

## Comment

Pathological obesity is an ever-increasing social problem in many countries. In Poland the number of persons meeting the criteria qualifying for bariatric surgery is well over 500 000. The number of performed operations is low, amounting to just over 1.5 thousand. It has specific health consequences for the whole society. The number of patients who have type 2 diabetes, hypertension, lipid disorders or locomotor system diseases is steadily growing. Treatment of type 2 diabetes and complications thereof alone cost approx. 8% of NFZ budget. More importantly, pathologically obese patients a lot more often fall victim to cancer. Thus, social costs of treatment of obese patients are huge and in fact difficult to estimate.

Therefore, it seems necessary to implement programs preventing obesity and apply surgical treatment in fighting this disease and complications thereof at a larger scale. Bariatric surgery is the only effective method in long-lasting body mass reduction. Moreover, bariatric operations, like mini-gastric bypass constitute an effective weapon in controlling diabetes. We know that diabetes patients have long-lasting remissions, and in many cases they can completely discontinue diabetes medications.

Evidently, bariatric surgery is not free from complications. Luckily enough, our material did not contain many of those, however usually they are very intractable. The factor that also contributes to a complete success of a bariatric operation is a complex postoperative care. Patients covered by detailed postoperative care have much better results in controlling obesity than those who do not want to be included in a long-term care program.

Taking account of the number of potential patients requiring surgical treatment of obesity, one should make all efforts so that bariatric surgery in Poland could develop at a much faster pace than so far.

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