

## **ABSTRACT**

This bachelor thesis deals with the problem of obesity and diabetes mellitus in today's society. The theoretical part brings a closer look at the problem of obesity, the complications resulting from it and the possible ways of therapy. Further it discusses the problem of diabetes mellitus and the influence of obesity on diabetes mellitus type 2 that causes serious health complications. The thesis describes the treatment options of the mentioned diseases, especially focusing on lifestyle changes (dietary regimen, physical activity) and bariatric surgery that significantly contributes to weight reduction and reduction of complications risks. The practical part of the thesis deals with the research in this area, comparing a group of diabetic and non-diabetic patients undergoing the bariatric surgery. Furthermore, it focuses on the impact of the bariatric surgery on the compensation of diabetes mellitus.

**Keywords:** obesity, diabetes mellitus, dietary treatment, bariatric operations