



Nutrición en la cirugía bariátrica (Spanish Edition)

Beatriz Saenz Gomez

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La experiencia del nutriólogo adquirida en su práctica clínico-nutricional revela que los cirujanos, como cabeza del equipo bariátrico, son quienes deciden o eligen el tipo de cirugía que se realizará y a qué paciente se le practicará, sin embargo, la evaluación nutricional es de gran importancia. Su objetivo es identificar el tipo de obesidad del paciente, el porcentaje de grasa del mismo y ubicar qué riesgos se pueden reducir con la pérdida de peso, ya sea de tipo metabólico o de hábitos alimentarios, los cuales se trabajan en conjunto con el área de psicología. Este libro contiene información nutrimental y ejemplos de dietas para los pacientes que han tenido una cirugía bariátrica puedan mantener una adecuada alimentación.



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