Dr Grant Beban

Consultant Surgeon

Upper GI and HPB Unit

Auckland City Hospital

Auckland

Mr Jon Morrow

General Surgeon

Department of Bariatric Surgery

Middlemore Hospital

Friday, June 9, 2017 (Room 5)

14:00 - 14:55 WS #45: What You Need to Know re Bariatric Surgery

15:05 - 16:00 WS #57: What You Need to Know re Bariatric Surgery (Repeated)

Bariatric Surgery: What You Need to Know

Grant Beban

June 9 2017

Auckland Weight Loss Surgery

Post-op management

PO Analgesia, PPI 6 weeks

Dressings down 1 week

2 weeks off work

Diet: 2 weeks liquid (pureed)

Then soft foods

Solids at 6 weeks

Normal activities as tolerated

Auckland Weight Loss Surgery

Common post-op problems

Pain

Constipation

Dehydration

Tiredness

Vomiting

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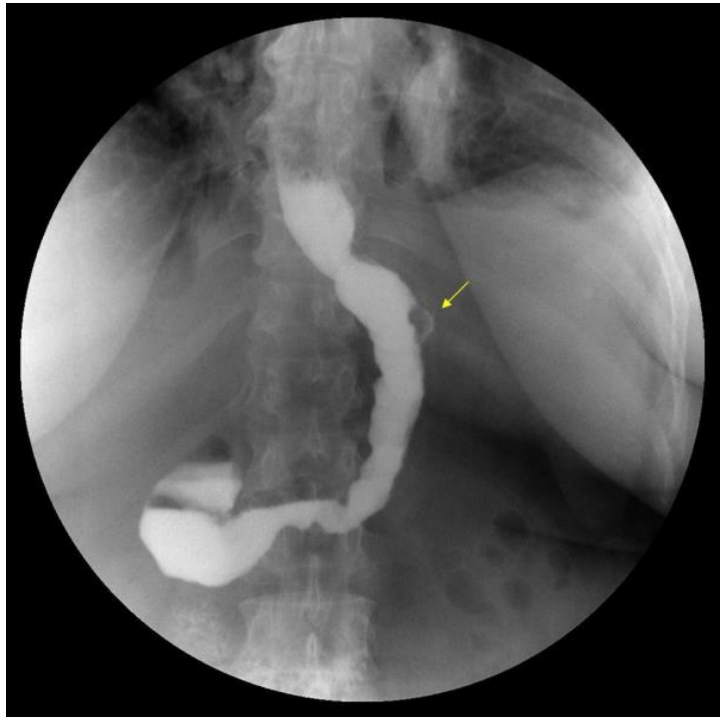
Complications

The list is long but rates are low.



<u>Mortality</u>

Rare

<u>Leak</u>

1-2%

Usually in the first 10 days

Presentation **NOT SUBTLE**

Bariatric Surgery versus Intensive Medical Therapy for Diabetes — 5-Year Outcomes N Engl J Med 2017;376:641-51.

Sleeve Gastrectomy vs Roux-en-Y Gastric Bypass. Data from IFSO-European Chapter Center of Excellence Program
Obesity Surgery April 2017, Volume 27, Issue 4, pp 847–855

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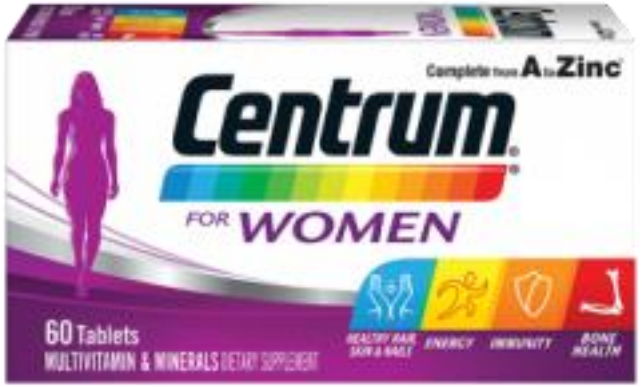
Nutritional management



High protein, low carbohydrate diet

MV starts at 1 month

Ca+Vit D: Gastric Bypass & young women

Iron supplementation & B12: PRN

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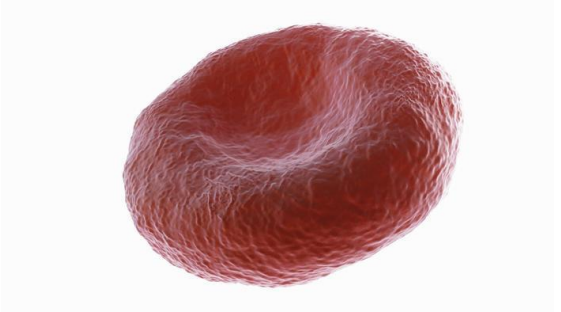
Nutritional follow up

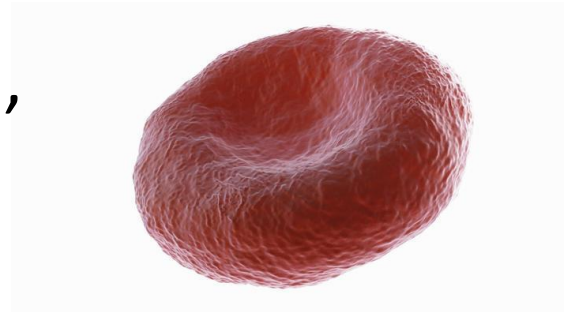


Clinical

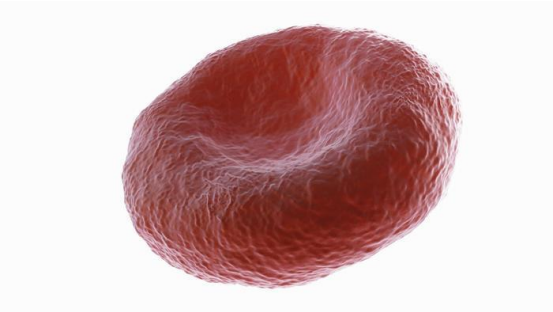
Blood tests:

FBC, U&E, LFT, Ca, Ferritin, B12, Folate, PTH,

(+/- TFT, HbA1c, Lipids, Vit D)



3 months, 6 months, annually



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Comorbidity management

Diabetes type 2

Hypertension

Hyperlipidaemia

Sleep apnoea

Osteoarthritis

GORD

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Auckland Weight Loss Surgery

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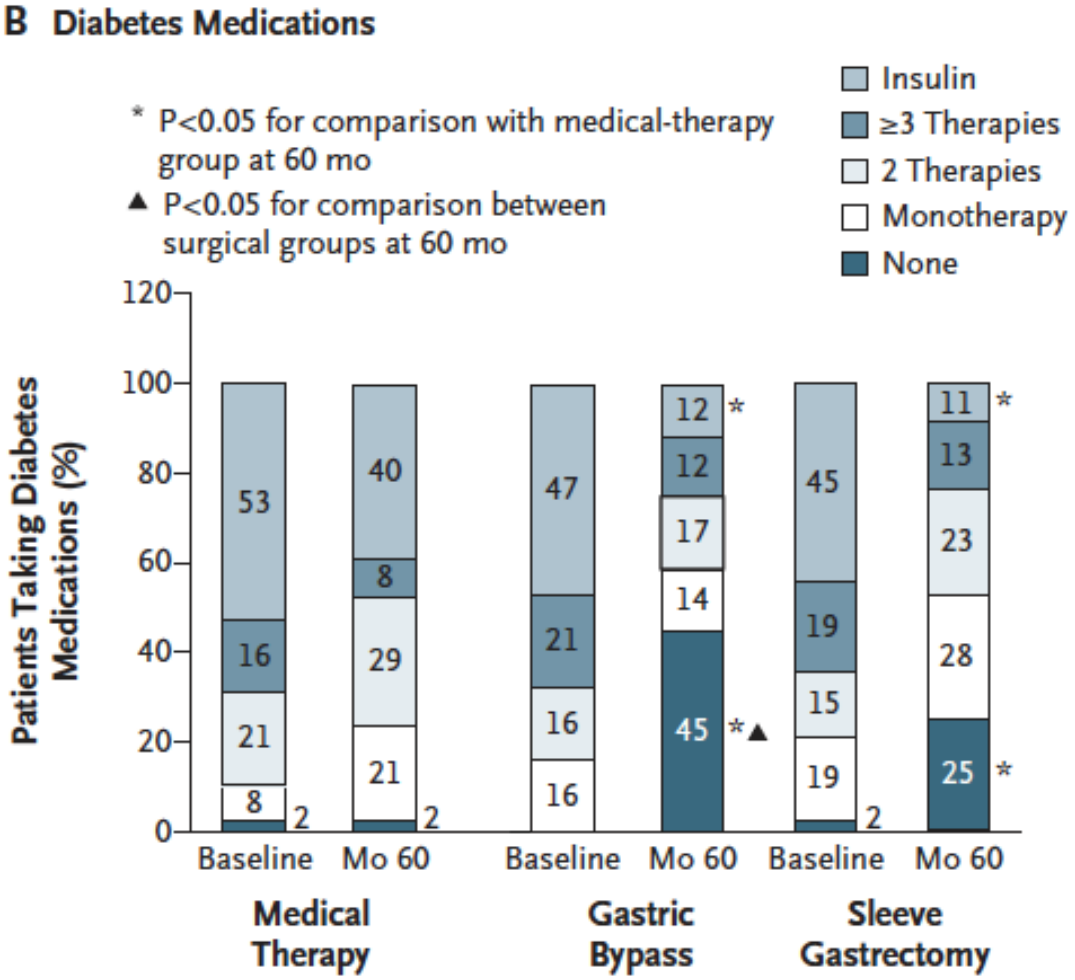

Bariatric Surgery versus Intensive Medical Therapy for Diabetes — 5-Year Outcomes N Engl J Med 2017;376:641-51.

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Reflux

Mostly in LSG

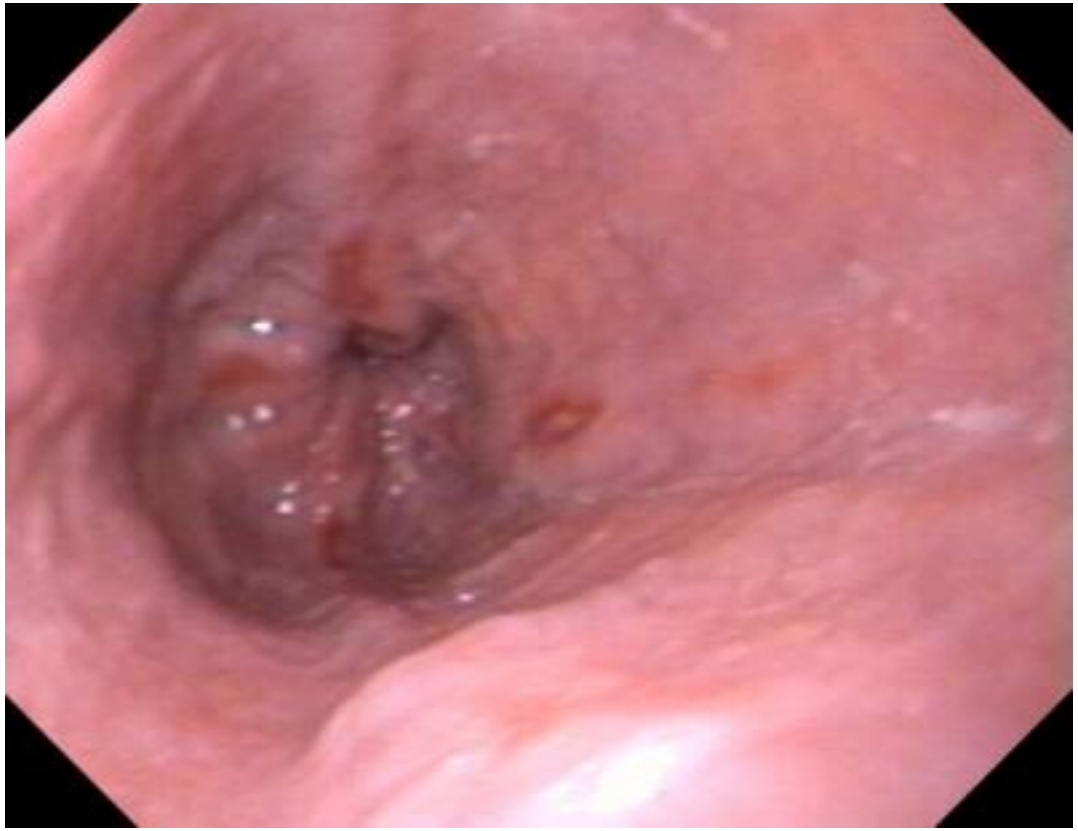
6/52 PPI

30% need more

Unpredictable

Can improve for 1 yr

Surgery in 2%



Auckland
Weight Loss
Surgery

Weight regain

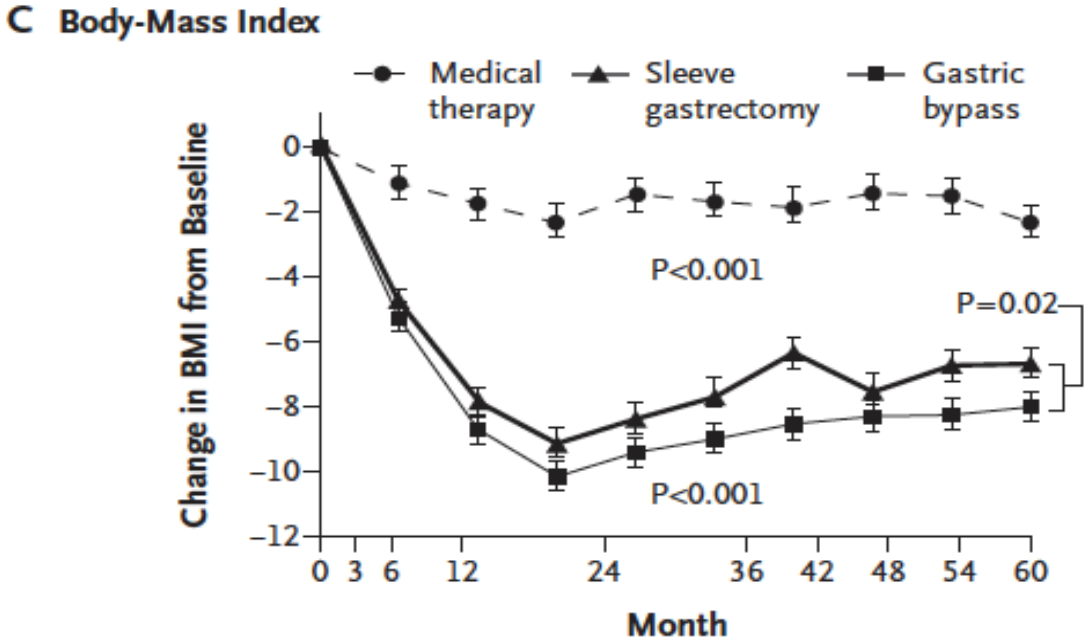
All will regain

30% significant

Dietary intervention

Exercise

Reoperation for few



Mean Value at Visit						
Medical therapy	36.4	34.1	35.0	34.8	35.1	34.0
Gastric bypass	37.0	26.9	27.4	28.2	28.6	28.9
Sleeve gastrec-tomy	36.0	26.9	27.7	28.1	28.2	29.3

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Auckland Weight Loss Surgery

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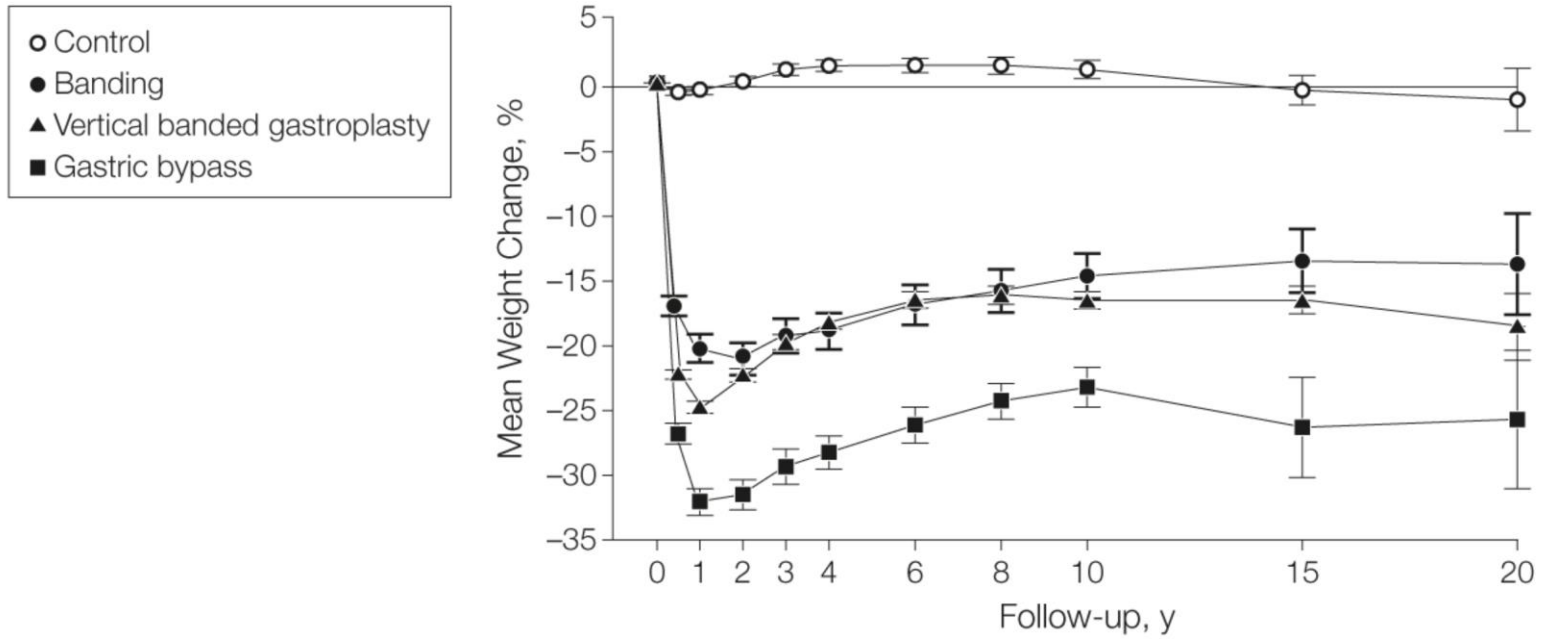

No. of patients						
Control	2037	1490	1242	1267	556	176
Banding	376	333	284	284	150	50
Vertical banded gastroplasty	1369	1086	987	1007	489	82
Gastric bypass	265	209	184	180	37	13

JAMA. 2012;307(1):56-65. doi:10.1001/jama.2011.1914

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Addiction transfer

Alcohol, nicotine, drugs, gambling, sex, shopping

Risk factors:

Pre-operative alcohol consumption

Males

Binge eating disorder

Neuro-Genetics of Reward Deficiency Syndrome (RDS) as the Root Cause of "Addiction Transfer": A New Phenomenon Common after Bariatric Surgery. J Genet Syndr Gene Ther. 2011 Dec 23;2012(1). pii: S2-001.

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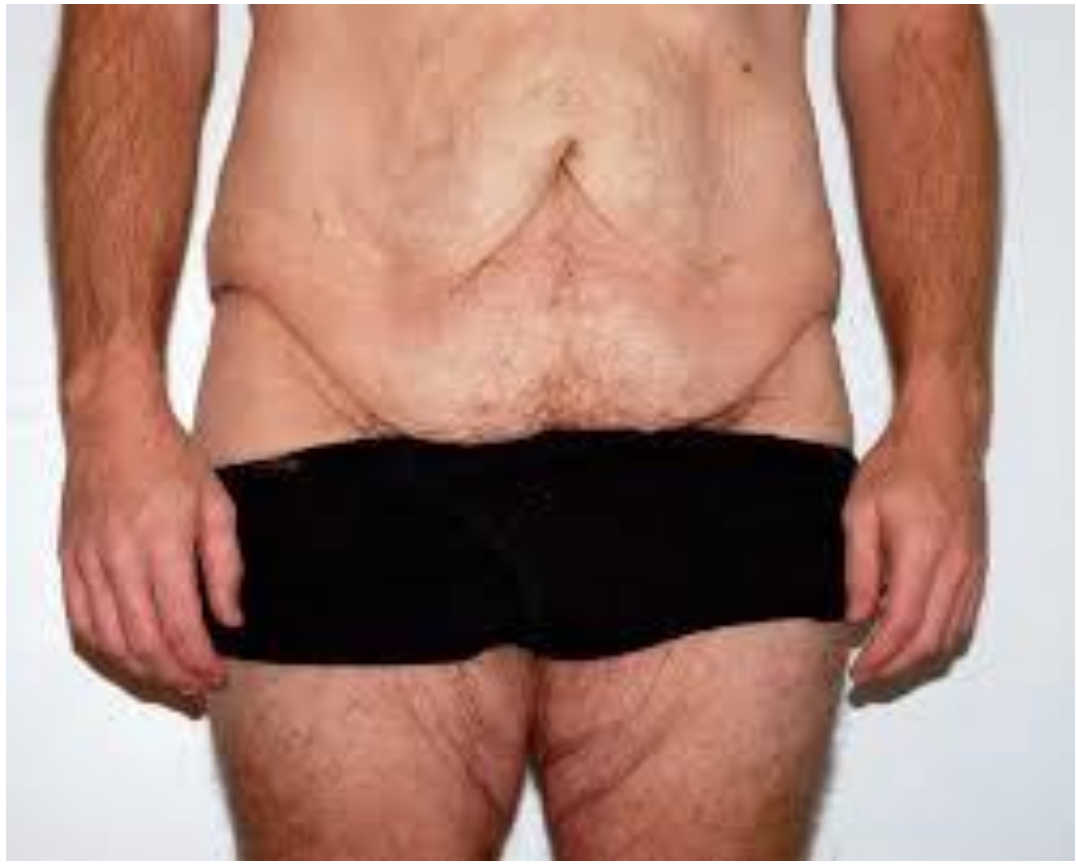
Hair loss

Loose Skin



Pregnancy

WAIT 18-24 months

Pros:

Improved fertility

?Less miscarriage

Lower GDM

Fewer LGA

Healthier children

Cons:

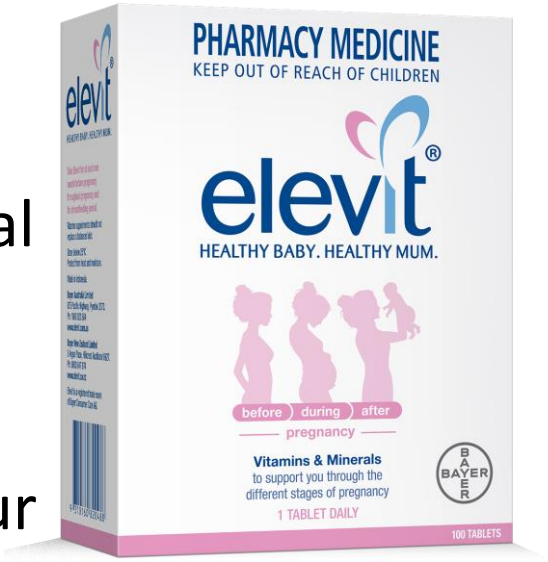
Slightly higher surgical risk

More SGA

?More preterm labour

?C-section

?stillbirth



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Pregnancy after bariatric surgery: improving outcomes for mother and child. Int J Womens Health. 2016; 8: 721–729.

Thank you