



New Study Reveals Most Effective Method for Weight Loss

Description

Systematic reviews conducted from 2020 to 2024 have revealed that bariatric surgery leads to the most substantial and long-lasting weight loss compared to other weight-loss methods such as GLP-1 receptor agonists and lifestyle changes. This information was shared at the 2024 Annual Scientific Meeting of the American Society for Metabolic and Bariatric Surgery (ASMBS).

The data compiled from various scientific studies show that lifestyle interventions like diet and exercise resulted in an average weight loss of 7.4%, but the lost weight was typically regained within 4.1 years. On the other hand, GLP-1s and bariatric surgery demonstrated more promising outcomes. For instance, patients receiving weekly injections of GLP-1 semaglutide experienced a 10.6% weight loss over five months, while those on tirzepatide saw a 21.1% weight reduction after nine months. However, once treatment ceased, around half of the lost weight returned within a year, regardless of the medication used.

Furthermore, metabolic and bariatric surgical procedures such as gastric bypass and sleeve gastrectomy were found to result in total weight loss of 31.9% and 29.5% respectively, one year post-surgery. Remarkably, a weight loss of approximately 25% was maintained for up to a decade following surgery.

Despite these compelling findings, the ASMBS reports that only about 1% of eligible individuals based on BMI underwent metabolic and bariatric procedures in the U.S. in 2022. Given the prevalence of obesity in the country, experts emphasize the urgent need to expand the utilization of bariatric surgery, which is considered a safe and highly effective treatment for severe obesity.

Vocabulary List:

1. **Bariatric** /ˌbær.i.ˈætrɪk/ (adjective): Relating to the branch of medicine that deals with the causes prevention and treatment of obesity.
2. **Systematic** /ˌsɪs.təˈmæt.ɪk/ (adjective): Done or acting according to a fixed plan or system; methodical.
3. **Interventions** /ˌɪn.təˈvenʃənz/ (noun): Actions taken to improve a situation especially medically.
4. **Substantial** /səbˈstæn.jəl/ (adjective): Of considerable importance size or worth.
5. **Prevalence** /ˈpreɪ.vəl.əns/ (noun): The fact or condition of being prevalent; commonness.
6. **Regained** /rɪˈgeɪnd/ (verb): Obtained possession of something again after losing it.

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. Which term relates to rules or laws that control an activity?

- Option: Suppression
- Option: Bariatric
- Option: Regulatory
- Option: Revolutionize

2. Which term means large in amount value or importance?

- Option: Systematic
- Option: Substantial
- Option: Detection
- Option: Convenient

3. Which term means to make someone stronger and more confident?

- Option: Empowers
- Option: Endemic
- Option: Facilitate
- Option: Suppression

4. Which term refers to a widespread occurrence of an infectious disease in a community at a particular time?

- Option: Attract
- Option: Epidemic
- Option: Regeneration
- Option: Innovation

5. Which term describes the action or process of working together to the same end?

- Option: Systematic
- Option: Neurodegenerative
- Option: Cooperation
- Option: Regulatory

6. Which term relates to a methodical and organized procedure?

- Option: Systematic
- Option: Detection
- Option: Regulation
- Option: Accessibility

7. Which term refers to the introduction of new things or methods?

- Option: Sophisticated
- Option: Innovation



- Option: Prevalence
- Option: Transmission

8. Which term describes something complex intricate or advanced?

- Option: Unveil
- Option: Sophisticated
- Option: Regulation
- Option: Empowers

9. Which term means suitable to one's needs easy to use or access?

- Option: Convenient
- Option: Facilitate
- Option: Regulation
- Option: Neurodegenerative

10. Which term means the action of suppressing something such as an activity or publication?

- Option: Regeneration
- Option: Suppression
- Option: Detection
- Option: Accessibility

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The latest technological advancements have the potential to _____ the way we live.

12. The key to managing the situation lies in effectively _____ the variables at play.

13. After months of hard work he finally _____ his strength and stamina.

14. Proper _____ protocols are essential for ensuring the accuracy of the results.

15. The decisions made today will have far-reaching _____ for future generations.

16. The health authorities are closely monitoring the potential for an infectious disease

_____ in the region.

17. The new marketing campaign aims to _____ a broader audience to the product.

18. The disease was once widespread but is now considered _____ only in certain areas.

19. The industry is subject to strict _____ guidelines to maintain quality and safety



standards.

20. The high _____ of obesity in the population is a major health concern.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Alzheimer's disease is a common disorder affecting millions worldwide.
22. Early of the disease can significantly improve treatment outcomes.
23. Education individuals to make informed decisions about their health.
24. The company prides itself on fostering a culture of creativity and .
25. Global challenges require international and collaboration.
26. The ecosystem shows signs of natural after years of conservation efforts.
27. The new software is designed to seamless communication between teams.
28. Improving the of healthcare services is crucial for equitable distribution.
29. The technological breakthrough has the potential to completely the industry.
30. The government faced criticism for its attempt at media during the protests.

Answer

Multiple Choice: 1. Regulatory 2. Substantial 3. Empowers 4. Epidemic 5. Cooperation 6. Systematic
7. Innovation 8. Sophisticated 9. Convenient 10. Suppression

Gap-Fill: 11. revolutionize 12. controlling 13. regained 14. testing 15. implications 16. outbreak 17. attract
18. endemic 19. regulatory 20. prevalence

Matching sentence: 1. Neurodegenerative 2. Detection 3. Empowers 4. Innovation 5. Cooperation
6. Regeneration 7. Facilitate 8. Accessibility 9. Revolutionize 10. Suppression

CATEGORY

1. Health - LEVEL6

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