Bariatric Surgery (BS) helps achieve important mid and long-term Weight Loss (WL), improvements in comorbidities, and a better quality of life [1]. Also, it has proven to be the most effective treatment for this condition. Important WL is possible with the different techniques used today but the patient has to be well informed about the operation, risks, and life-long follow-up by a specialized team [2].

Kremen [3] started this surgery in 1954 and published the first case of a jejuno-ileal bypass.

In México (MX), the first operations were done in Mexico DF by Dr. Rafael Álvarez Cordero [4] and the Mexican Bariatric Society started in 1993 and form 1996 on it became known as the Mexican Colleague of Surgery and Metabolic conditions (CMCOM).

Due to the importance of the Allied Health in the integral part of the management, these specialties have become integral parts of BS from the X Congress of CMCOEM, held in Oaxaca, OK thanks to the enthusiasm of the Board of Directors.

Miguel A. Rubio, MD of Spain organized the Consensus of Nutrition for BS (2005). It has been divided into five fundamental areas; 1) Indications for BS; 2) Pre-op explorations and informed consent; 3) Common surgical techniques; 4) Dietetic and Nutritional follow-up and 5) Evaluation of the results (4).

In the II IFSO Latin Congress, held in Cancun, MX in 2007, the multidisciplinary team approach including nutrition and psychology were formalized.

In Buenos Aires, at the XIII IFSO World Congress (September 24, 2008) the need for Nutritional Management in BS was established. In 2009, in Guadalajara, MX from January to April, the nutrition specialist Beatriz Sáinz organized and started the 1st Meeting of Specialist in Bariatric Nutrition in May to establish objectives and organize the Mexican Consensus of Nutrition in BS.

The objectives were: 1) Prepare a nutritional Guide for before, during, and after BS in MX; 2) that this Guide will serve as the foundation for the formal training of specialists in BS Nutrition at the national and international level. The first Committee on Nutrition in BS was formed by the 2007-2009 Board of Directors .

During the XI MX Congress of the CMCO (July 2009 in Cancun), the First Consensus of Nutrition in BS was held with 34 Nutrition Specialists.

The CMCOEM Nutritional Guides were born with the objective of improving the important elements of helping patients with BS and giving a reasonable plan to address the nutritional aspects, education, management and follow-up of BS patients and plan the nutritional management and coordinate the different protocols based on clinical practice [5].

The 1st World meeting of Nutrition after BS was held during the XV IFSO conference, in Long Beach, CA September 2010, and the questionnaires for “International guidelines and norms of management in BS patients” were created.

In Julio of 2011, at the 13th National Congress of the CMCOEM, at Ensenada, BC, MX an independent forum on Nutrition directed only at Nutrition Specialist in BS presented the such themes as: characteristics of a bariatric diet, Therapeutic measures in weight regaining, Vitamin D deficiencies, Body changes after the BS, results after removal of gastric balloon, pregnancy and BS, Nutritional Management, weight regain and supplementation and management of complications such as: Stenosis, fistulas, constipation, vomiting, hair loss, among other topics. There are 14 specialist registered in the CMCOEM.

The CMCOEM has opened the doors to Nutrition Specialists and they are working to create a specialized field (degree studies) in bariatric nutrition.

Bibliografía