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# DARIATRIC

THE NEWSPAPER DEDICATED TO THE TREATMENT OF OBESITY FOR THE HEALTHCARE PROFESSIONAL



**IFSO** publishes Fifth

surgery was 44.3 kgm<sup>2</sup>.

Roux en Y gastric bypass surgery.

had gastro-oesophageal reflux disorder.

Outcomes

HE Fifth IESO Global Registry Rep

(2010) has been released at the XX World Congress of the Internation

Federation for the Surgery of Obes

under the auspices of the IFSO, the publication rep data from more than 60 countries on over 833.000 erations including baseline obesity-related disea eration types, operative outcomes and disease stat

established in January 2014 to demonstrate that

rgical data from different countries and centres.

our peer specialties, governments, insurers, health

care companies and the general community about the

benefits of bariatric / metabolic surgery. This is part

of IFSO's mission in establishing universal standards

of care for the treatment of individuals with chronic

adiposity-based disease," said IFSO President, Professor

Almino Ramos. "We believe that this Registry initiative

is an important part of the IFSO global response to the

This latest report includes 833.687 operation records

from over 1,000 hospital across five continents, and has

294,530 Roux en Y gastric bypass operations (35.3% of

adiposity epidemic, and we would like to encourage

all our members and national societies to actively

participate and join us in the next edition."

detailed information on:

lobal IFSO Registry Projec

RYGB offers better weight loss but



DATO and SOReg offe. nical practice insights into current cliv across three countries

pux-en-Y gastric bypass (RYGB) d sleeve gastrectomy procedures s reported that RYGB resulted in a higher rate of patients with total weight loss (TWL) a ingue 1 act of patients with total weight 1055 (1941) >20% (95.8% vs 84.6%, p<0.001). However, there were no significant differences between the two procedures in The rate of severe complications (2.6% vs 2.4%, p=0.382) and 30-day mortality (0.04% vs 0.03%, p=0.821), although ission rates were higher post-RYGB (43% vs 3.4%) The study, 'Gastric Bypass Versus Sleeve Gastrectomy',

BARIATRIC Highlights from

indication for weight regain published in the Annals of Surgery, sought to compare the use and short-term outcome of RYGB and sleeve ctomy in Sweden, Norway and the Netherlands, using data from Scandinavian Obesity Surgery Registry (SOReg) and the Dutch Audit for Treatment of Obesity (DATO). Specifically, the researchers examined patient eligibility for surgery, severe complications, mortality, engionity for surgery, severe complications, mortant readmissions, rate of follow-up and weight loss at one-year. All patients who had a primary RYGB or r recreation are a better

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ication of

First Kuwait

Registry Report 2019, the first even

national report on bariatric and

metabolic surgery in the Arabian

Lifestyle not diet a greater

primary SG from January 2015 till December 2017 were included. In total, 47,101 procedures were included in the analysis; 33,029 (70.1%) RYGB and 14,072 (29.9%) sleeve dication of long-term weight loss ccess than specific weight c ctices like counting calories rectomy procedures. Cognitive functioning not a predictor of weight-loss for adolescents 64.0%; the Netherlands, 77.0%), while SG was the most common procedure in Norway (57.0%, P<0.001). The



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rienced improvements in the and in physical limitations to sexual

edure was RYGB (Sweden,

type 2 diabetes mellitus **Clinical trial news** with impairment in sexual functioning

**Calendar of events** 

experienced post-surgical improvements in satisfaction five years after bariatric 12 y, according to researchers school of pharmacy at North Dakota State University, Fargo. In addition, a large percentage of patients in sexual functioning after bariatric surgery and to identify factors associated requency of sexual desire and activity Using data from The Longitudinal with improvements. activity. Nevertheless, the percentage of participants with improvements in the Assessment of Bariatric Surgery-2 (LABS2) study, conducted at ten hospitals crequency of sexual desire and activity in six US clinical centres, the study

who experience durable improvements

reased between one and five years. included 2,215 participants eligible for The study, '{{Changes in Sexual sexual function follow-up; 2,036 (91.9%) Functioning in Women and Men in completed one or more follow-up the 5 Years After Bariatric Surgery}}, oublished in JAMA Surgery, sought to determine the percentage of adults



Page 14

and Norway (pc0.001). Gastroesophageal reflux disease<br/>(GERD) was about twice as common in RYGB patients<br/>(rom Norway and Sweden, although there was nothere are some Swedish private clinics performing sleeve<br/>a BMI of 30 to 35 kg/m2 or<br/>35 to 40 kg/m2 without any obesity-related comorbidity.common combined complications after RYGB and SG,<br/>although there was no statistical difference between the<br/>although there was no were operated according to international guidelines for

Bariatric surgery improves sexual life METABASE and BARINAFLD projects assessing relationship of microbes and bariatric procedures

remains a challenge. "Bariatric surgery has been around Weight loss surgery experience a change in the of their out heatering and why we see improvement in metabolic diseases," said Dr Fredrik Bäckhed, an expert in microbiology and mouse composition of their gut bacteria and physiology at the Sahlgrenska Academy the functioning of their genes, leading at the University of Gothenburg in scientists to explore the possibility of at the Oniversity of Connentany in Sweden. Bäckhed has spent the past 15 mimicking these changes to develop a years researching the microorganism non-surgical treatment for obesity and that live in the digestive tracts of both humans and rodents. His aim is to liver disease in humans. Obesity and associated metabolic understand the relationship between diseases such as lifestyle-related type

environmental innuences. According to the World Health Organization, obesity bee ready tripled since regrand more the wong realth Organization, opening has nearly tripled since 1975 and more than fromillion adults were chose in the formillion adults were chose in nas nearly tripled since 1975 and more than 650 million adults were obese in confe Paraba server the period server the triplet about bariatric surgery. I started about bariatric surgery that has thinking perhaps this surgery that has of obesity among Europeans was an estimated 23.3%, yet effective treatment Continued on page 3



IN THIS ISSUE...

team from Singapore has leveloped a self-inflating weight nanagement capsule that could be used to treat obese patients. Called the EndoPil, the prototype capsule contains a balloon hat can be self-inflated with a nandheld magnet once it is in the stomach, thus inducing a sense of fullness.

all operation records submitted) ighlights from 2nd IFSO-EC Symposium ■ 301,423 sleeve gastrectomy procedures (47.0%) ■ 70,085 gastric banding procedures (8.4%); and 30,914 one anastomosis gastric bypass **FS** procedures (3.7%) Overall, the proportion of female patients was 77.1% European Chapter

and there was a wide variation in country-specific Following surgery, the report states that the patterns gender ratios, ranging from 43.3% female (in of post-operative stay are similar across most of the SAQIP updates BMI>25 First Delphi consensus statement on

#### revisional bariatric surgery P has released its third programme standards 1 in October 2019 **29** aspects of RBS including that this

EVENTY experts from 27 countries have published the type of surgery is technically more first consensus statement on challenging than respective primary revisional bariatric surgery (RBS) using bariatric procedures (98.5%) and that it the Delphi approach. The statement achieved consensus on a number of



hypertension medications ATIENTS with severe obesity patients prior to surge is not possible to have strict criteria for of US\$225 per month who undergo bariatric surgery cut their spending and US\$71 on hyper Continued on page 2 on diabetes medications by nearly 65 Between three to si bariatric surgery, sj percent and spending on high blood essure medications by more than medications dropr third three to six months after the and US\$80. Costs peration, according to new research medications were om Rush Medical College in Chicago US\$47 and US\$5

presented at an American Society for to each medicat Metabolic and Bariatric Surgery (ASMBS) standardised pr national clinical symposium on obesity by Drugs.com. prevention, treatment and research. "The safety he significant reduction in spending bariatric surg after surgery in such a short time led and while he esearchers to conclude that costs savings clearly the n after bariatric surgery are not dependent significant on weight loss alone. drug costs Researchers retrospectively examined improvem data from 210 patients and found World Congress of IFSO 14

**Bariatric surgery reduces** 

spending on T2DM and



**XIFS®** 

o 93.1% (in Guadeloupe). There was also a wide variation of BMI pre-surgery between different Chapter, where patients tend to stay a little longer in contributor countries, medians ranging from 36.4 kgm<sup>2</sup> hospital after their surgery. The reasons for this are not in Chile to 52.9 kgm<sup>2</sup> in Bulgaria, overall the BMI before clear from the data however, they likely to be driven by organisational issues than anything to do to with the Fobi's Corner quality of surgery. On average, patients' length-of-stay The report also noted a wide variation in the procedures performed between countries with the in hospital was 1.0 day after gastric banding, 1.9 days highest rates of sleeve gastrectomy operations were after sleeve gastrectomy, 2.1 days after Roux en Y gastr reported by Australia (a multi-centre contributor; bypass and 2.8 days after OAGB-MGB. 100% sleeve gastrectomy), Guadeloupe and Peru (both "Special credit must go to all those surgeons who l 100% sleeve gastrectomy, both represented by a single

committed their data for inclusion in this fifth repor hospital). Whereas, Canada (84.3%), Colombia (80.7%) your contribution is very much appreciated," writes Richard Welbourn in the introduction of the report and Brazil (76.6%) reported the highest proportions of intend in the future for the Registry data to becom Regarding co-morbidities prior to surgery, 23.3% of increasingly authoritative reference work as metal patients were on medication for type 2 diabetes, 41.0% and bariatric surgeons worldwide strive to increaavailability of this powerful tool to potential pati were on medication for hypertension, 16.5% were on medication for depression, 12.0% were on medication for One year after surgery, the average recorded musculo-skeletal pain, 18.9% had sleep apnoea and 25.1% percentage weight loss was 31.1% and during sar period after primary surgery 64.2% of patients ' medication for type 2 diabetes no longer need medication; this was correlated with the weig achieved. There were similar reductions in th

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Calendar of Events

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Associated with Koux-en-r gastric Dypass, une content of a society for Metabolic and Bariatric Surgery recommends that clinicians screen for alcohol use disorder before and after surgery, but offers no guidance on how to do ement in anxie and depression for LSG that screening," said senior author, Dr Wendy C King, associate professor in Pitt Public Health's Department of Epidemiology. "In the general population, the US majority of patients who had a ventive Services Task Force recommends using one a reported an improvement in of three specific alcohol screening tools. Our study anxiety and depression, according nined that two of these tools, which assess freque o a study by researchers from the and quantity of alcohol intake, are inadequate among adults who have undergone Roux-en-Y gastric bypass. Rather, specific symptoms of alcohol use disorder, such as being unable to remember or failing to meet normal Liver transplant and bariatric surgery combination has long benefit enefit atients with

ks, 'what is in a name?'

obesity and how to treat post-

operative weight regain

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expectations because of drinking, should be assessed." King and her colleagues evaluated 1,472 adults who had undergone RYGB surgery and completed alcohol screening pre - and post-surgery. The participants were enrolled in the National Institutes of Health-funded Incolled in the National Institutes of Health-funded "Roux-en-Y gastric bypass surgery results in long-terro Longitudinal Assessment of Bariatric Surgery-2 (LABS-2), weight loss, remission of obesity-related conditions Amount of weight regain after

Surgery can predict health risks macrovascular disease in health outcomes

of weight regained toutowing the maximum amount of the bariatric surgery car weight lost after bariatric surgery can help predict a patient's risk of several serious health problems, according to Anita P Courcoulas 20 percent continuing to lose weight a long-term, multi-centre study led by more than four years post-surgery. rsity of Pittsburgh Graduate School University of Pittsburgh Graduate School of Public Health researchers. The results also found that while on average study lose This indicates early detection maximum weight loss occurred, the rate loss at two years post-surgery, when they loss. This indicates early detection reached that milestone the outcor and treatment of weight regain may

"Our study can help providers



Exclusive report

from the 2nd Gor

Expert Obesit

Pective observational study of patients undergoing Ant-loss surgery at one of ten hospitals across the US. Studies have shown that following RYGB surgery. Ant-loss surgery at one of ten hospitals across the US. Studies have shown that following RYGB surgery. Ant-loss surgery at one of ten hospitals across the US. Pitt School of Medicine's Department of Surgery. Studies have shown that following RYGB surgery, People experience higher peak alcohol concentrations People experience nigner peak account concentrations and slower alcohol elimination compared to pre-surgery and peers who did not get surgery. In particular, research has shown that with a standard dose of alcohol, Peak blood alcohol content is about two times higher st-surgery than pre-surgery. That suggests that the effect of consuming four drinks on one occasion

and Macrovascular Disease Outco

severe obesity, lifestyle changes and

Obesity', in JAMA.

**OARIATRIC** 

TO THE TREATMENT OF OBESITY FOR THE HEALTHCARE PROFESSIONAL

EOPLE who undergo Roux-en-Y gastric bypass

that help physicians identify patients at high risk for

alcohol use disorder fail to work well in this population.

The analysis, 'Use Thresholds for Identifying Alcohol-

according to a long-term, multi-centre analysis led by

University of Pittsburgh Graduate School of Public

related Problems Before and Following Roux-en-Y

also found that adults who underwent RYGB surgery

steadily increased their frequency and quantity of alcohol

consumption in the seven years following their surgery.

"Given the increased risk of alcohol use disorder

Given the increased risk of alcohol use disolucit associated with Roux-en-Y gastric bypass, the American

Gastric Bypass', published in the Annals of Surgery,

(RYGB) surgery are at increased risk for alcohol-

related problems and common screening tools

Pitt School of Medicine's Department of Surgery. ever, our findings indicate that although patients steadily increase their alcohol cor ineffective at identifying those at high risk of alcohol--surgery is similar to the effect of consuming eight r someone who didn't get Roux-en-Y gastric Prior to surgery and annually for up to seven years Post-surgery, participants completed screenings for alcohol use disorder, the 10-item Alcohol Use Disorder

"Roux-en-Y gastric bypass surgery results in long-term Identification Test (AUDIT). The audit assesses past-

people with obesity and T2DM EOPLE with T2DM and severe obesity who had bariatric obesity who had bariatric surgery were 40 percent less significantly lowering those risks," said likely to have a heart attack or stroke within five years than those who had

as first occu

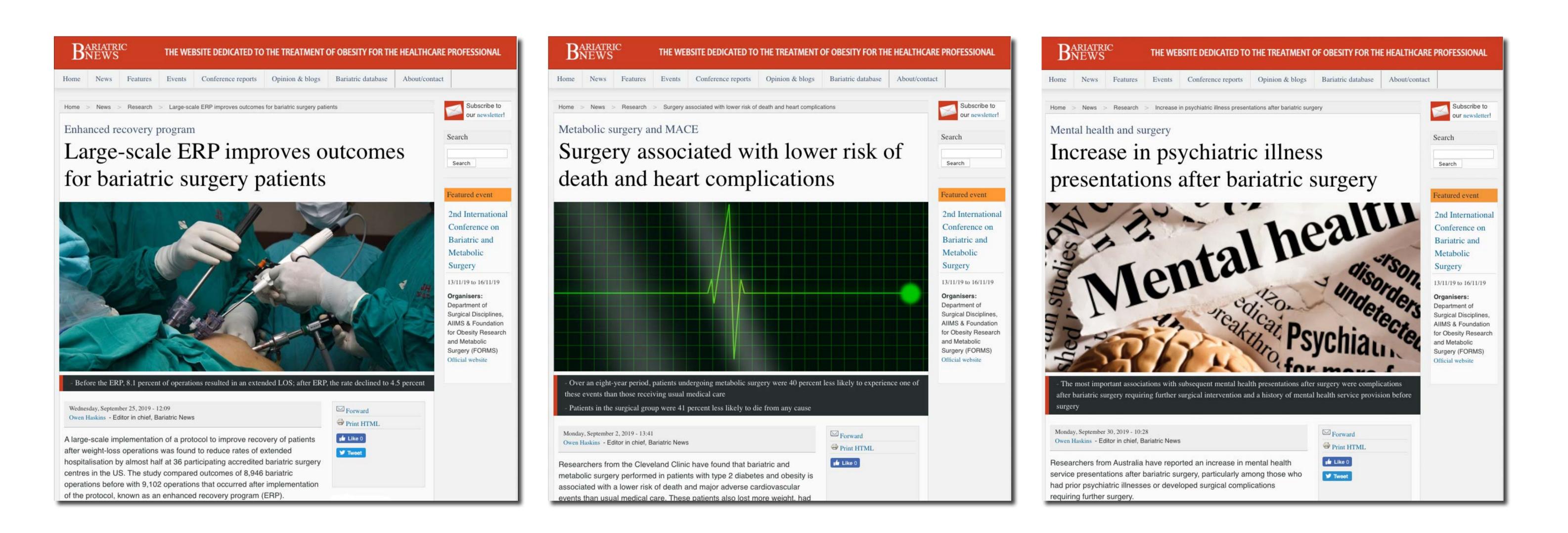
ternist and corresponding author, Dr David Arterburn, a senior investigator at usual medical care for their diabetes, Kaiser Permanente Washington Health according to a study at four systems Research Institute, "So we're excited in the Health Care Systems Research about our results, which suggest that Network. During the same period, bariatric surgery may reduce new cases those who had surgery were also more of heart attack and stroke - and risk of than one-third less likely to develop heart disease and two-thirds less likely The study, performed at Kaiser to die from any cause. The study's findings were published in the paper, anente in Washington, Northern California and Southern California and Association Between Bariatric Surgery HealthPartners Institute in Minne (the four systems in the Health Care Patients With Type 2 Diabetes and Severe Systems Research Network), ey "For most people with diabetes and

variatric surgery and incider macrovascular disease event (defined

Arrence of acute myocardial

infarction, unstable angina, percutar

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