

# Determinants of Total Body Weight Loss with the Liver Reducing Diet: Insights from a Multi-Centre Study

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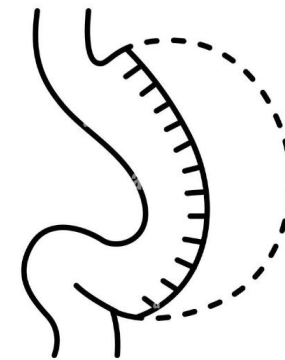
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We have no potential conflict of interest to report

# Background

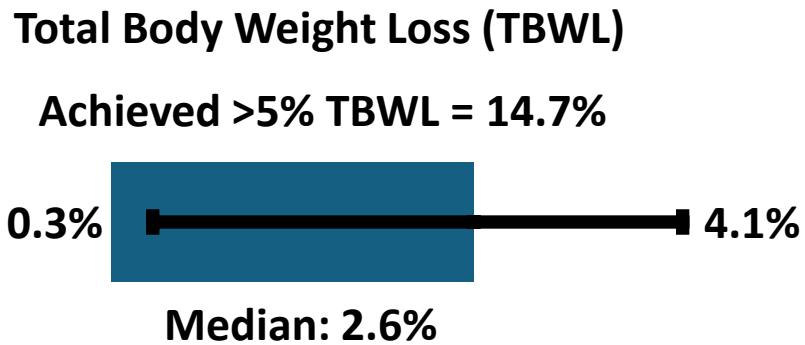
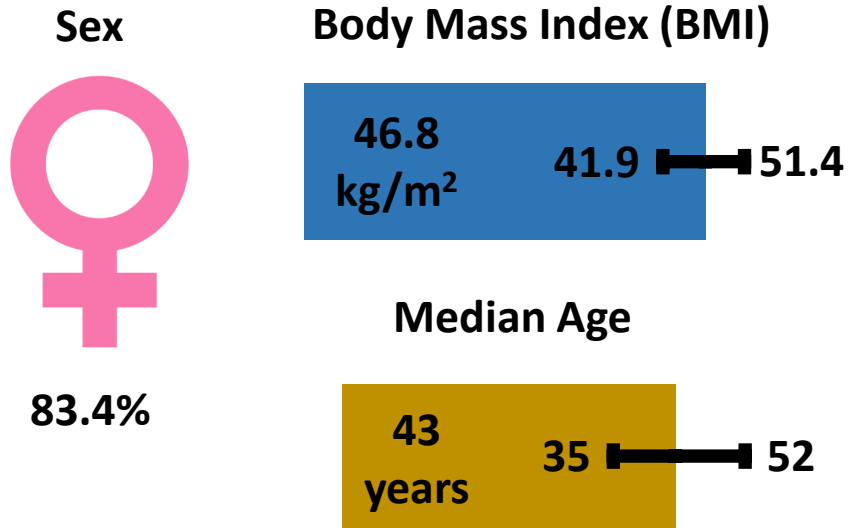
- Liver Reducing Diet (LRD) commonly used leading up to Bariatric Surgery
- Variations in existing diet protocols
- Reduces liver size and hepatic fat content, assists with weight loss
- Reduces operative risks and increases feasibility of Bariatric Surgery
- 5% Total Body Weight Loss (TBWL) is deemed a 'successful' diet

# Objective & Methods

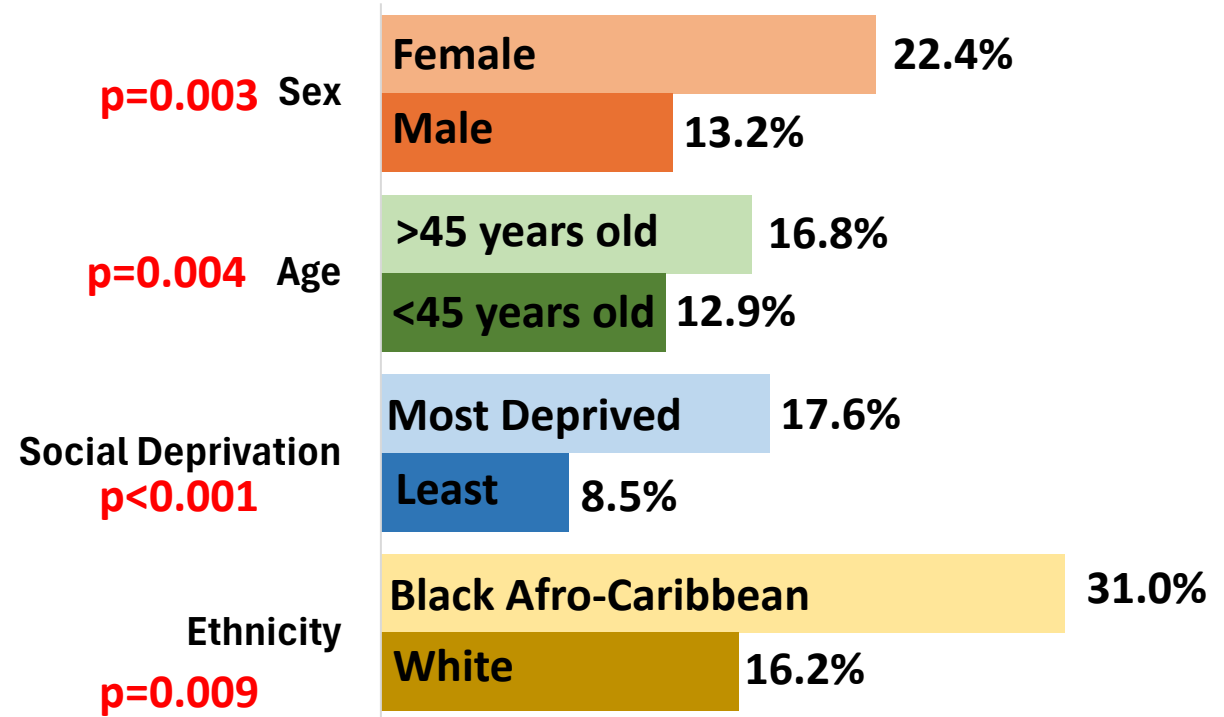
- **Objectives:** assess weight loss variability during the LRD and identify demographic and clinical factors associated with achieving
- **Methods:**
  - Two Bariatric centres in the UK (Lewisham & Luton)
  - Dec 2019 - Mar 2023
  - Variables: demographics, weight, before and after LRD
  - LRD started 2 weeks prior to Bariatric Surgery



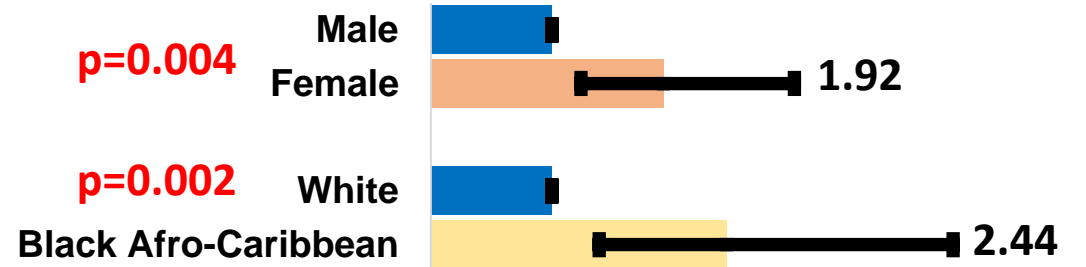
# Results: n=970



## Attainment >5% TBWL on LRD



## Multivariable (Adjusted - Odds Ratio)



# Conclusion

- TBWL on Liver Reducing Diet highly variable
- Low rate of TBWL (median = 2.6%)
- Only 14.7% achieved 5% or more TBWL
- Differences in patient groups
- Females, Black Afro-Caribbeans, Socially Deprived MORE likely to attain >5% TBWL
- Identifying reasons for this outcome can help stratify patient groups and ultimately permit 'customised' LRD programs