

# Alopecia in women with severe and morbid obesity who undergo bariatric surgery Alopecia en mujeres con obesidad severa y mórbida sometidas a cirugía bariátrica

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Introduction: Bariatric surgery leads to a significant body weight reduction although it is associated to a higher risk of presenting some nutritional deficiencies. A common complication, little studied and mainly related to zinc deficiency is alopecia. Objectives: To compare the nutritional status of zinc, iron, copper, selenium and protein-visceral in women with different degrees of hair loss at 6 months after gastric bypass or tubular gastrectomy. Methods: The patients were categorized into two groups according to the degree of hair loss: group 1 or mild loss (n = 42) and group 2 or severe hair loss (n = 45). Zinc, iron, copper, and selenium, as well as the indicators of the nutritional status of zinc, iron, copper, and protein-visceral were assessed before and after 6 months of the surgery. Results: In both groups there was a significant body weight reduction at 6 months post-surgery (-38.9% ±

16.4%). Patients in group 1 presented a significantly higher intake of zinc ( $20.6 \pm 8.1$  vs.