

## A multidisciplinary approach to obesity treatment

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Open and laparoscopic bariatric surgeries have been performed in Japan since 1981 and 2000, respectively. But because of the low rate of obesity in the population (the percentage of the population with a BMI over 30 is 3.2%), and even medical personnel have little interest in trying to understand weight loss surgery. Although more than 90% of bariatric surgery is performed laparoscopically in the world, health insurance coverage is applied only for open surgery in Japan at this time. With regard to gastric bypass for Japanese obese patients, no consensus has yet been reached among domestic societies for the treatment of obesity due to the high risk of gastric cancer. For these complex reasons, only a few hospitals perform bariatric surgery routinely in Japan. However, considering that there has been an increase in obesity-related diseases in Japan, and since obesity continues to increase, it appears that there are many patients who would be candidates for bariatric surgery.

It is well known that the implementation of a presurgical patient assessment and diet programs by a multidisciplinary team can lead to optimal results after bariatric surgery. Our multidisciplinary team, including physicians, psychologists, nurses, psychotherapists, dietitians and physical therapists has worked for years on obesity treatment. Surgeons joined this team in 2010, and we started performing both open and laparoscopic bariatric surgeries. We herein present our multidisciplinary approach to pre-, peri- and postoperative care.