
Prospective exploration of eating behaviour in patients who have undergone bariatric surgery

Thèse

PhD :

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Preview :

Bariatric surgery methods such as sleeve gastrectomy and Roux-en-Y gastric bypass are currently recognized as the most effective treatment for obesity. However, nutritional complications are common, as are weight failures. The weight loss and metabolic effects of surgery are not only related to a reduction in food intake, but also to changes in food choices and preferences. These modifications may be due to changes in taste and smell perception, but also to changes in the responses of the brain's reward circuit. However, the food preferences of patients in weight failure differ from those of patients in weight success, as well as the pleasure and motivation to consume certain types of food. This suggests that not all patients are equally sensitive to the effects of surgery in terms of food preferences, food reward and sensory alterations, and that the success or failure of surgery may be correlated with variations in these factors. It appears interesting to carry out direct measurements of eating behaviour in a real situation of food intake, as in our experimental restaurant, and to study its temporal evolution in order to link them with the success or the failure of the post-operative weight loss. My thesis project will allow to better define the evolution of food preferences after bariatric surgery in obese subjects with regard to the olfactory and gustatory alterations that it may have caused. It will specify whether these modifications are accompanied by a decrease in daily caloric intake and contribute to weight loss after surgery. It will produce nutritional and sensory recommendations to formulate food products adapted to the needs and preferences of patients, thus improving the aftermath of bariatric surgery and the well-being of patients.

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