold without medicine.

What is insulin? Insulin is a naturally occurring hormone that helps your body turn food into energy and regulates your blood sugar levels.

What is insulin sensitivity? Insulin sensitivity is how well your body responds to insulin.

Quick facts about bariatric surgery and type 2 diabetes. Did you know:



60-90%
of patients achieve diabetes remission



66%
of patients are able to stop taking insulin



Covered
by most insurance plans



85%
of patients are able to stop taking oral diabetes medication



Additional health benefits
Improvement of high blood pressure, sleep apnea, asthma, arthritis, and cancer risk reduction

Facts about bariatric surgery

- Minimally invasive, surgery is performed through small incisions
- Return to full activity with no restrictions in 2-4 weeks (details on post op diet)
- 1-2 day hospital stay
- Start clear liquids soon after surgery, with progression to regular diet over the next few weeks
- Bariatric surgery is safe with complication rates similar to gallbladder removal or hysterectomy

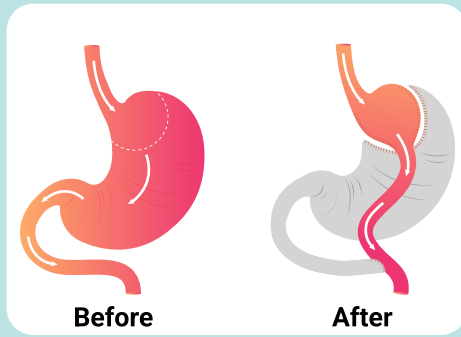
Probability of remission

People who have had diabetes for a shorter period of time have a higher probability of remission



Types of Bariatric Surgery

Gastric Bypass



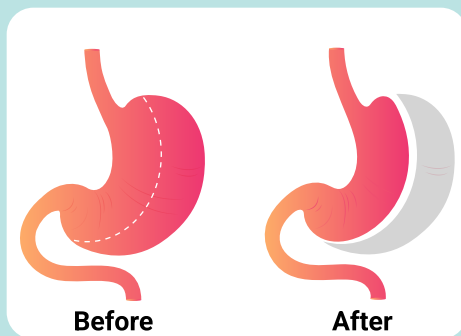
Pros:

- Weight loss of about 33% of your body weight
- Hypertension and diabetes improve even before you lose a lot of weight
- Better long-term weight loss

Cons:

- Surgery reduces absorption, so you must take vitamins for the rest of your life
- You cannot use ibuprofen, aspirin and similar pain medications because they increase your risk of a stomach ulcer
- Life-long risk of internal hernias

Sleeve Gastrectomy



Pros:

- Weight loss of about 28% of your body weight
- Short recovery

Cons:

- Risk of developing acid reflux – this happens in a small portion of patients and might require taking acid-reducing medications or further procedures
- Surgery reduces absorption, so you must take vitamins for the rest of your life

What you need to know to take care of yourself after bariatric surgery:

1. You must take vitamins several times a day for life.
2. There are dietary restrictions. You must eat smaller portions, focusing on protein and vegetables with less carbohydrates.
3. You must follow up with your care team and monitor your weight and diabetes.

Bariatric surgery might not be right for you if you have severe heart disease or another condition that increases the risk of using anesthesia. Talk to your surgeon about conditions such as substance use, eating and mood disorders, so they can be addressed and treated before bariatric surgery.



Learn more about type 2 diabetes and find resources at [michmed.org/VnPwV](https://www.michmed.org/VnPwV)



Find a MBSC surgeon near you
[mbcsurgery.org](https://www.mbcsurgery.org)

