

Study reveals long-term benefits of weight loss surgery in adults with obesity and diabetes

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Researchers recently conducted the largest study to date to evaluate the effectiveness of weight loss surgery in a Chinese population of

individuals with obesity and type 2 diabetes.

In the study, which is published in *Diabetes/Metabolism Research and Reviews*, surgery provided substantial and sustainable effects on weight, [blood sugar](#), and cholesterol over five years.

"The effectiveness of restrictive and [bypass surgeries](#) was similar at the end of follow-up, though restrictive surgeries were slightly more effective in type 2 diabetes remission," the authors wrote. (Restrictive surgeries reduce the size of the stomach.)

More information: Tingting Wu et al, Five-year effectiveness of bariatric surgery on disease remission, weight loss, and changes of metabolic parameters in obese patients with type 2 diabetes: A population-based propensity score-matched cohort study, *Diabetes/Metabolism Research and Reviews* (2020). [DOI: 10.1002/dmrr.3236](#)

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