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Bariatric or weight loss surgery is a safe and effective way to lose the excess body weight at the same time keeping the weight off over a long period of time. There are also other methods through which people can lose weight like a careful planned nutrition, different types of exercises or medicinal treatments. However, the latest surgical procedures can help achieve weight loss in a rapid manner.

## Bariatric procedures

The most performed weight loss surgical procedures include the adjustable gastric band, also called the lap band, the gastric bypass and the sleeve gastrectomy. All of these procedures imply low complication rates, a short time for the operation and a quick recovery. Also, there is less harm caused to the body because the surgery itself consists of small incisions through which special instruments are introduced with the help of a camera. The aim is to create a small pouch in the upper part of the stomach and therefore limit food consumption and slowing the digestion. In the case of gastric bypass and the gastric sleeve, a portion of the stomach has to be removed. Nevertheless all of these medical procedures are safe and they ensure a long term weight loss.

## Bariatric surgery center in Los Angeles

One of the leading medical centers in Los Angeles that includes a weight loss surgery program is Marina del Rey hospital. Here, a team of experts in the field provide the patients with all the assistance needed before and after the surgery. The multidisciplinary medical team consisting of physicians, dieticians, psychologists and therapists help the patients chose the best option for his or her condition. The medical staff can assist the patient in evaluating his choices and the general state of health. The center is highly experienced in bariatric procedures with 125 operations performed every year. In addition to the above mentioned procedures, new surgical methods have been introduced, like the gastric placcation, revision procedures or the band over bypass. The patient can chose from a variety of technical procedures at the center and make the first steps towards losing weight and a healthier life.

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