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Preop Prep: Has Preoperative Weight Loss Indication Become Obsolete?

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Background

- Postoperative weight loss is one of the important indicators of success after bariatric surgery;
- Benefits and assumptions of preoperative weight loss;
- Controversies surrounding the effectiveness of preoperative weight loss.

Objectives

- Research aim: Investigating the link between preoperative weight loss and improved weight loss outcomes in laparoscopic bariatric surgery.

Methods

- Study design: Retrospective study with 85 patients at a bariatric surgery follow-up center
- Surgical techniques utilized: Roux-en-Y gastric bypass and sleeve gastrectomy
- Patients baseline characteristics
- Data collection process and timeframe
- Statistical analysis for comparing weight measurements (Kruskal-Wallis)

Results

- Distribution of patients in three groups:
  - Weight loss (21.1%)
  - Weight maintenance (36.4%)
  - Weight gain (42.3%)
- Lack of statistically significant differences in weight loss outcomes

Conclusion

- Importance of standardized preoperative strategy protocols and comprehensive support;
- Challenges faced by patients in achieving significant preop weight loss;
- Impracticality of making weight loss a mandatory condition for surgery;
- Role of surgical team expertise and experience in achieving desired outcomes.

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Takeaways

- Need for further research with larger sample sizes;

- Psychological preparedness and anatomical conditions as motivations for preop weight loss could be subject to scrutiny;

- Weight loss not being an absolute prerequisite for bariatric surgery;

- Adherence to postoperative nutrition and exercise for overall weight loss.

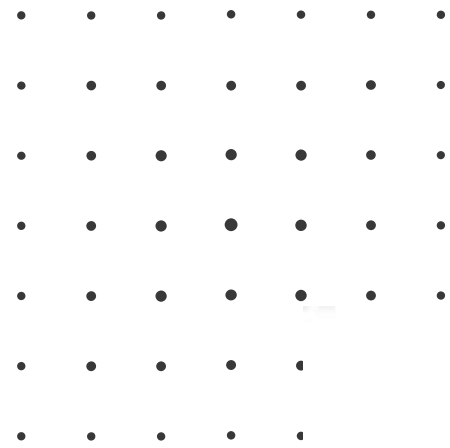In accordance with «EACCME criteria for the Accreditation of Live Educational Events», please disclose whether you have or you have not any conflict of interest with the companies:

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Thank you!

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