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Comment on: Paired editorial: efficacy of video-based education program in improving metabolic surgery perception among patients with obesity and diabetes

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Both medical and surgical weight loss interventions improve patient health by alleviating obesity-related health concerns. Medical weight loss interventions, such as the implementation of lifestyle changes with or without the addition of prescription anti-obesity medications, yields minimal weight loss up to 10%¹. While it is known that bariatric/metabolic surgery yields greater weight loss—averaging 50% at year five²—in addition to which either 60-80% of surgical patients (procedure dependent) with type 2 diabetes mellitus (T2DM) experiencing remission or significant improvement of their disease (up to 90%)³. Although these statistics are well-documented, patients and caregivers still hold reservations to having bariatric/metabolic surgery and primary care providers refrain from referring those eligible to bariatric/metabolic surgery^{4,5}.

The authors of this study attempted to minimize these barriers by investigating how a video-based education program influenced metabolic surgery perceptions of patients diagnosed with obesity and T2DM⁶. Results from a primarily well-educated (78.4%) and racially homogeneous (68.6% Caucasian) sample of 51 participants, showed statistical significance in improving patient knowledge about metabolic surgery as well as increasing the number of patients willing to undergo a metabolic surgical referral after watching the 6-minute educational video⁶. These results may demonstrate a viable solution that influences patient perceptions about surgical treatment by validating truths and debunking metabolic/bariatric surgery myths. Such an intervention may increase surgical consultations from a patient population that may not have previously considered metabolic/bariatric surgery as a medically beneficial treatment option.

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