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愈來愈多人做完減重手術後，又回頭做第2次

愈來愈多美國人透過手術減重，也愈來愈多人回頭做第2次，因為第1次手術成效不彰。根據一個外科醫師組織統計，美國去年25.2萬次減重手術中，有15%屬於第2度手術。相較之下，2011年的15.8萬次手術中，這種情形僅佔6%。減重手術已證實能有效對抗肥胖和糖尿病等相關疾病。手術方式五花八門，但通常是透過縮胃，讓患者在不感到難受的情況下抑制食慾。許多人減重成果顯著，但無法保證從此就能安心。一旦約束性裝置鬆開，胃伸展成原來的大小，人們還是有可能吃太多，進而復胖。

愈来愈多人做完减重手术后，又回头做第2次

愈来愈多美国人透过手术减重，也愈来愈多人回头做第2次，因为第1次手术成效不彰。根据一个外科医师组织统计，美国去年25.2万次减重手术中，有15%属于第2度手术。相较之下，2011年的15.8万次手术中，这种情形仅占6%。减重手术已证实能有效对抗肥胖和糖尿病等相关疾病。手术方式五花八门，但通常是透过缩胃，让患者在不感到难受的情况下抑制食欲。许多人减重成果显著，但无法保证从此就能安心。一旦约束性装置松开，胃伸展成原来的大小，人们还是有可能吃太多，进而复胖。

After obesity surgery, more patients returning for another

As more Americans turn to surgery to lose weight, more of them are also returning for a second operation because the first isn’t working. Last year, an estimated 15% of the 252,000 obesity surgeries in the U.S. came after a previous surgery. That compares to 6% of the 158,000 surgeries in 2011, according to a surgeons’ group. Weight loss surgery has proven to be an effective way to treat obesity and related conditions like diabetes. Methods vary, but the operations generally shrink the stomach to limit how much people can eat without feeling sick. Many people achieve significant weight loss but results aren’t assured. It’s still possible to overeat and regain weight over time once restrictive devices slip and stomachs stretch back out.

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| 透過 | tòuguò | through / via |
| 成效 | chéngxiào | effect / result |
| 彰 | zhāng | clear / conspicuous / manifest |
| 醫師 | yīshī | doctor |
| 相較 | xiāngjiào | to compare |
| 對抗 | duìkàng | to withstand / to resist / to stand off / antagonism / confrontation |
| 肥胖 | féipàng | fat / obese |
| 糖尿病 | tángniàobìng | diabetes / diabetes mellitus |
| 相關 | xiāngguān | related / relevant / pertinent / to be interrelated / (statistics) correlation |
| 五花八門 | wǔhuābāmén | myriad / all kinds of / all sorts of |
| 患者 | huànzhě | patient / sufferer |
| 食慾 | shíyù | appetite |
| 約束 | yuēshù | to restrict / to limit to / to constrain / restriction / constraint |
| 鬆開 | sōngkāi | to release / to let go / to loosen / to untie / to come loose |
| 伸展 | shēnzhǎn | stretching / extension |
| 進而 | jìn'ér | and then (what follows next) |