

## OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



### Module 6: Bariatric Surgery and Devices and Post-operative Care for Primary Care

#### Clinical Webinar Key Pearls

Below are key pearls to reflect on from the Module 6 Clinical Webinar:

- Metabolic and Bariatric surgery works by changing the microbiome, hunger and satiety hormones not just restriction and malabsorption
- Find an accredited bariatric surgery in your area of practice to refer to.
- Post-operative care can be completed by the PCP or the bariatric surgery center and includes following yearly labs, bone density and assuring the recommended supplements are being taken.
- Formulation matters for supplementation!
  - No gummies
  - Calcium Citrate 500mg three times daily
  - Separate MVI + iron and Calcium supplement by 2 hours to minimize competition for absorption.
- Obesity is a disease that can be treated and managed, it cannot be cured. Bariatric surgery is a great tool to use in conjunction with lifestyle and medication management to treat and managed this complex disease.