

For severely overweight individuals

that have failed to see results from diet and exercise alone, weight-loss surgery has become the safest and most effective means of achieving significant weight loss. In fact, studies have shown [Acidaburn](#) that with diet and exercise alone, nearly 95% of obese patients will gain all the lost weight back within 5 years. Studies show that most patients that undergo weight-loss surgery will lose between 50-70% of their excess body weight within the first three years following their procedure. Those that undergo gastric bypass surgery will lose excess body weight more rapidly in the first 12 months than those that choose LAP-BAND surgery. However, gastric bypass patients typically experience a greater number of complications and side effects than LAP-BAND patients, as the LAP-BAND procedure allows for more gradual and natural long-term weight loss.



From a clinical perspective, a weight-loss surgery

is considered successful when the patient loses at least 50% of their excess body weight and keeps the weight off for at least five years. While important lifestyle changes need to be made to ensure that the weight loss is maintained in the long term, studies have shown that most weight loss surgery patients are able to maintain a 50-60% loss of excess body weight 10 years after the surgical procedure. While patients will certainly look and feel better after weight-loss surgery, there are also numerous health benefits associated with successful weight loss. In most cases, health conditions that develop as a result of excessive body weight or are worsened by obesity can be improved upon or, in some cases, remedied by weight-loss surgery.

But there are other ways to measuring success with weight-loss

surgery, like the LAP-BAND System. For instance, many weight loss surgery patients take great pride in being able to perform certain activities that may not have been possible for a

number of years, like crossing their legs, bending over to tie a shoe, walking up stairs without being easily winded or sitting comfortably in an airplane seat. While most patients that undergo weight-loss surgery experience incredibly positive results, there are many factors that can impact the overall success of an individual patient's procedure and follow-up treatment. Here are some important factors to consider as you try to determine whether weight loss surgery is right for you.

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