

Systematic Review Discoveries: The Most Effective Method for Weight Loss

Description

A recent study revealed that bariatric surgery leads to the most significant and long-lasting weight loss compared to other treatments such as GLP-1 receptor agonists and lifestyle changes. Researchers found that bariatric surgery results in about 25% weight loss that can be maintained for up to 10 years. This study was presented at the 2024 Annual Scientific Meeting of the American Society for Metabolic and Bariatric Surgery.

In comparison, lifestyle interventions like diet and exercise only resulted in an average weight loss of 7.4%, which was regained within 4.1 years. GLP-1s like semaglutide and tirzepatide showed better weight loss outcomes, with tirzepatide resulting in a 21.1% weight loss over nine months. However, once treatment stopped, about half of the lost weight returned within a year.

Experts believe that metabolic and bariatric surgery remains the most effective treatment for severe obesity, yet it is underutilized. The study reviewed data from various sources and included approximately 20,000 patients to draw these conclusions. This research highlights the importance of considering surgery earlier in the treatment of obesity to achieve better long-term outcomes.

Vocabulary List:

- Bariatric** /bær.i'æt.rɪc/ (adjective): Relating to the treatment of obesity and weight loss.
- Interventions** /,ɪn.tə'ven.ʃənz/ (noun): Actions taken to improve a situation especially in health or medical contexts.
- Regained** /rɪ'geɪnd/ (verb): To obtain possession of something again especially after it has been lost.
- Maintain** /meɪnteɪn/ (verb): To keep in a specified state or condition over a period of time.
- Outcomes** /'aʊt.kʌmz/ (noun): The results or consequences of an action or situation.
- Significant** /sɪg'nɪf.ɪ.kənt/ (adjective): Sufficiently great or important to be worthy of attention; noteworthy.

Vocabulary quizzes

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

- What is the purpose of medications that alleviate pain?

Option: To cause pain

Option: To increase pain

Option: To reduce pain

Option: To ignore pain

2. Which of the following can be caused by bacteria or viruses?

Option: Cancer

Option: Infections

Option: Allergies

Option: Heart disease

3. What type of exercise focuses on building muscle mass and improving strength?

Option: Yoga

Option: Pilates

Option: Strength training

Option: Zumba

4. Which medication is commonly used to treat type 2 diabetes?

Option: Aspirin

Option: Empagliflozin

Option: Vitamin C

Option: Benadryl

5. Which condition involves inflammation and stiffness of the joints?

Option: Migraine

Option: Arthritis

Option: Asthma

Option: Eczema

6. Which medical specialty involves the management of obesity?

Option: Pediatrics

Option: Otolaryngology

Option: Bariatric

Option: Podiatry

7. What activity involves riding a bicycle for exercise or transportation?

Option: Swimming

Option: Cycling

Option: Skateboarding

Option: Running

8. After achieving a goal what is necessary to do to ensure it continues?

Option: Stop

Option: Revert

Option: Maintain

Option: Forget

9. Which type of light emits visible light when exposed to the ultraviolet spectrum?

Option: Incandescent

Option: Fluorescent

Option: LED

Option: Halogen

10. Which medication is commonly prescribed to manage type 2 diabetes?

Option: Ibuprofen

Option: Metformin

Option: Penicillin

Option: Antihistamine

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

11. _____ of the infection is common if the antibiotic course is not completed.

12. The invention of the internet has _____ communication and information sharing.

13. After months of rigorous training the athlete finally _____ his strength and speed.

14. The new findings in the research have a _____ impact on the field of medicine.

15. Before starting any new medication it is advisable to _____ with a healthcare professional.

16. A well-rounded _____ can help in managing chronic health conditions effectively.

17. Despite technological advances many still prefer _____ methods of treatment.

18. To stay healthy and fit it is important to _____ a balanced diet and regular exercise routine.

19. _____ is a degenerative joint disease that commonly affects older adults.

20. _____ is a medication that belongs to a class of drugs known as SGLT2 inhibitors.

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

21. Proper hydration is for maintaining overall health and well-being.
22. is an eating pattern that cycles between periods of fasting and eating.
23. It is wise to a specialist before making any major decisions regarding your health.
24. The success of a project is often determined by the achieved.
25. Regular is essential for maintaining a healthy body and mind.
26. In some cases may be the only option to address certain medical conditions.
27. plays a crucial role in advancing scientific knowledge and developing new treatments.
28. Highly skilled perform intricate procedures to help patients overcome health challenges.
29. The idea that vaccines cause autism is completely .
30. are recommended for individuals struggling with severe obesity.

Answer

Multiple Choice: 1. To reduce pain 2. Infections 3. Strength training 4. Empagliflozin 5. Arthritis 6. Bariatric 7. Cycling 8. Maintain 9. Fluorescent 10. Metformin

Gap-Fill: 11. Recurrence 12. Revolutionized 13. Regained 14. Significant 15. Consult 16. Lifestyle intervention 17. Conventional 18. Maintain 19. Osteoarthritis 20. Empagliflozin

Matching sentence: 1. Crucial 2. Intermittent fasting 3. Consult 4. Outcomes 5. Physical activity 6. Surgery 7. Research 8. Surgeons 9. Misconceived 10. Bariatric interventions

CATEGORY

1. Health - LEVEL3

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