

**EXCELLENT RESULTS IN TERMS OF WEIGHT LOSS
AND TYPE 2 DIABETES CONTROL ARE MAINTAINED
20 YEARS AFTER ROUX-EN-Y GASTRIC BYPASS**

BARIATRIC SURGERY



WEIGHT LOSS



COMORBIDITIES
RESOLUTION



LIMITED EVIDENCE IN
LONG TERM FOLLOW-UP

TYPES OF BARIATRIC SURGERY



Adjustable
Gastric Band



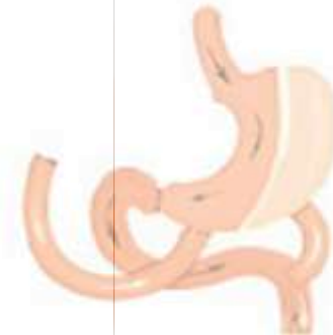
Vertical Sleeve
Gastrectomy



**Roux-en-Y Gastric
Bypass (RYGB)**



Biliopancreatic
diversion (BPD)



Biliopancreatic
diversion with
duodenal switch
(BPD/DS)

OBJECTIVES & METHODS

Analyse the results in terms of:

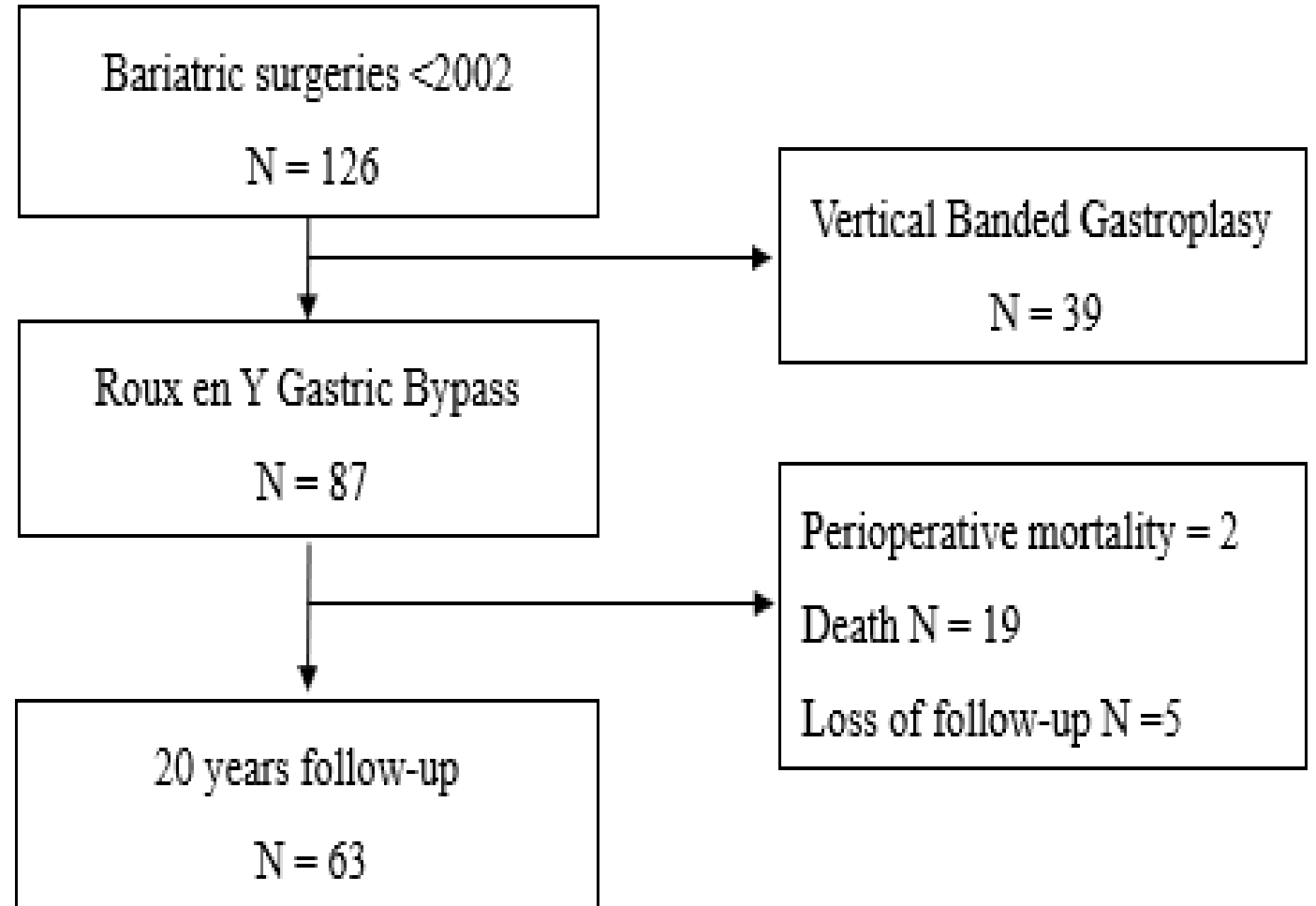
- Weight loss
- Comorbidities evolution
- Quality of life
- Causes of death

20 years after undergoing RYGB

Retrospective analysis



RESULTS



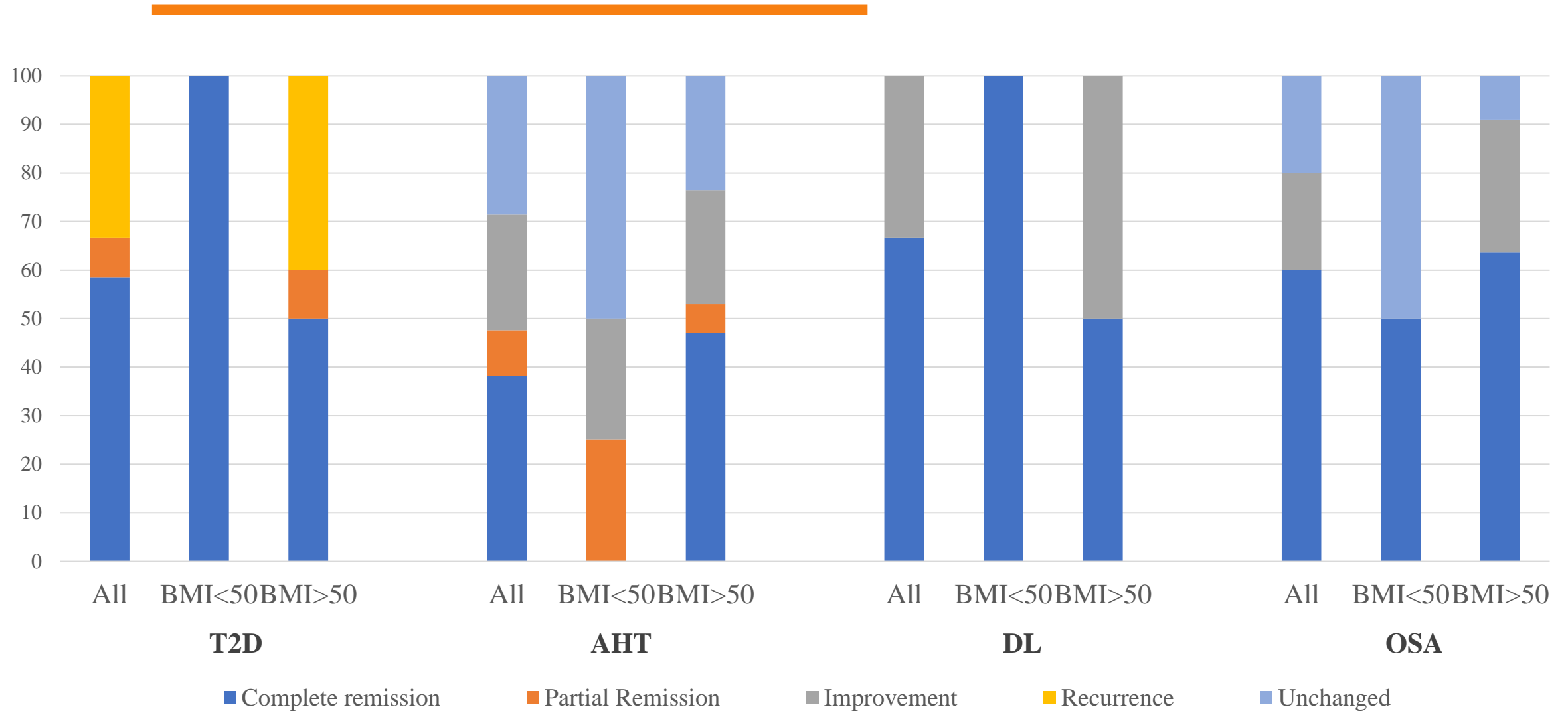
Demographic data

	N	%
Number of patients	63	
Sex (Women / Men)	49 / 14	77.8% / 22.2%
Age (years)	39.6 ± 10	
Weight (Kg)	159 ± 28.9	
BMI (kg/m ²)	58.5 ± 10.5	
<50 / ≥50	15 / 48	23.8% / 76.2%
Type 2 Diabetes mellitus	12	13.8%
Arterial hypertension	21	24.1%
Dyslipidemia	3	4.7%
OSA	15	17.2%

Weight evolution over 20 y

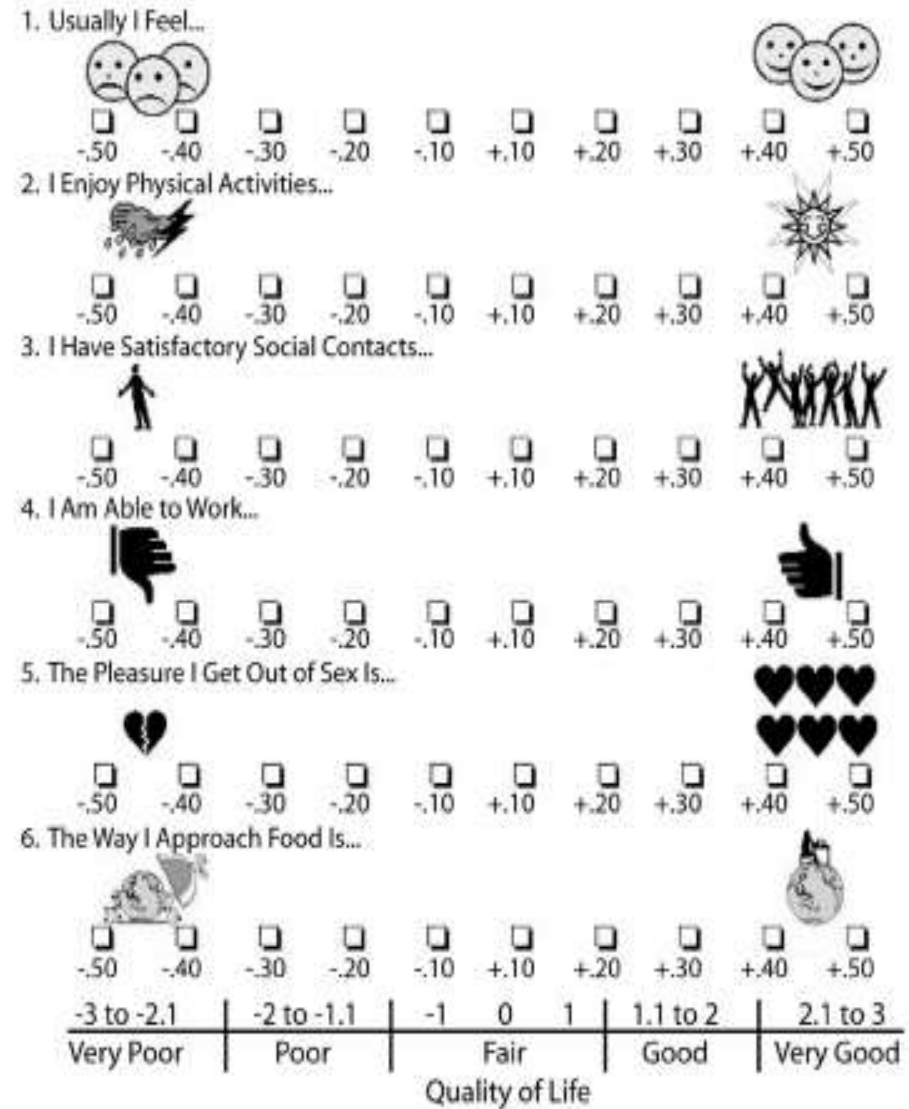
	All (n=63)			Preoperative BMI < 50 kg/m ² (n=15)			Preoperative BMI ≥ 50 kg/m ² (n=48)			
	Baseline	Nadir	20 years	Baseline	Nadir	20 years	Baseline	Nadir	20 years	
Weight (Kg)	159 ± 29.9	82.1 ± 18.7	98.2±24.7	131.8 ± 15.8	77.5 ± 11.7	92 ± 17.3	167.8 ± 26.7	83.3 ± 20.1	98.7 ±23.2	
BMI (kg/m²)	58.8 ± 10.5	30.3 ± 6.8	36.2±9.3	46.7 ± 3.8	27.6 ± 4.7	32.7 ± 5.9	62.6 ± 8.9	31.0 ± 7.1	37.3 ± 9.9	
%EWL	NA	85.7 ± 19.2	68.04 ± 21.9	NA	90.0 ± 24.1	66.9 ± 29.1	NA	77.6 ± 15.9	61.9 ± 20.9	79.4%
%TWL	NA	47.7 ± 11.2	38.8 ± 12.6	NA	40.8 ± 88	30.1 ± 10.8	NA	49.9 ± 11.1	39.9 ± 14.6	92%
%WR			31.5 ± 10.2			26.7% ± 6.5			33.2 ± 12.2	

Comorbidity evolution

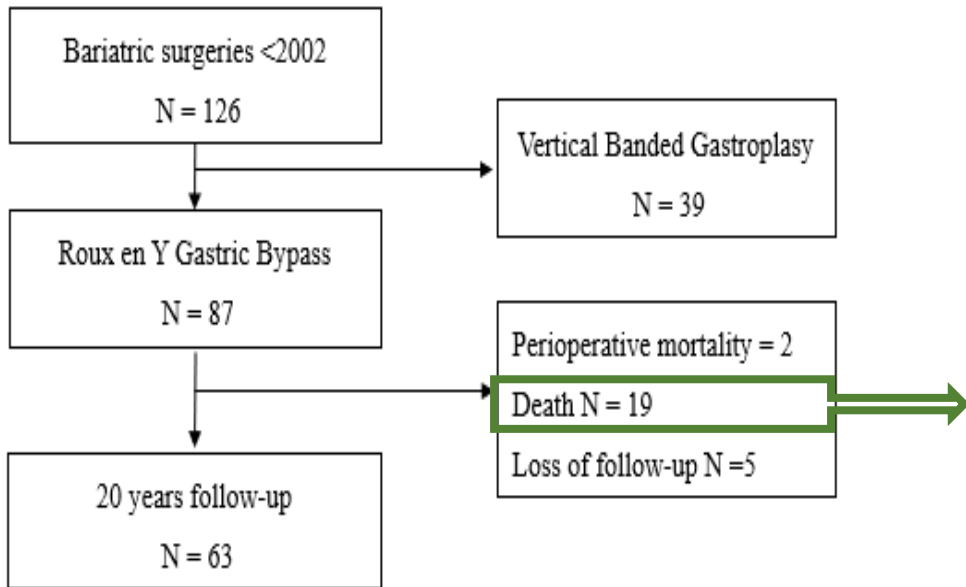
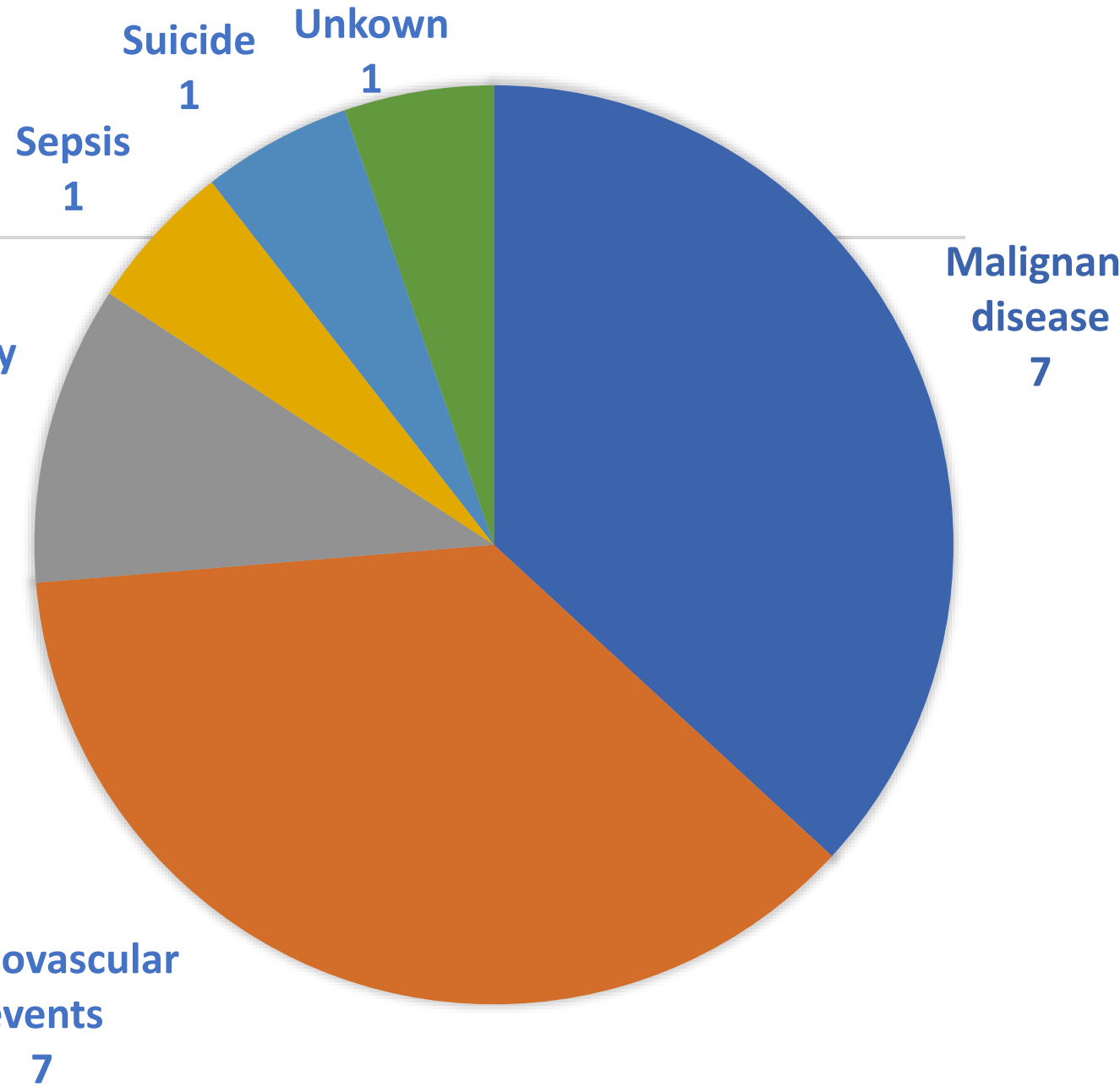


QoL

QoL was qualified as good
(1.9 ± 1.2)



Mortality



CONCLUSIONS



- RYGB shows excellent results in %EWL and %TWL
 - Despite that 50% of the patients presents WR>15%
- Durable improvement/remission of comorbidities has been relevant
 - None of the patients with type 2 diabetes mellitus have insulin requirements