

CLASS IV OBESITY: AN OVERVIEW OF A NEW REALITY

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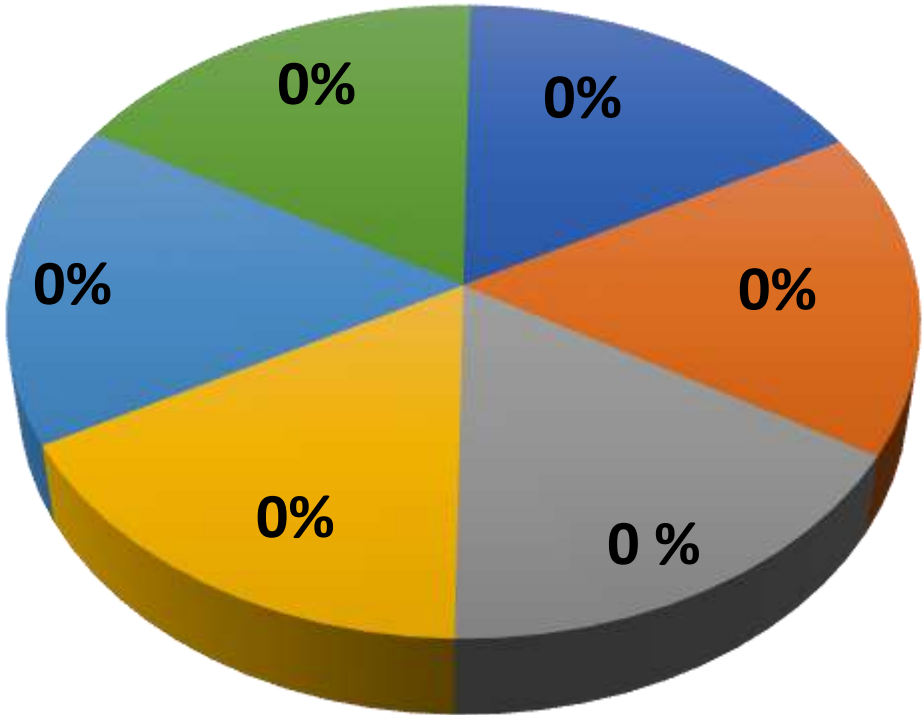


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CASE MIX DISCLOSURE



- RYGB
- SG
- OAGB
- DS/SADI-S
- REVISIONAL
- ENDOSCOPIC

BACKGROUND

- Bariatric and metabolic surgery (BMS) is an established safe, effective, and durable treatment for obesity and its complications.
- Increasing number of people diagnosed with severe obesity, especially those with class IV obesity (body mass index (BMI) $\geq 50\text{kg}/\text{m}^2$).
- Increased risk of dying from cancer, heart disease, hypertension, and diabetes. Some studies report that BMI $\geq 40\text{kg}/\text{m}^2$ can shorten till 10 years of someone life expectancy.

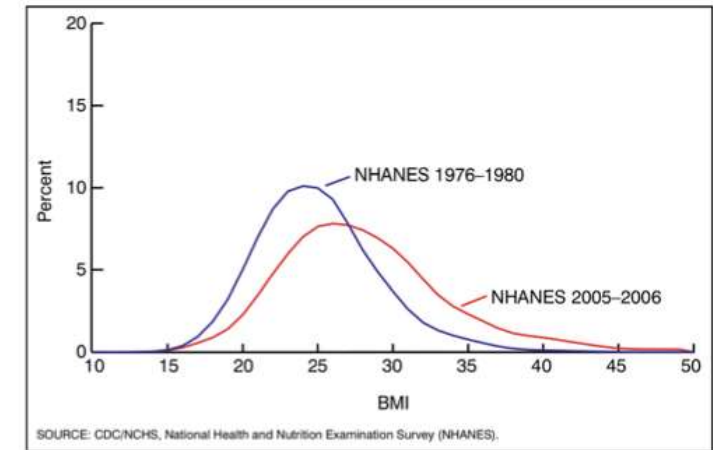


FIGURE 3 Changes in the distribution of body mass index (BMI) between 1976-1980 and 2005-2006, adults aged 20 to 74 years: United States.⁶³ Data are age adjusted by the direct method to the year US Census 2000 estimates using age groups 20 to 39, 40 to 59, and 60 to 74. Overweight is BMI of 25.0 to 29.9 kg/m²; obesity is BMI at or above 30.0 kg/m²; and severe obesity is BMI at or above 40.0 kg/m². Pregnant women are excluded from the analysis. Sources: NCHS, National Health Examination Survey, and National Health and Nutrition Examination Surveys

Williamson K, Nimegeer A, Lean M. Rising prevalence of BMI $\geq 40\text{ kg}/\text{m}^2$: A high-demand epidemic needing better documentation. *Obes Rev.* 2020 Apr;21(4):e12986. doi: 10.1111/obr.12986. Epub 2020 Feb 4. PMID: 32017386; PMCID: PMC7078951.

OBJECTIVE AND METHODS

- This study aimed to evaluate the treatment given to class IV obesity patients as well as the outcomes of BMS in weight loss in those patients.



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- Retrospectively collected records
- Portuguese tertiary Hospital data records
- Patients with a BMI ≥ 50 kg/m²
- Undergoing surgery between January 2018 and June 2022.

RESULTS



- 27 patients with BMI ≥ 50 kg/m²
- 17 (63%) were women
- All of them (100%) accomplished at least one year of diet
- 25.9% had pharmacological treatment of obesity
- Median BMI was 56.8 kg/m² (50.1-66.4)

RESULTS



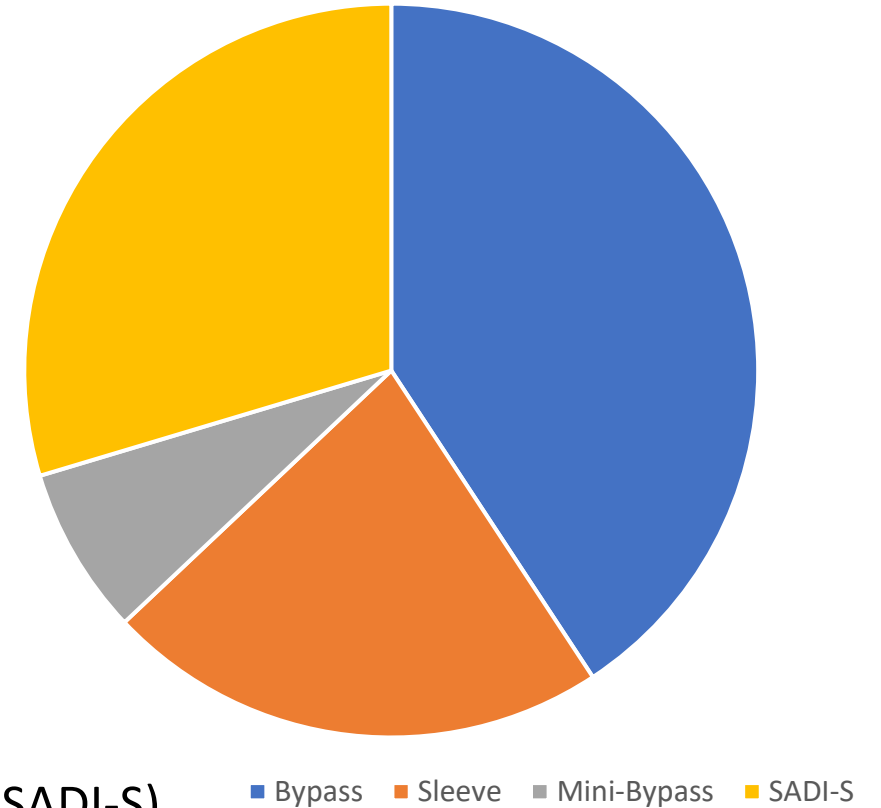
11 (40.7%) Roux-en-Y gastric bypass

6 (22.2%) sleeve gastrectomy

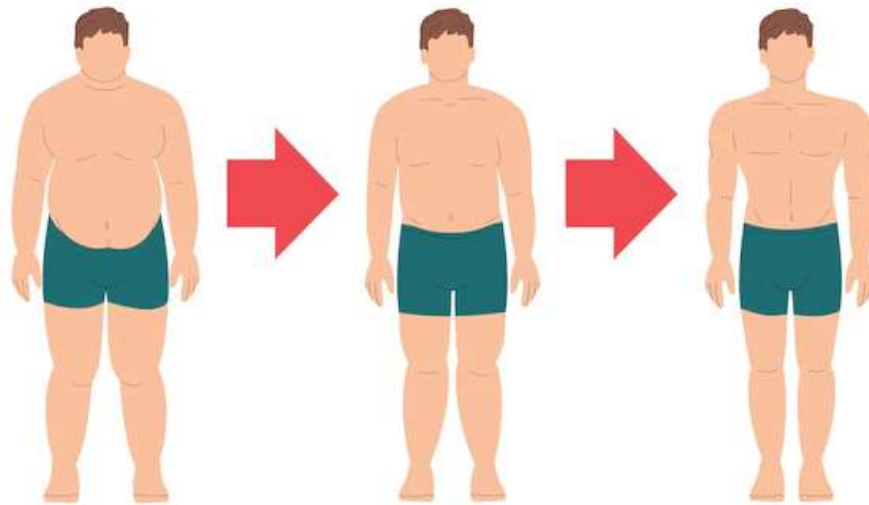
2 (7.4%) mini-bypass

8 (29.6%) single-anastomosis duodeno-ileal (SADI-S)

All of them were laparoscopic without the need to convert



RESULTS



The median of excessive weight loss (EWL)

1 month: **24.6%** (9.2-57.7%)

6 months: **56.1%** (40.3-87.5%)

1 year: **73.4%** (55.1-109.8%)

CONCLUSION

- Traditional BMS are applicable even in patients with class IV obesity with good results.
- More studies are needed to compare different approaches on weight loss and improvement in comorbidities.

