

QUALITY OF LIFE IN GASTROESOPHAGEAL REFLUX DISEASE ONE YEAR AFTER SLEEVE GASTRECTOMY

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XXVII Ifso World Congress



Melbourne 2024

I have no potential conflict of interest to report

BACKGROUND

Sleeve gastrectomy (SG) is the most commonly performed bariatric surgery worldwide.

Understanding how this surgical approach influences various dimensions of quality of life is essential for both medical practitioners and patients.

One of the most frequent long-term complications of this surgery is gastroesophageal reflux disease (GERD).

AIM

To assess the quality of life in GERD patients after sleeve gastrectomy

METHODS

Patients who underwent Sleeve Gastrectomy at Hospital Militar de Santiago in Chile from 2016 to 2022.

Review of medical electronic records utilizing to assess demographic data.

A telephone survey was conducted to obtain information on the quality of life of GERD (GERD-HRQL).

Exclusion criteria patients undergoing simultaneous interventions, or those with different reasons for undergoing the surgery.

GERD Health-Related Quality of Life (GERD-HRQL) Questionnaire

Scale:

0=No Symptoms 1=Noticeable, but not bothersome 2=Noticeable, bothersome, but not every day
3=Bothersome daily 4=Bothersome and affects daily activities 5=Incapacitating to do daily activities

Questions (Circle One):

How bad is the heartburn?	0	1	2	3	4	5
Heartburn when lying down?	0	1	2	3	4	5
Heartburn when standing up?	0	1	2	3	4	5
Heartburn after meals?	0	1	2	3	4	5
Does heartburn change your diet?	0	1	2	3	4	5
Does heartburn wake you from sleep?	0	1	2	3	4	5
Do you have difficulty swallowing?	0	1	2	3	4	5
Do you have pain while swallowing?	0	1	2	3	4	5
Do you have gassy or bloating feeling?	0	1	2	3	4	5
If you take reflux medication, does this affect your daily life?	0	1	2	3	4	5

Demography	
Female	
Age	42.1 ± 15.2 years
Weight	105.2 ± 16.3 kg
BMI	38.6 ± 4.3 kg/m ²

Comorbidities	
Insulin resistance	72.2%
HBP	36.1%
Diabetes	9.7%
Fatty liver	51.9%
Dyslipidemia	40.5%
OSAHS	14.1%
Hypothyroidism	15.41%
CAD	1.8%
Cholelithiasis	6.2%

The GERD quality of life survey presented an average score of 4.1 ± 3.3 points at 1 year of follow-up.

Use of IBP 19.01%

**4.96% was dissatisfied with their current health condition
All of them had GERD Symptoms and were using IBP**

CONCLUSION

Sleeve gastrectomy proves to be an effective MBS, and the quality of life at one year of follow-up is not severely affected by GERD. Further studies may be conducted to identify how GERD can affect the quality of life of patients who underwent an Sleeve Gastrectomy



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