

Option#1 Bariatric surgery Gastric bypass and other weight-loss surgeries -- known collectively as bariatric surgery -- involve making changes to your digestive system to help you lose weight. They've been shown to change the body's metabolism and hormones, both of which play a major role in how your weight is regulated. Bariatric surgery is an obesity treatment that can lower your appetite and the amount of food you can comfortably eat in one sitting.