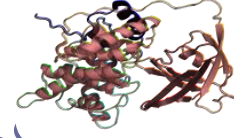
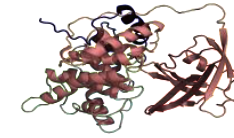
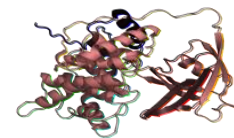
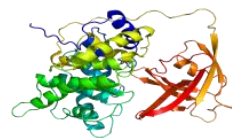
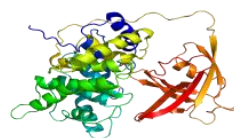
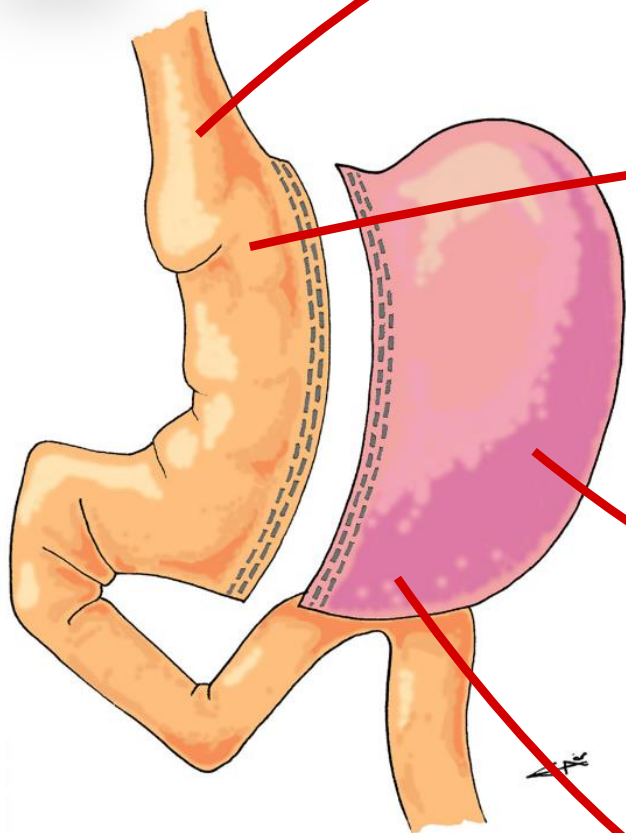
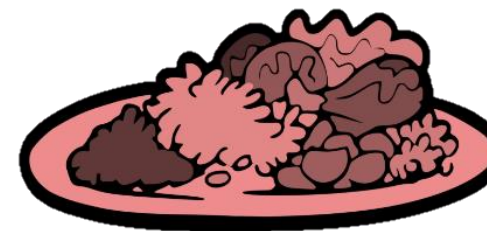
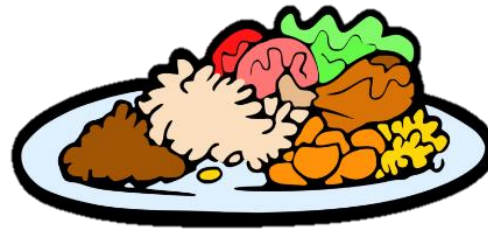
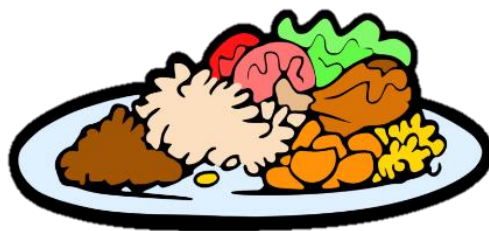




The necessity for long term multivitamin use after Sleeve Gastrectomy

Dr Edo Aarts *MD, PhD*



Test Preoperatively

Hb

Albumin

Zn

Folic Acid

(Glucose)

MCV

Calcium

Fe

Vit B12

(HbA1c)

K

PTH

(Vit B1)

(Cholesterol)

Na

Vit D

(Liver function)

Ur

(Mg)

Kr

Blood Type



The development of WLS Optimum

Results of the VITAAL I study



The True Story on Deficiencies After Sleeve Gastrectomy: Results of a Double-Blind RCT

Laura Heusschen, Wendy Schijns, Nadine Ploeger, Laura Deden, Eric Hazebroek, Frits Berends, Edo Aarts

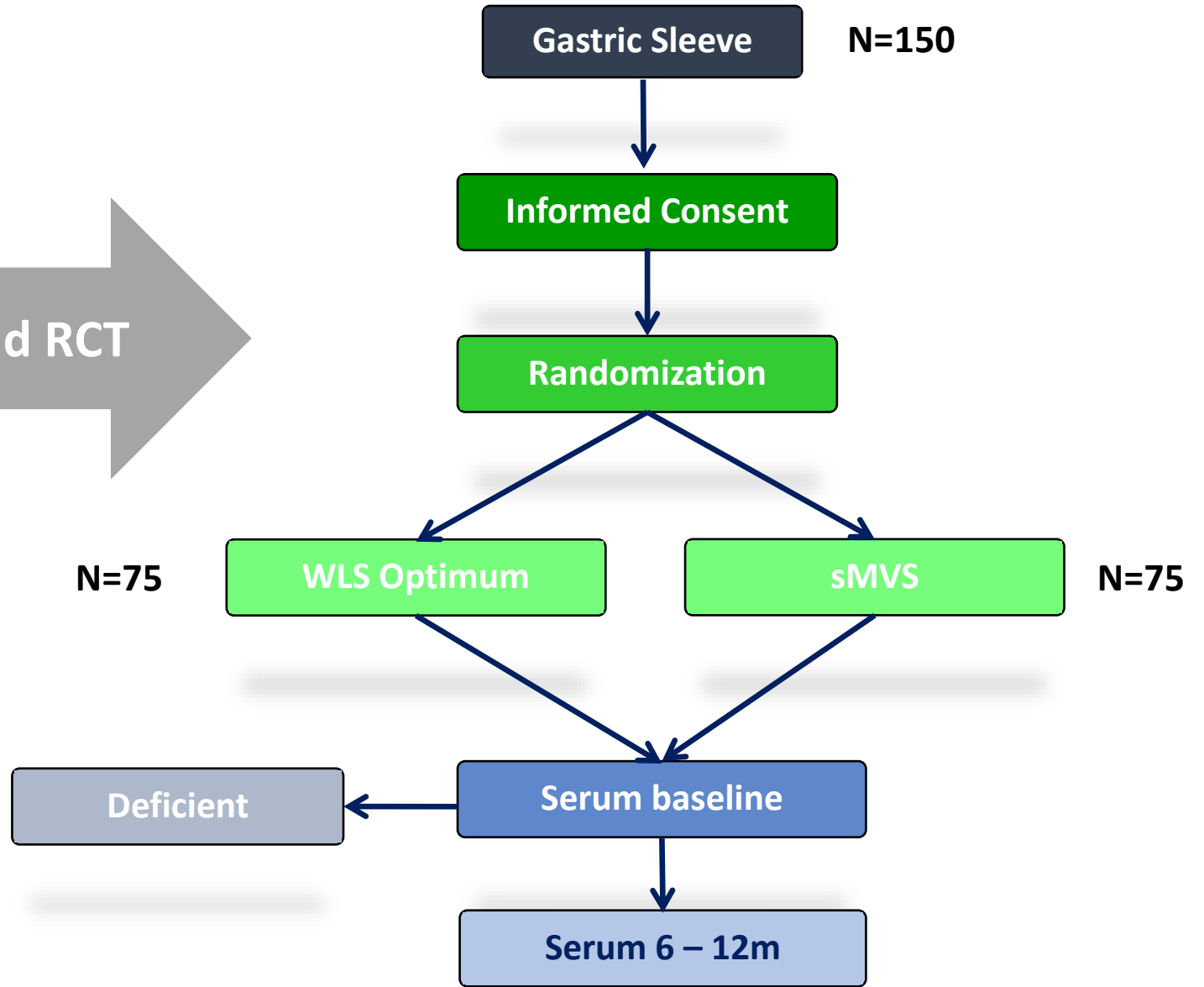
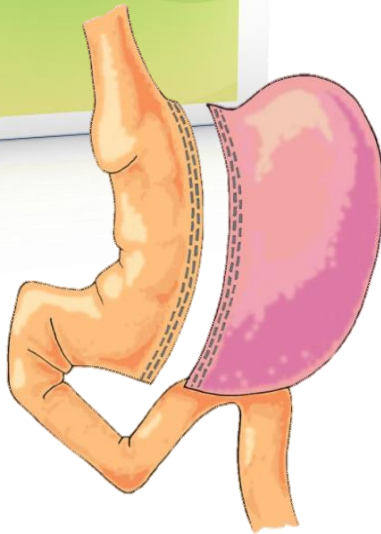


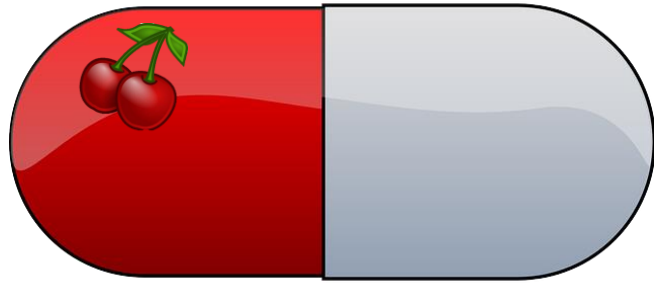
Online: 27 November 2019

OBESITY SURGERY

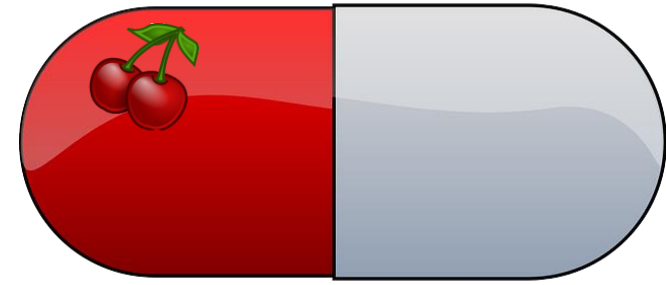
The Journal of Metabolic Surgery and Allied Care

Volume 30, Number 4





sMVS



WLS Optimum

18%

16%

3%



Anemia
PTH
Folic acid



3%

6%

15%





Do specialized multivitamins lower deficiencies?

A retrospective analysis





Do specialized bariatric multivitamins lower deficiencies after Sleeve Gastrectomy?

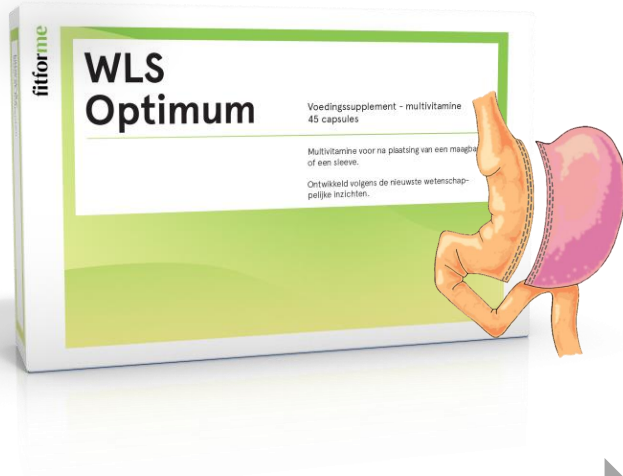
Marieke Smelt, Saskia van Loon, Sjaak Pouwels, Arjen-Kars Boer, Frans Smulders, Edo Aarts



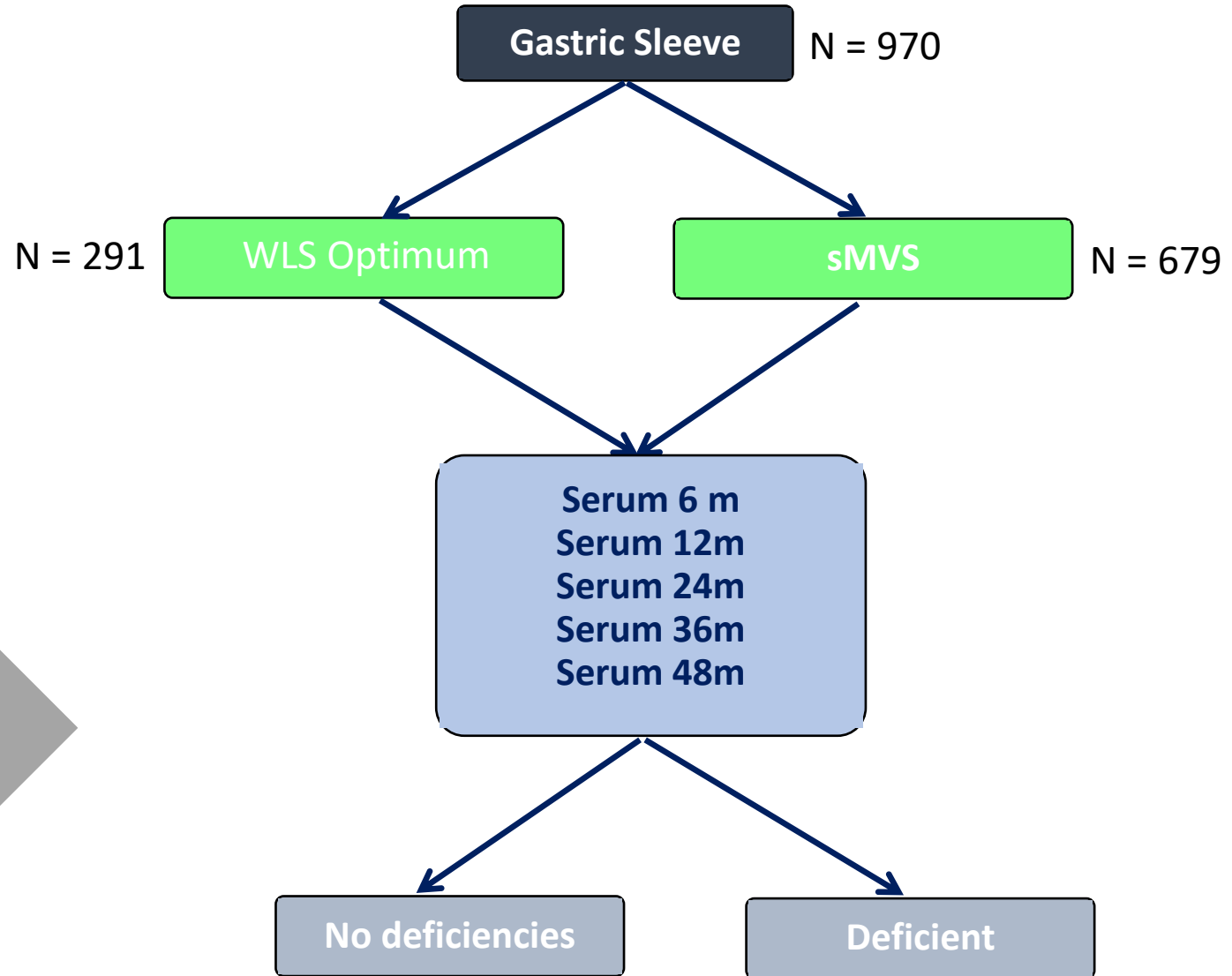
Online: 20 november 2019

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The Journal of Metabolic Surgery and Allied Care

Volume 30, number 2

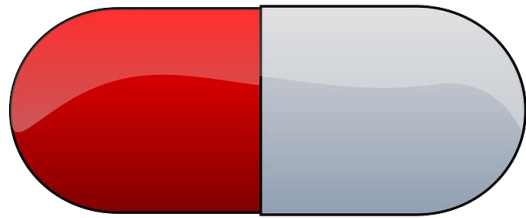


Retrospective study

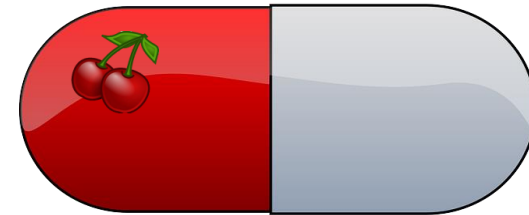




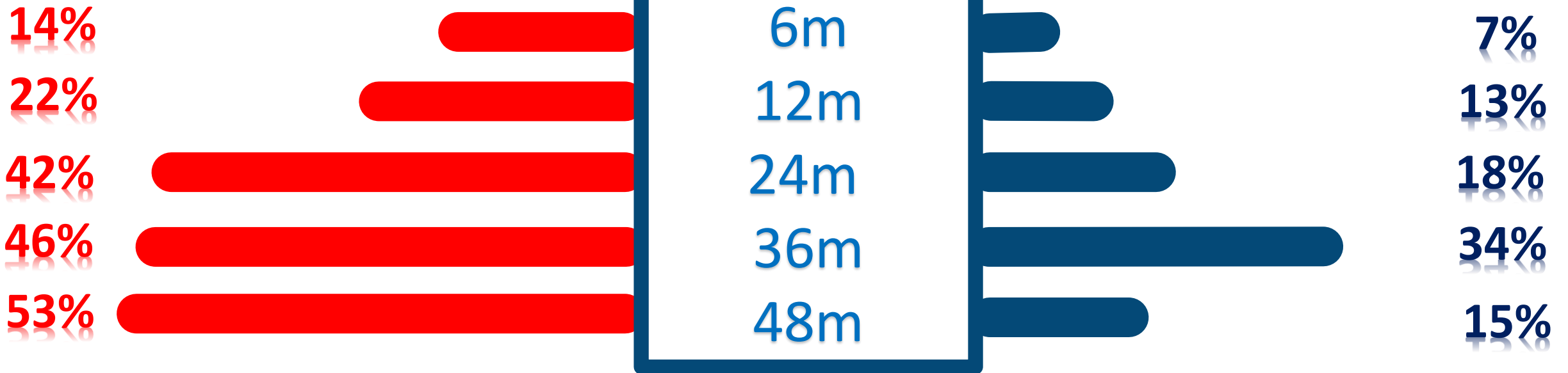
Total patients with deficiencies de novo

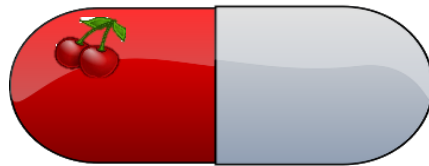
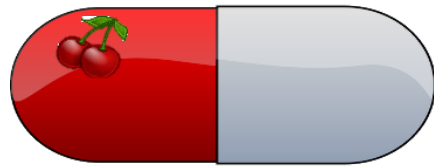


sMVS



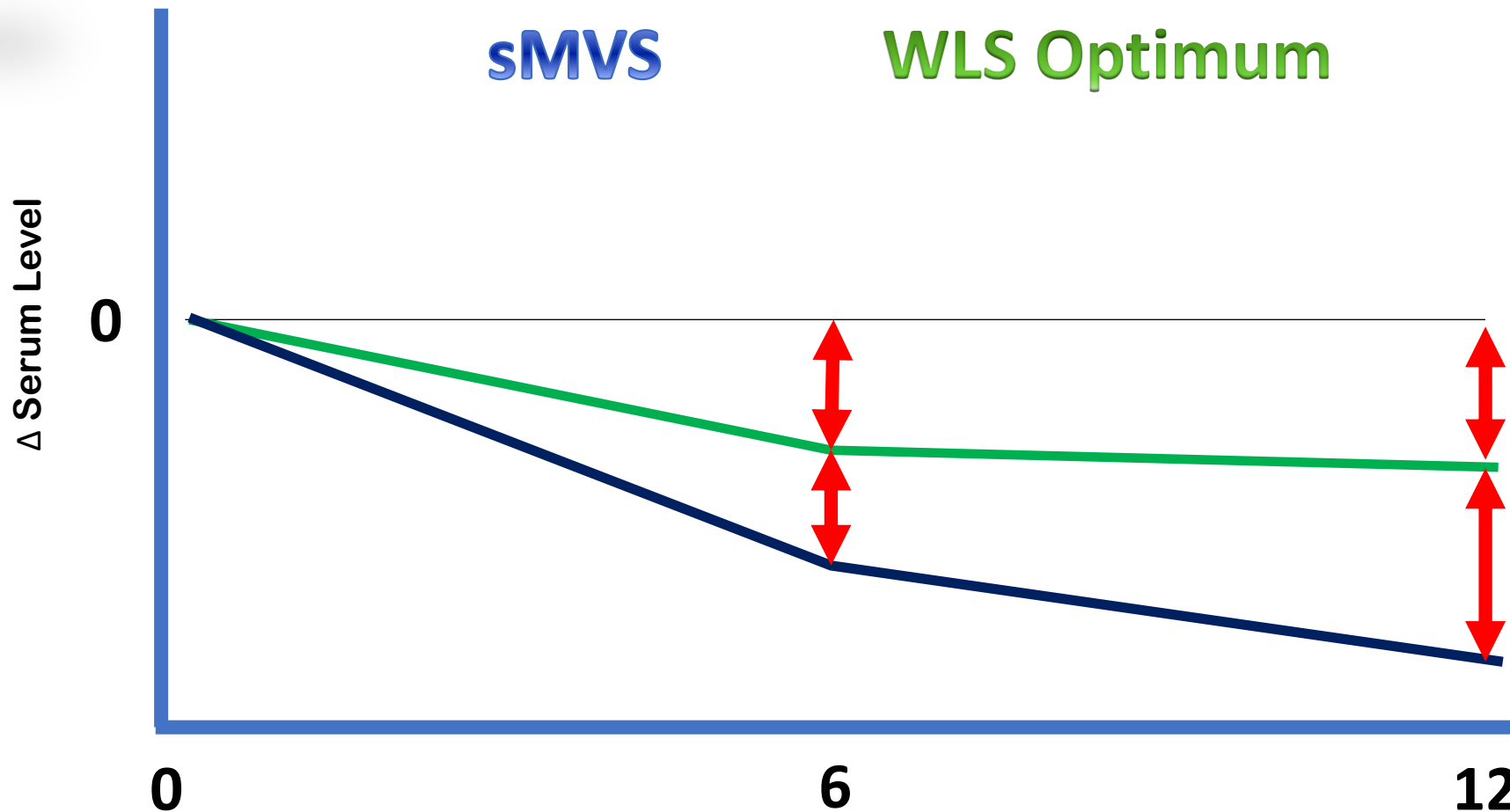
WLS Optimum





sMVS

WLS Optimum



Obesity Surgery (2019) 29:160-1643
<https://doi.org/10.1007/s11695-019-03750-6>

ORIGINAL CONTRIBUTIONS

Adequate Multivitamin Supplementation after Roux-En-Y Gastric Bypass Results in a Decrease of National Health Care Costs: a Cost-Effectiveness Analysis

Jens Homan¹ · Wendy Schijns¹ · Ignace M. C. Janssen¹ · Frits J. Berends¹ · Edo O. Aarts¹

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OPEN

Optimization of Vitamin Suppletion After Roux-En-Y Gastric Bypass Surgery Can Lower Postoperative Deficiencies

A Randomized Controlled Trial

Kemal Dogan, MD, Edo O. Aarts, MD, PhD, Parvaz Koehestanie, MD, Bark Betzel, MD, Nadine Ploeger, MNP, and Hans de Boer, MD, PhD and Theo J. Afsjarcker, MD, PhD, Kees J.H.M. van Laarhoven, MD, PhD, Ignace M.C. Janssen, MD, and Frits J. Berends, MD, PhD

Original Research Communications

An optimized multivitamin supplement lowers the number of vitamin and mineral deficiencies three years after Roux-en-Y gastric bypass: a cohort study

Jens Homan, M.D., Wendy Schijns, M.D., Edo O. Aarts, M.D., Ph.D., Coes J.H.M. van Laarhoven, M.D., Ph.D., Ignace M.C. Janssen, M.D., Frits J. Berends, M.D., Ph.D.

Original Research Communications

Efficacy of oral compared with intramuscular vitamin B-12 supplementation after Roux-en-Y gastric bypass: a randomized controlled trial

Wendy Schijns, Jens Homan, Leah van der Meer, Ignace M. Janssen, Coes J van Laarhoven, Frits J Berends, and Edo O. Aarts

Obesity Surgery (2019) 29:160-1744
<https://doi.org/10.1007/s11695-017-3088-5>

ORIGINAL CONTRIBUTIONS

Changes in Iron Absorption After Roux-en-Y Gastric Bypass

Wendy Schijns¹ · Marjolijn A. P. Ligthart¹ · Frits J. Berends¹ · Ignace M. C. Janssen¹ · Coes J.H. M. van Laarhoven² · Edo O. Aarts¹ · Hans de Boer³

Obesity Surgery (2019) 29:160-1643
<https://doi.org/10.1007/s11695-019-04252-1>

ORIGINAL CONTRIBUTIONS

The True Story on Deficiencies After Sleeve Gastrectomy: Results of a Double-Blind RCT

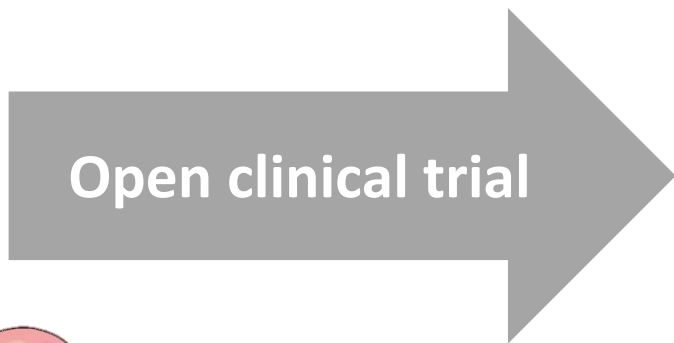
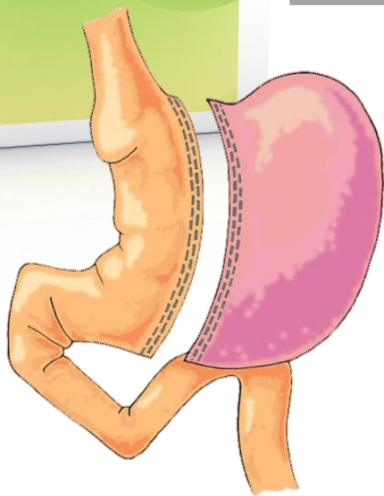
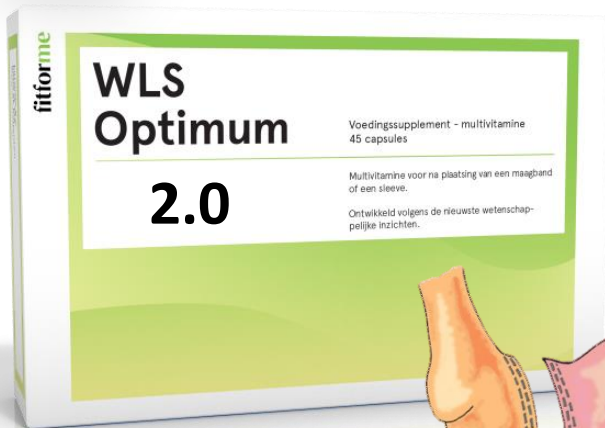
Laura Heusschen^{1,2} · Wendy Schijns¹ · Nadine Ploeger¹ · Laura N. Deden¹ · Eric J. Hazebroek¹ · Frits J. Berends¹ · Edo O. Aarts¹



The development of WLS Optimum

Results of the VITAAL II study





Deficient

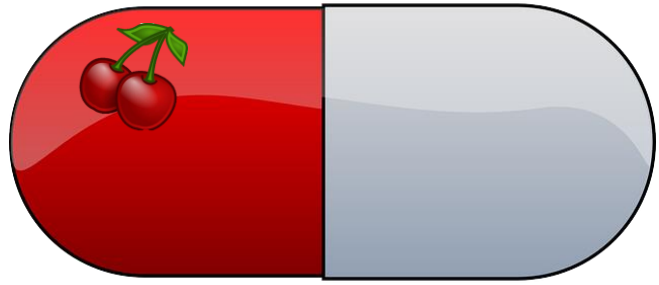
Gastric Sleeve N=75

Informed Consent

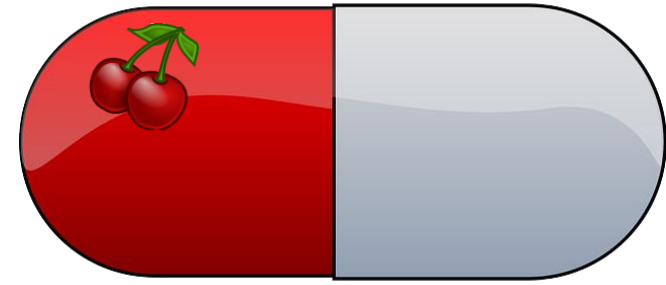
WLS Optimum N=75

Serum baseline

Serum 6 – 12m



WLS Optimum 1.0



WLS Optimum 2.0

25%



Vitamin B12



11%

24%



Phosphate

0%



Pre-operative status
A Sleeve is serious surgery
Absorption alternations
Multivitamin compliance
Number 1 complication!



Thanks for listening

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13th Congress of the International Federation for the Surgery of Obesity (IFSO) European Chapter

15-17 May 2025 | Venice, Italy



*See you
in Venice!*

[IFSO-EC2025.COM](https://ifso-ec2025.com)

XXVII Ifso World Congress



Melbourne 2024