

## The Department of Nutritional Sciences Spring 2025 Seminar Series

### "Iron Malnutrition: Impact on Safety and Efficacy of Bariatric Surgery"

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Host: Sue Shapses, Ph.D.  
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**Wednesday, February 19, 2025 @ 2:15 PM**

Zoom option: <https://go.rutgers.edu/Gletsu-Miller-Seminar>



Deficiency in iron, an essential micronutrient, affects 25-50% of patients who have undergone bariatric surgery, but the condition is generally not recognized and may worsen overtime following surgery. This presentation will describe the contributors to iron deficiency in patients who have had bariatric surgery including the high prevalence of iron deficiency before surgery and the biological and physiological mechanisms that promote iron deficiency after bariatric surgery. By increasing dietary intake of iron from food and supplements, it is possible to prevent and treat iron deficiency after bariatric surgery, especially if economic, supplement-therapy related, and health-care related barriers are addressed. This issue is significant because untreated iron deficiency may impair physical and mental functioning and thereby mitigate the benefits of bariatric surgery on weight loss and cardiometabolic health for the millions of patients who have undergone the procedures.