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Nutritional status of patients with hair loss at six months post-bariatric surgery

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The incidence of hair loss at six months post-bariatric surgery is high and is associated with rapid weight loss, protein deficiency and lack of vitamins and minerals. The aim of this study is to describe the nutritional status of patients with hair loss at six months of surgery. This is an observational-retrospective study, conducted through data collection from medical records of patients in a Private Clinic in Brazil. The sample consisted of 35 patients at 6 months after surgery, 30 women and 5 men, undergoing gastroplasty. The mean BMI was $28.2 \text{ kg/m}^2 \pm 3.6$ and the percentage of excess weight loss (%EWL) was $82.8\% \pm 26.5$, it was being considered higher than expected for the time of surgery (50% or more of EWL%). The caloric intake average was $991.9 \text{ kcal/day} \pm 212.4$ and 25 (71.4%) of the patients used multivitamin. The average consumption of carbohydrate portions, protein sources, fruits and vegetables were 3.5 ± 1.5 , 4 ± 1.42 , 1.6 ± 1.2 and 1.76 ± 1.04 , respectively. The average amount of protein intake was $50.7 \text{ g/day} \pm 12.4$, and 28 (80%) of the patients had protein intake less than ideal for the current weight. Based on the food pyramid adapted to bariatric surgery patients, the portions of protein, fruits and vegetables were at the lower of the recommended. From this study, we identified the low intake of protein, fruits and vegetables, as well as non-adherence to multivitamin supplement and excessive weight loss as risk factors for hair loss after bariatric surgery.

Biography

Magda Rosa Ramos da Cruz graduated in Nutrition from the Federal University of Paraná (1999) and Masters of Technology in Health at the Pontifical Catholic University of Paraná (2006). She is a nutritionist's at the Center for Advanced Paraná Videolaparoscopy (CEVIP), and a specialization course coordinator in Nutrition Functional Medicine and Herbal Medicine, a Professor of nutrition course of Pontifícia Universidade Católica do Paraná (PUCPR). She has experience in the area of Nutrition, with emphasis on Morbid Obesity, acting on the following topics: morbid obesity, bariatric surgery, functional nutrition and herbal medicine.

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