

IFSO Melbourne 2024

Edo Aarts





Fact or Fiction?

The text "Fact or Fiction?" is rendered in a bold, blue, sans-serif font. Each letter is filled with a photograph of a cityscape, featuring tall buildings and a clear blue sky with some clouds. The letters are outlined in a dark blue color. The word "Fact" is on the left, followed by "or" in the middle, and "Fiction?" on the right.

Fact or Fiction?

Correcting nutritional deficiencies
prior to MBS results in better
postop patient outcomes



Edo Aarts, MD, PhD



ETHICON

Medtronic



fitforme

dockx



WEIGHTWORKS

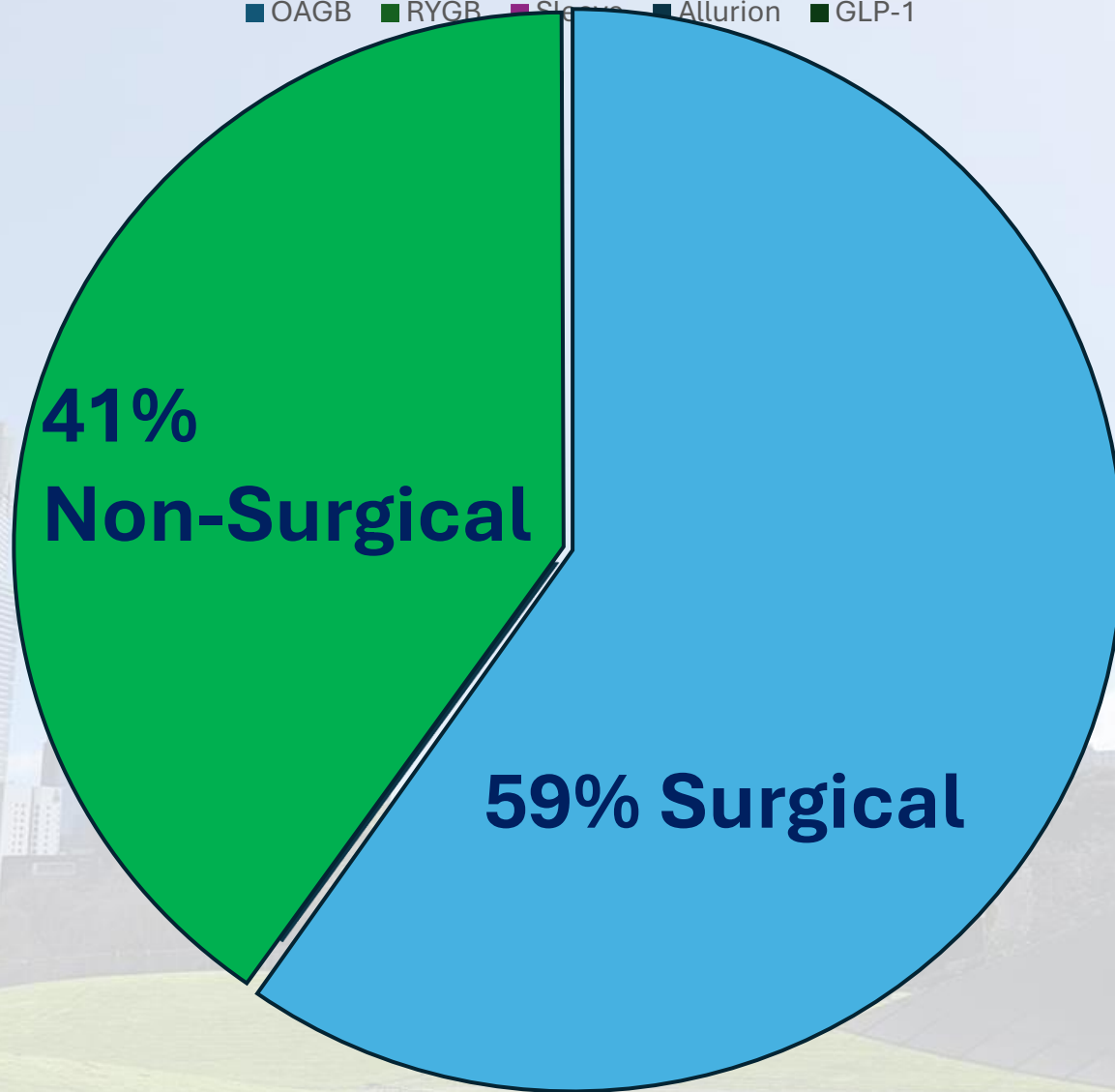
specialist in maagverkleiningen

Allurion

KLINIEK



■ OAGB ■ RYGB ■ Sleeve ■ Allurion ■ GLP-1



2023

N= 1986

MBS= 1180

Balloon/GLP-1 = 806

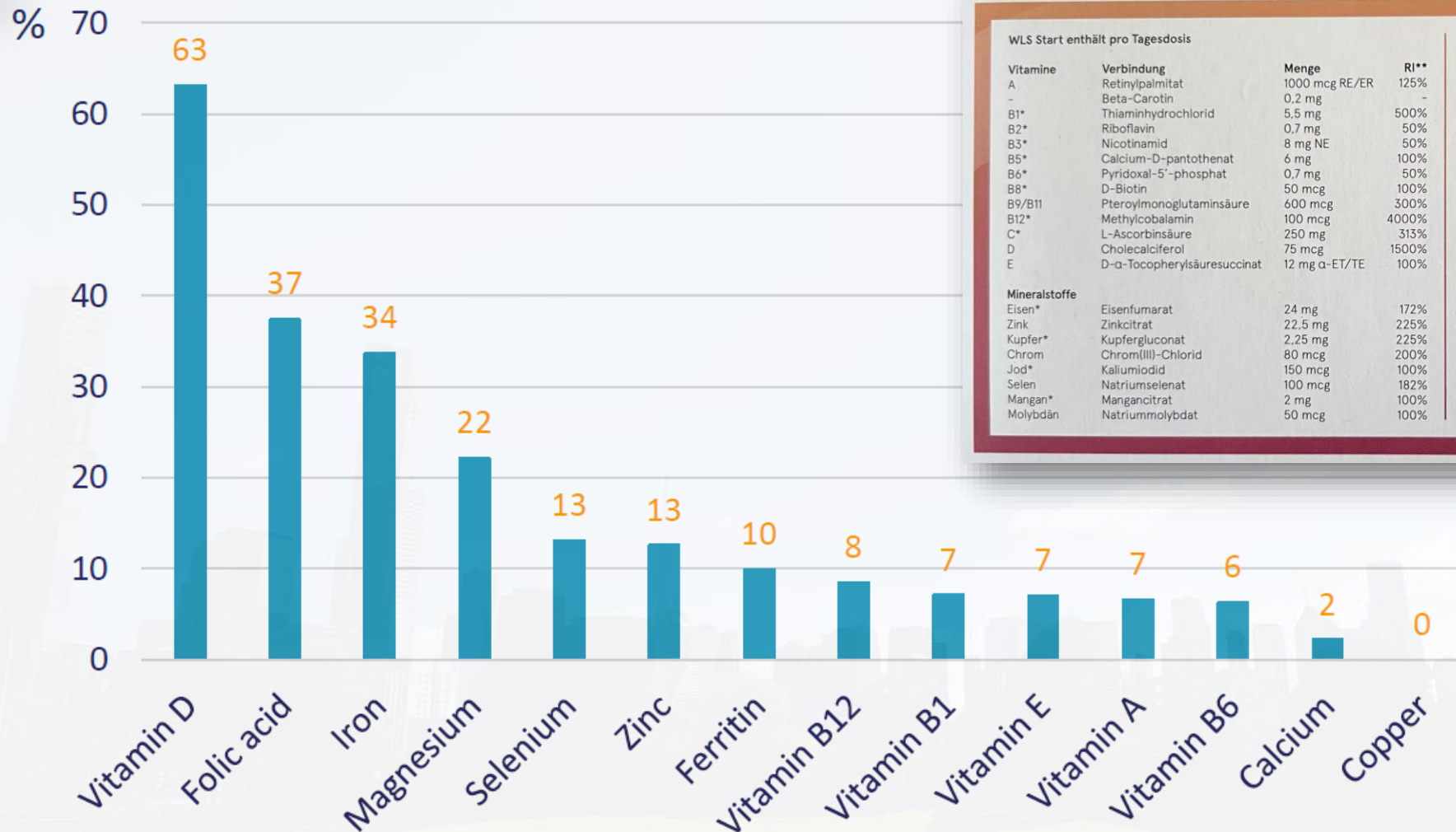


Pre-operative status
A Sleeve is serious surgery
Absorption alternations
Multivitamin compliance
Number 1 complication!



General

Dr. Johannes Sander



WLS Start enthält pro Tagesdosis				Inhaltsstoffe:
Vitamine	Verbindung	Menge	RI**	Vitamine, Mineralien, Magnesiumcitrat, Kapsel (Hypromellose), Füllstoff (mikrokristalline Cellulose), Stabilisator (Siliciumdioxid), Trennmittel (Magnesiumstearat). ** RI (reference intake) = Referenzmenge nach der Verordnung (EU) 1169/2011. Chargennummer: siehe Packungsseite und/oder Blister Mindestens haltbar bis Ende: siehe Packungsseite und/oder Blister Nettogewicht: 41 gram
A	Retinylpalmitat	1000 mcg RE/ER	125%	
-	Beta-Carotin	0,2 mg	-	
B1*	Thiaminhydrochlorid	5,5 mg	500%	
B2*	Riboflavin	0,7 mg	50%	
B3*	Nicotinamid	8 mg NE	50%	
B5*	Calcium-D-pantothenat	6 mg	100%	
B6*	Pyridoxal-5'-phosphat	0,7 mg	50%	
B8*	D-Biotin	50 mcg	100%	
B9/B11	Pteroylmonoglutaminsäure	600 mcg	300%	
B12*	Methylcobalamin	100 mcg	4000%	
C*	L-Ascorbinsäure	250 mg	313%	
D	Cholecalciferol	75 mcg	1500%	
E	D-α-Tocopherylsäuresuccinat	12 mg α-ET/TE	100%	
Mineralstoffe				
Eisen*	Eisenfumarat	24 mg	172%	
Zink	Zinkcitrat	22,5 mg	225%	
Kupfer*	Kupfergluconat	2,25 mg	225%	
Chrom	Chrom(III)-Chlorid	80 mcg	200%	
Jod*	Kaliumiodid	150 mcg	100%	
Selen	Natriumselenat	100 mcg	182%	
Mangan*	Mangancitrat	2 mg	100%	
Molybdän	Natriummolybdat	50 mcg	100%	



Al-Mutawa et al., 2018; Ernst, et al., 2009; Frame-Peterson, et al., 2017; Krzizek, et al, 2015; Moizé, et al., 2011; Peterson, et al., 2016; Van Rutte, et al., 2014

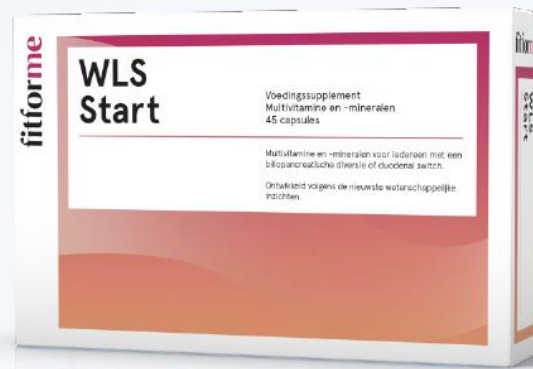




Setup



IMProving blood levels before bAriatric surgery in Three months: Effects of a specialized multivitamine

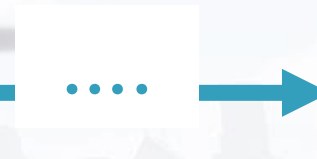


120 patients included

Bloodcheck 1

3 months

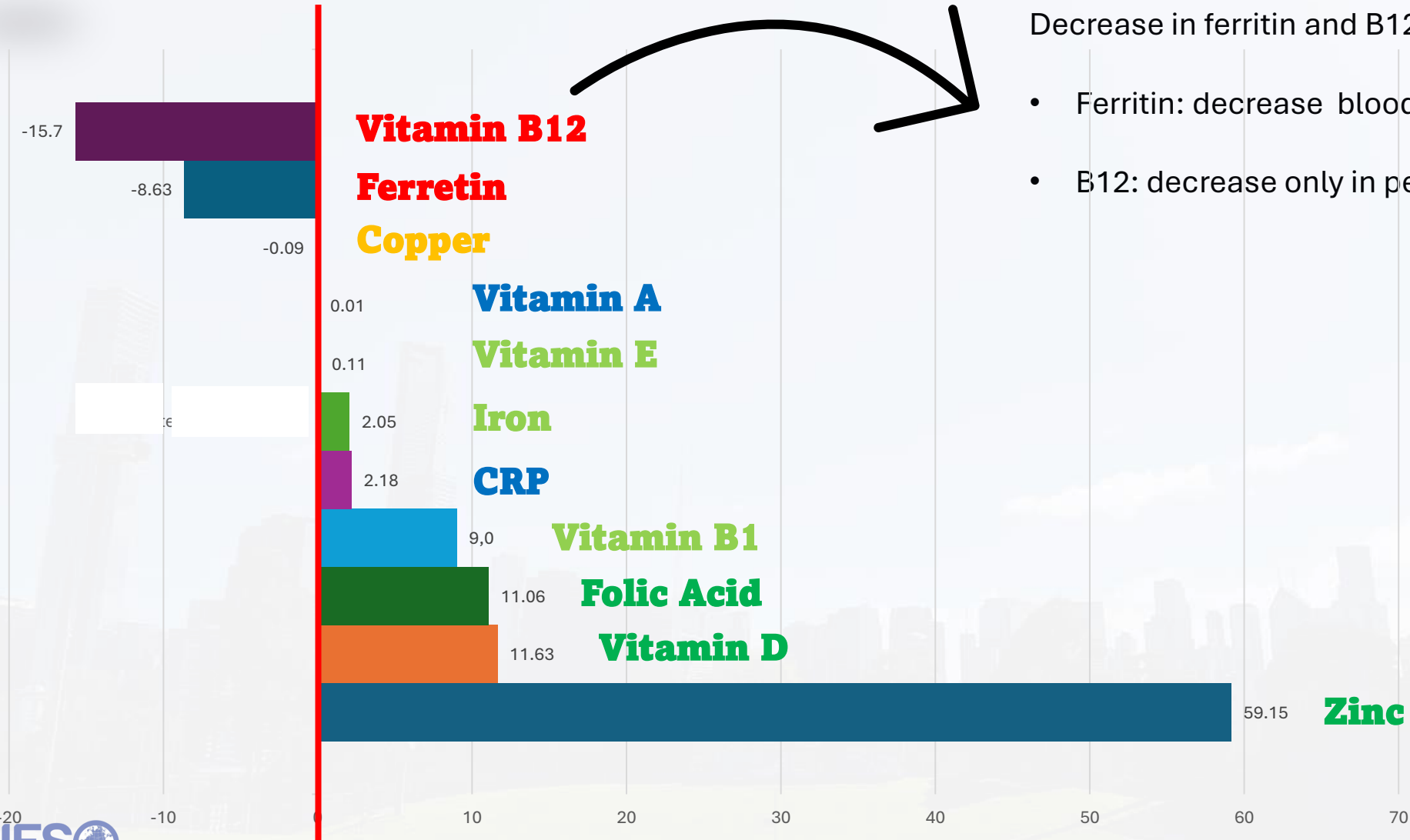
Bloodcheck 2



Surgery



Results

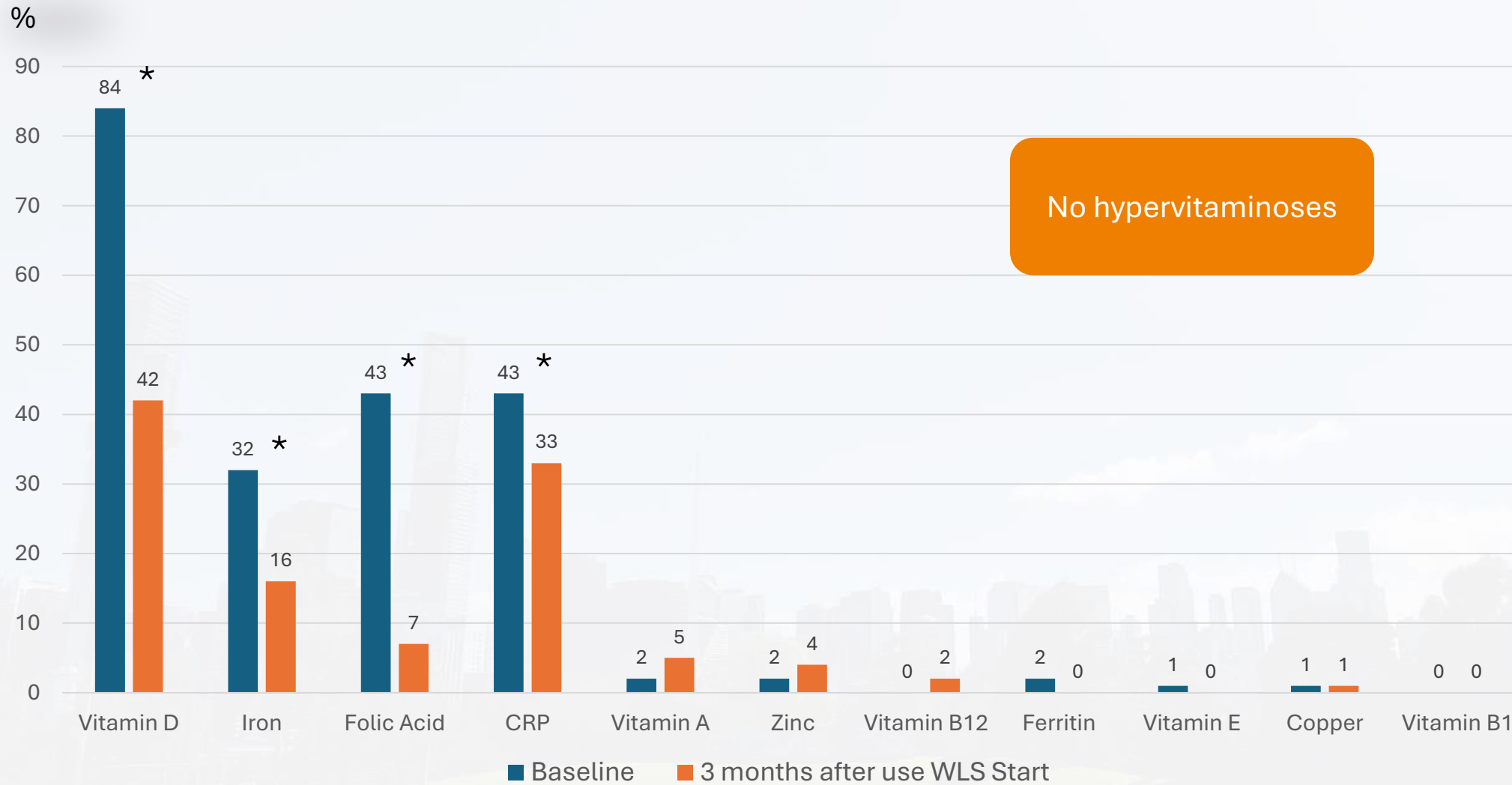


Decrease in ferritin and B12 **not clinically relevant:**

- Ferritin: decrease blood loss during menstruation
- B12: decrease only in people with high initial value



Results



No hypervitaminoses

■ Baseline ■ 3 months after use WLS Start

* p<0.05



Conclusion



WLS Start is effective in improving blood serum values

WLS Start is effective in decreasing deficiencies

3 Months of use before surgery appears safe

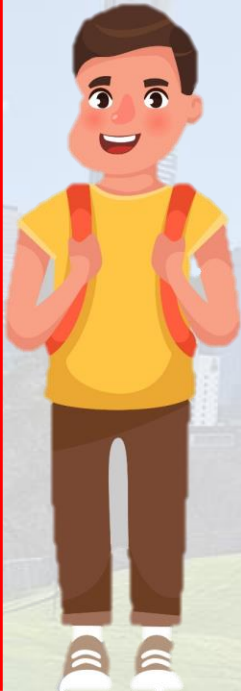


Age





Age





Age

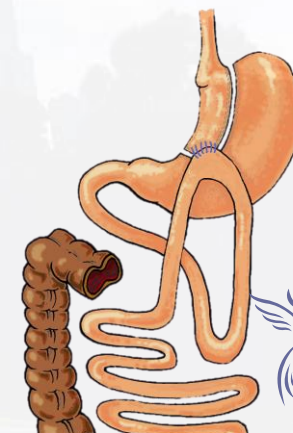
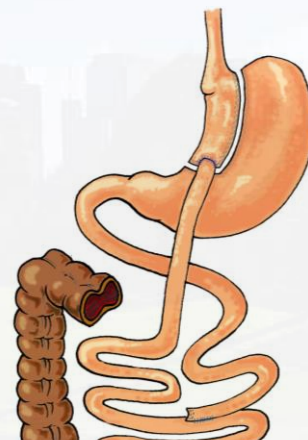
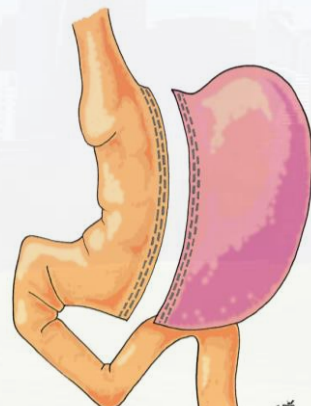




Age



“There is no upper patient-age limit to MBS. Older individuals who could benefit from MBS should be considered for surgery after careful assessment of co-morbidities and frailty.”





Hair Loss


Obesity Surgery (2021) 31:2649–2659
<https://doi.org/10.1007/s11695-021-05311-2>



ORIGINAL CONTRIBUTIONS



Hair Loss After Metabolic and Bariatric Surgery: a Systematic Review and Meta-analysis

Yan Zhang¹ · Meiling Fan² · Cunchuan Wang^{3,4} · Kamal Mahawar⁵ · Chetan Parmar^{6,7} · Weiju Chen¹ ·
Yan Yang^{3,4,8,9}  · on behalf of Global Bariatric Research Collaborative





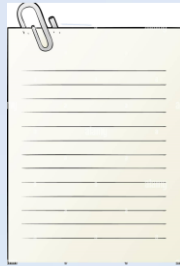
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18



2538

57%

Risk factors



Zinc
Ferretin
Folic acid





Hair Loss

Risk factors



Zinc
Ferretin
Folic acid

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57%



Preventive measures

Zinc 21mg
2 Weeks







Vitamin D





Vitamin D



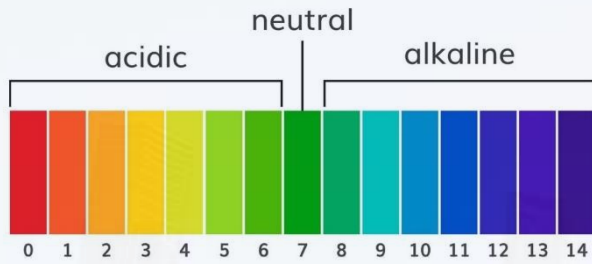
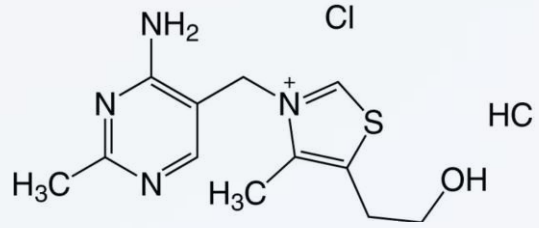
Loading Dose =

40 X (75- Serum 25-OHD) X body weight (kg)



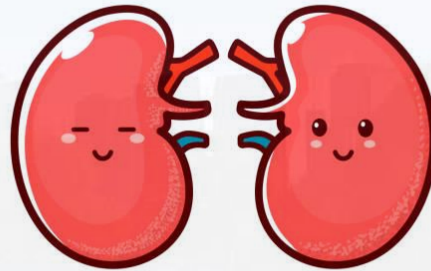
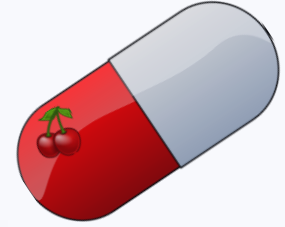


Thiamin



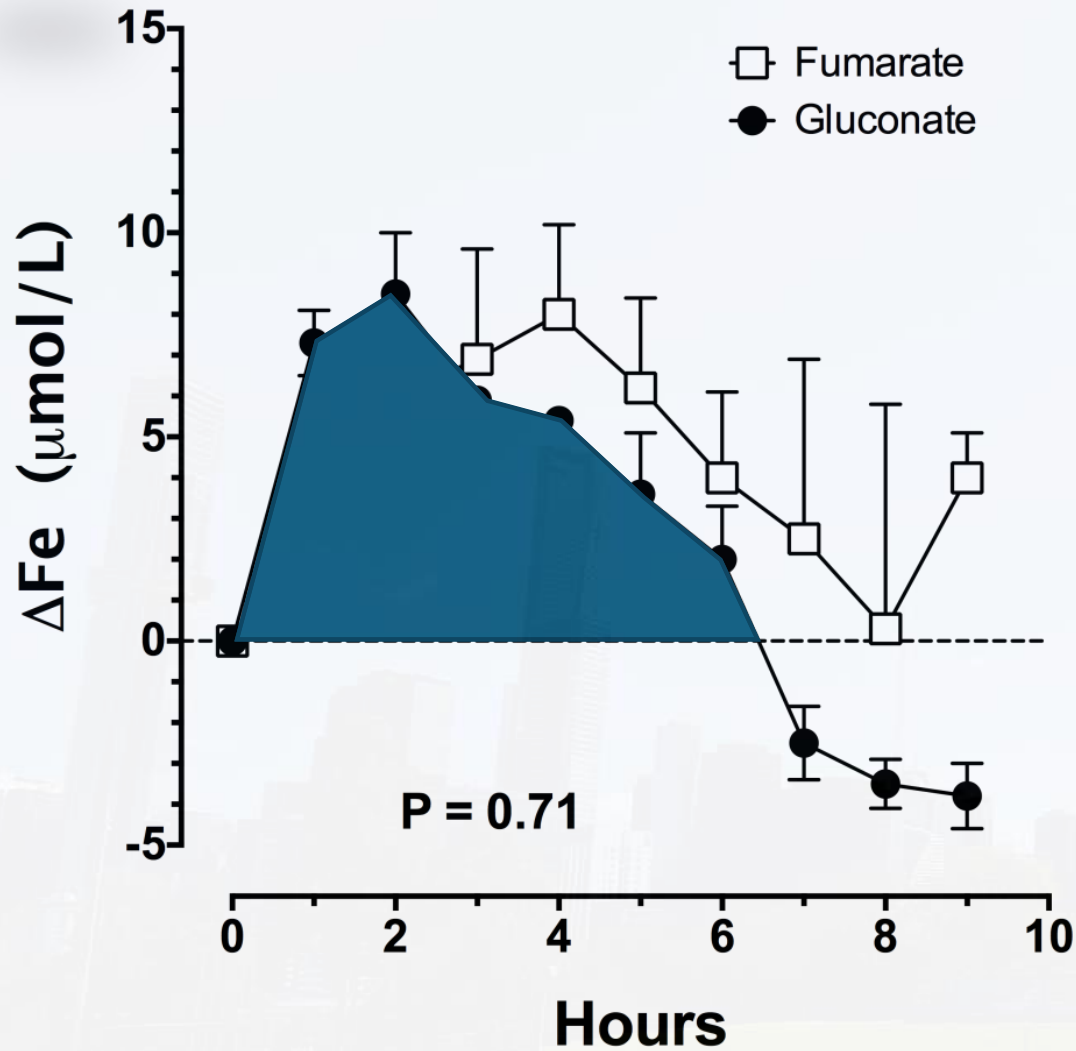


Thiamin

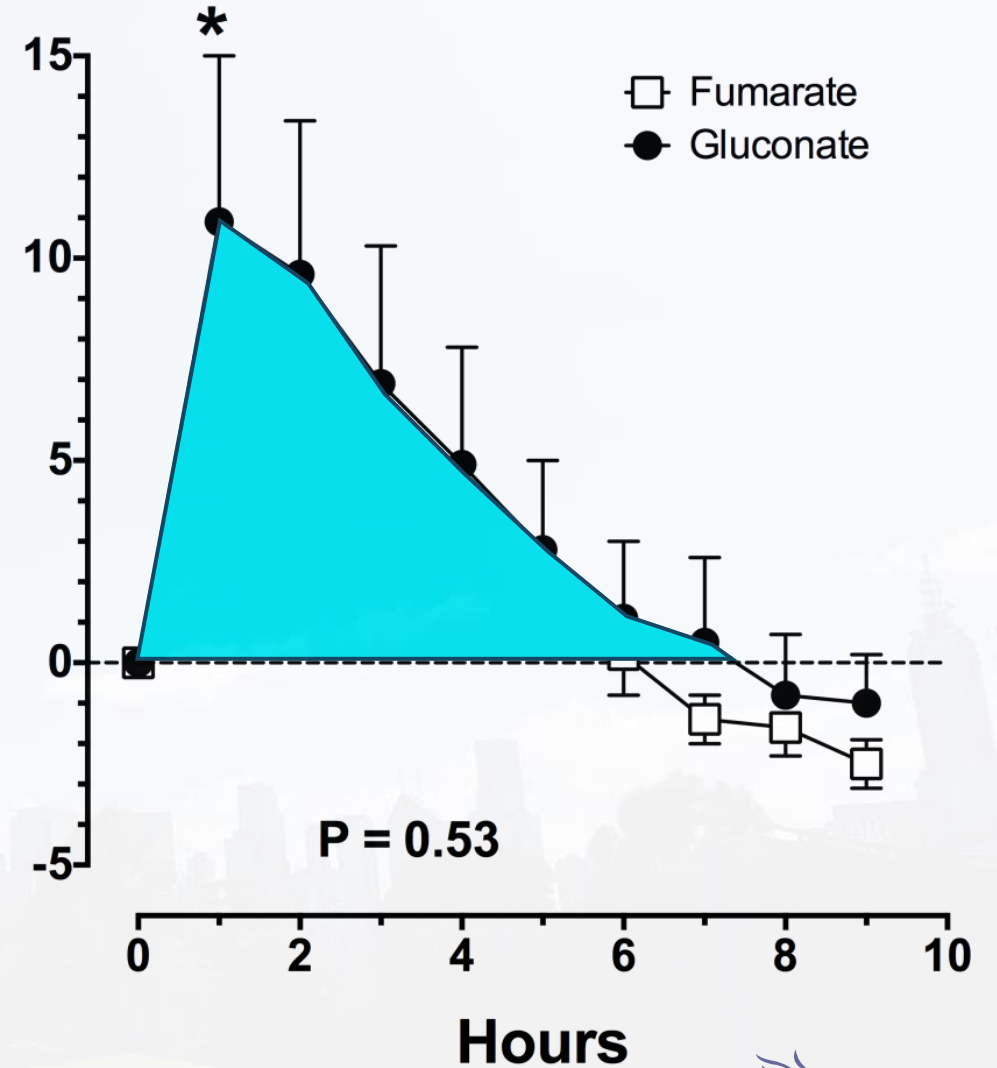




Preoperative



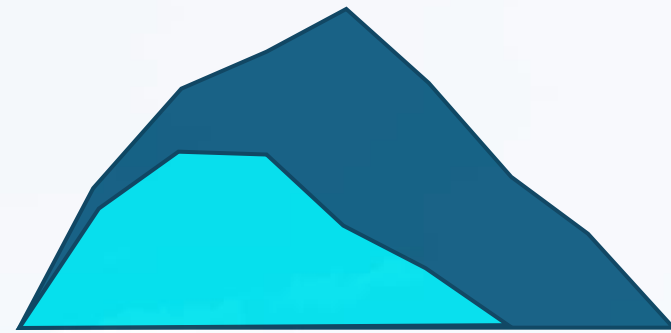
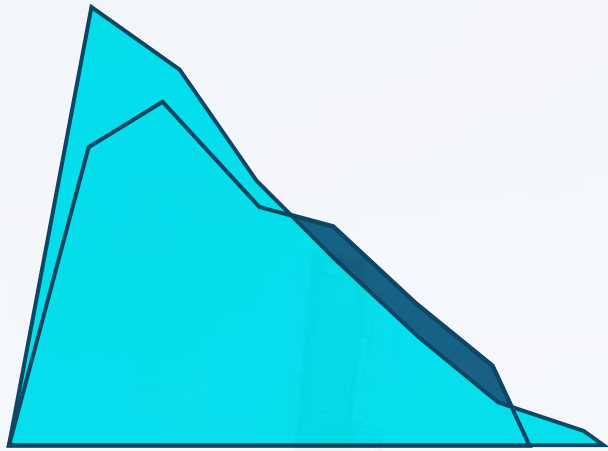
Postoperative





● Gluconate

□ Fumarate





Little bit Fact Most Fiction (or unproven)



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MBS is serious surgery
Absorption alternations
Multivitamin compliance
Number 1 complication!

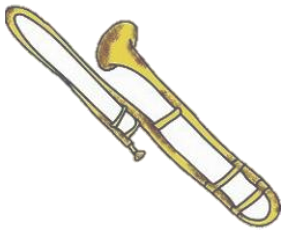




Thanks for listening

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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://www.ifso-ec2025.com)

XXVII Ifso World Congress



Melbourne 2024