

SMOB statement for the World Obesity Day 2024

To our Patients,
To the loved ones of people living with obesity,
To our colleagues in healthcare.

Obesity care has seen considerable improvements in the past years: Pharmacotherapy and bariatric-metabolic surgery can now offer several safe and effective treatment options. However, as often happens when medical progress evolves fast, some may question good practice recommendations and treatments with proven efficacy in favor of 'miracle treatments' that promise a lot but often yield little.

In this context, all of us in the SMOB felt the urge to share some reflections: Obesity is not a series of bad choices but nothing else than a chronic disease that shortens life expectancy, decreases the quality of life, and requires lifelong treatment. Once you realize this, you have made the first step to seek meaningful treatment.

Medication and minimally invasive procedures (surgical and endoscopic) are priceless tools that are at our disposal in the fight against obesity. These treatments are not competing. On the contrary, they are complementary and should be considered as such. Interdisciplinarity and availability of the obesity care team are the key to long-term success. The health insurance covers costs, and there is no justification to pay extra. You don't need just one, sometimes overpriced, specialist. You need a team with a coherent treatment plan who will be there for you throughout the process.

Fast is not necessarily best when you engage in your bariatric medicine and/or surgery path. Time is needed to understand and treat a chronic disease such as obesity. Tourism to get bariatric surgery quickly done often ends with the patient returning to the point they flew from. Only, in the return bags, there is now a surgical procedure and occasionally complications to carry on with.

Constant innovation with obesity treatment is one of the missions of all specialists treating this disease. But to implement new technologies and treatments for everyday care, we need not advertisement but scientific evidence.

As members of the Swiss Society for the Study of Morbid Obesity and Metabolic Disorders (SMOB), we commit ourselves daily to assuring that high-quality care is provided to patients living with obesity throughout Switzerland. If obesity is an issue that concerns you, your loved ones, or your patients, search for an SMOB-approved center near you. We are here to help fight obesity and the stigma against people struggling with it.

Yours indeed, the SMOB Board.



Website



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