

The influence of liver reduction diet on total body weight loss in patients with diabetes mellitus prior to bariatric surgery

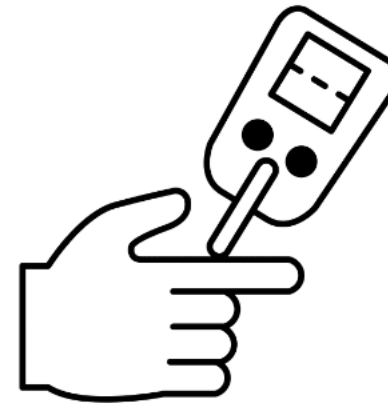
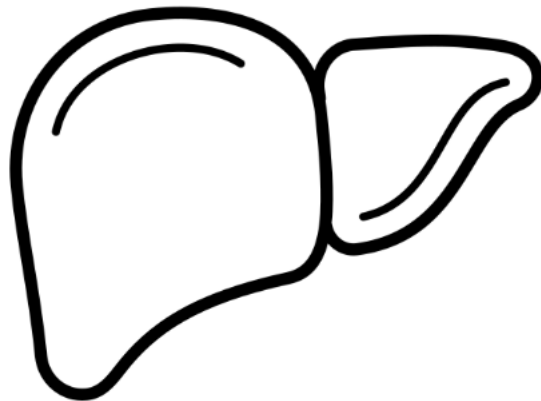
S Karim, A Rothnie, C Jarman, T Jones, S Agboro, K Shiamtanis, A Razzaq, M A Tahir, O Niaz, M Siddiqui, C Borg, M T Adil, R Kerwat, P Jambulingam, F Rashid, O Al-Taan, A Munasinghe, V Jain, D Whitelaw, R Mamidanna **A Askari***



Lewisham and Greenwich
NHS Trust



Bedfordshire Hospitals
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We have no potential conflict of interest to report

Background

- Liver Reducing Diet (LRD) commonly used leading up to Bariatric Surgery
- The diet is typically low in carbohydrate
- In patients with Diabetes Mellitus (DM II) the LRD may be particularly beneficial in reducing both liver size and lowering weight

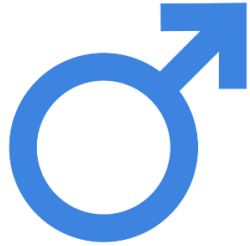
Objective & Methods

- **Objectives:** assess whether there are differences in Total Body Weight Loss (TBWL) amongst patients with DMII compared to patients without DMII
- **Methods:**
 - Two Bariatric centres in the UK (Lewisham & Luton)
 - Dec 2019 - Mar 2023
 - Variables: demographics, weight, before and after LRD
 - Diabetes status and medications
 - LRD started 2 weeks prior to Bariatric Surgery



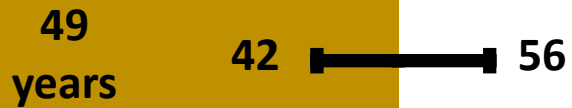
Results: n=970

Sex

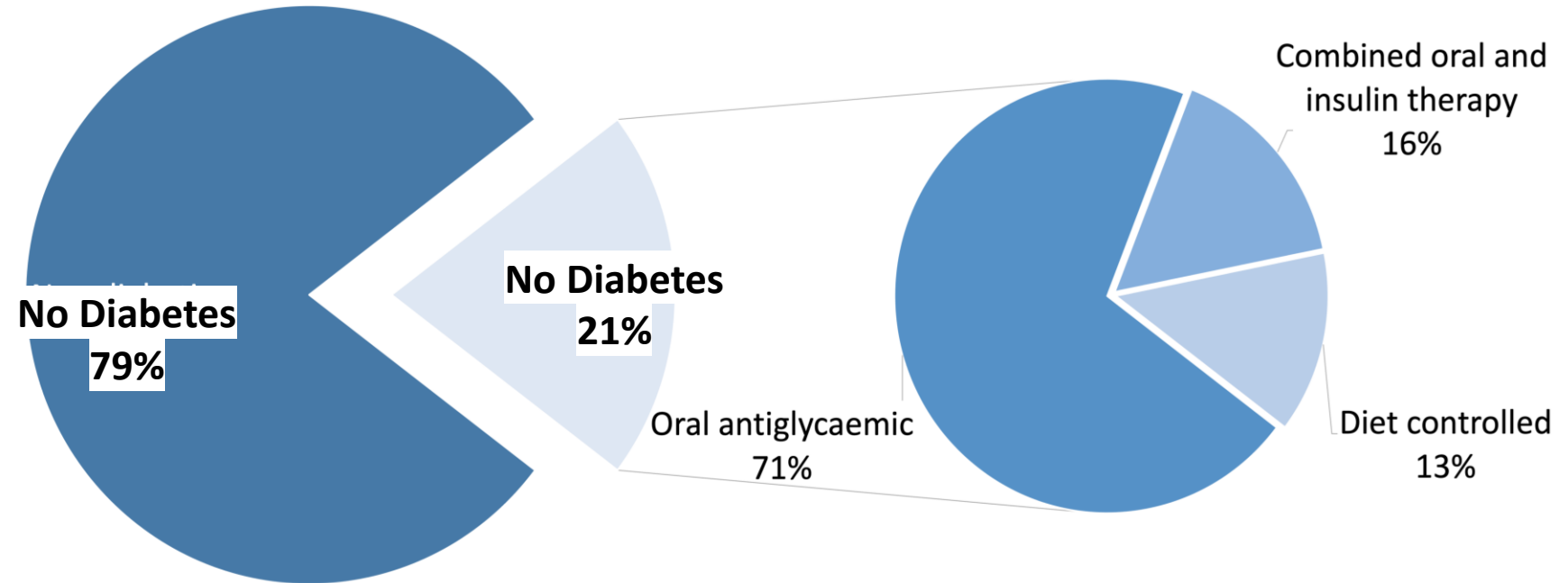


74.6%

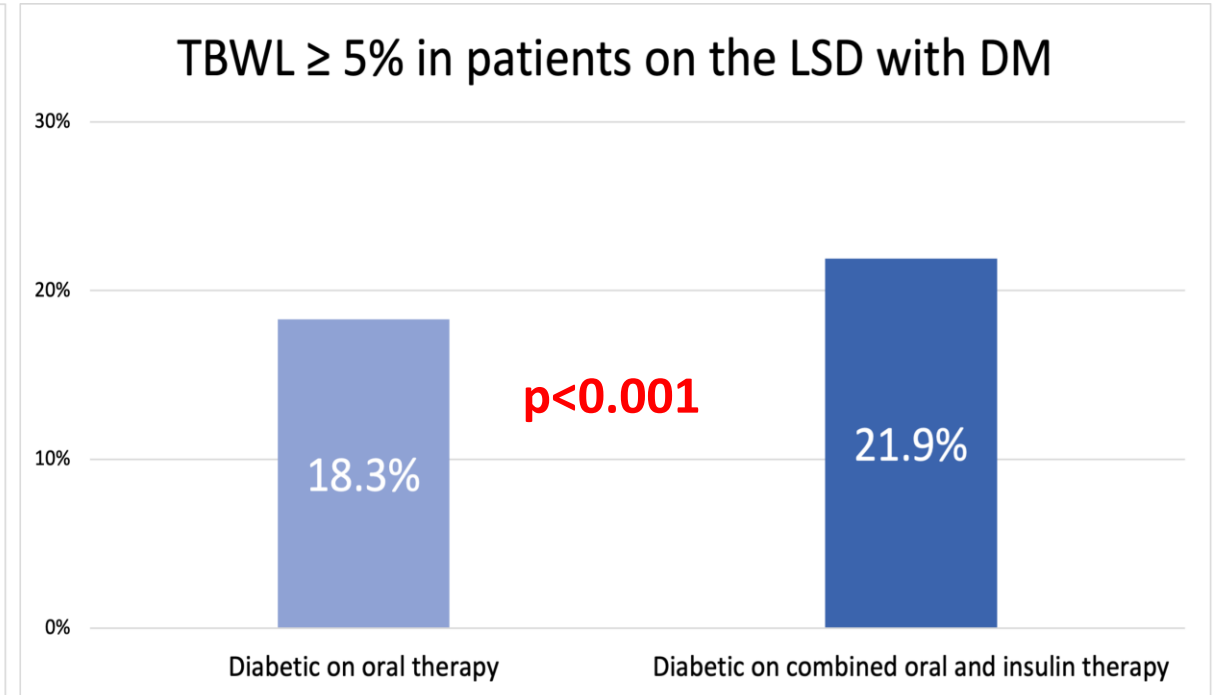
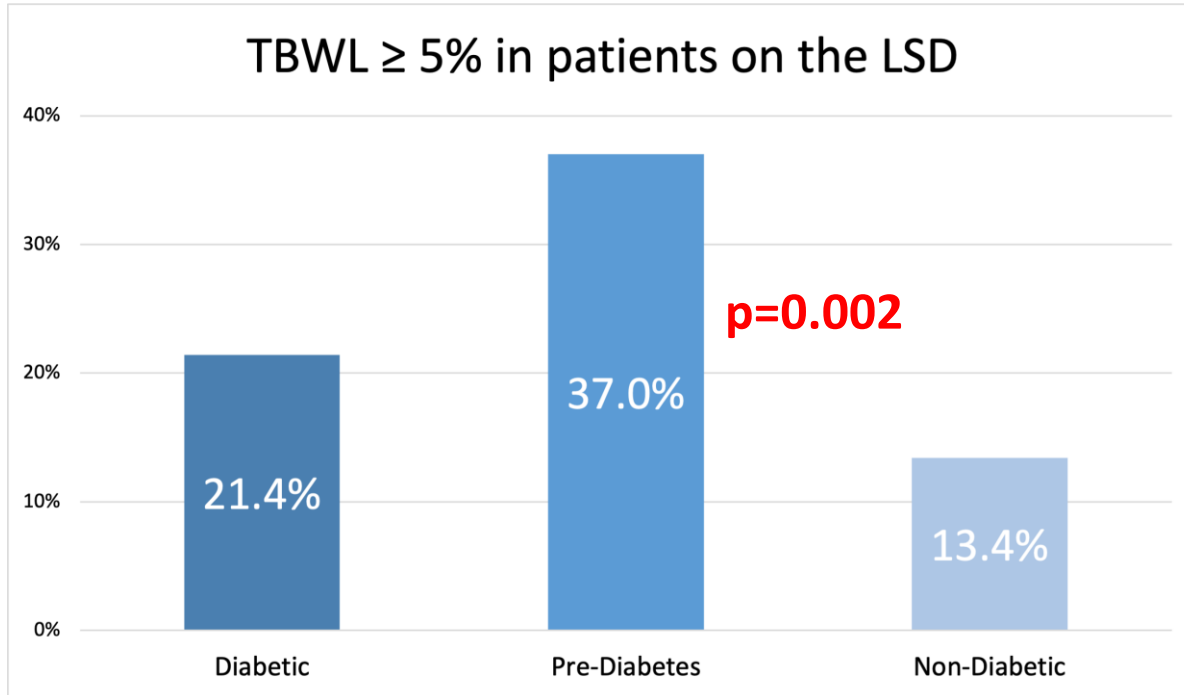
Median Age



Body Mass Index (BMI)



Total Body Weight Loss (TBWL) >5%



Conclusion

- Patients living with pre-diabetes & diabetes benefit more than non-diabetics from LSD in achieving $\geq 5\%$ TBWL
- Further research is needed to determine the underlying mechanisms and other confounding factors