

Ten-year outcomes and quality of life in patients undergoing Roux-en-y Gastric Bypass Surgery

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CONFLICT OF INTEREST DISCLOSURE

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I have no potential conflict of interest to report

Background

- Metabolic bariatric surgery, today, remains the most effective and durable form of weight loss therapy compared to pharmacologic and lifestyle interventions alone
- It is vital to provide long-term data on outcomes, satisfactions, and quality of life measures in patients who have undergone metabolic bariatric surgery

Objective

To investigate 10-year outcomes and quality of life in patients who have undergone Laparoscopic Gastric Bypass Surgery

Methods

Data Source:

Ontario Bariatric Registry

Inclusion Criteria: Patients that underwent RYGB in Ontario between 2010–2013 with 10-year follow-up data

Primary outcomes:

- Weight loss
- Comorbidities
- Health related quality of life (HRQoL)
- Patient satisfaction with bariatric treatment
- Revision or conversion MBS

Canada

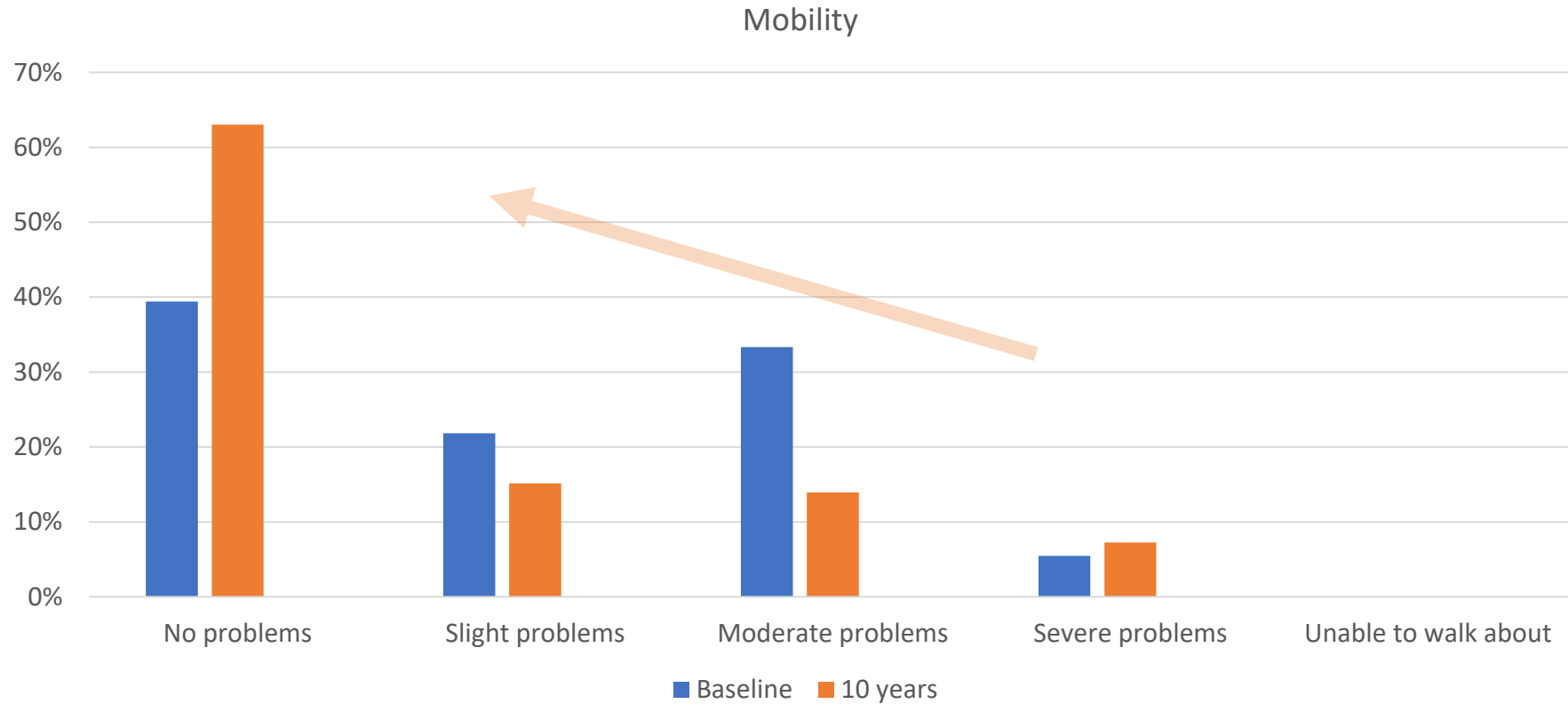


Results

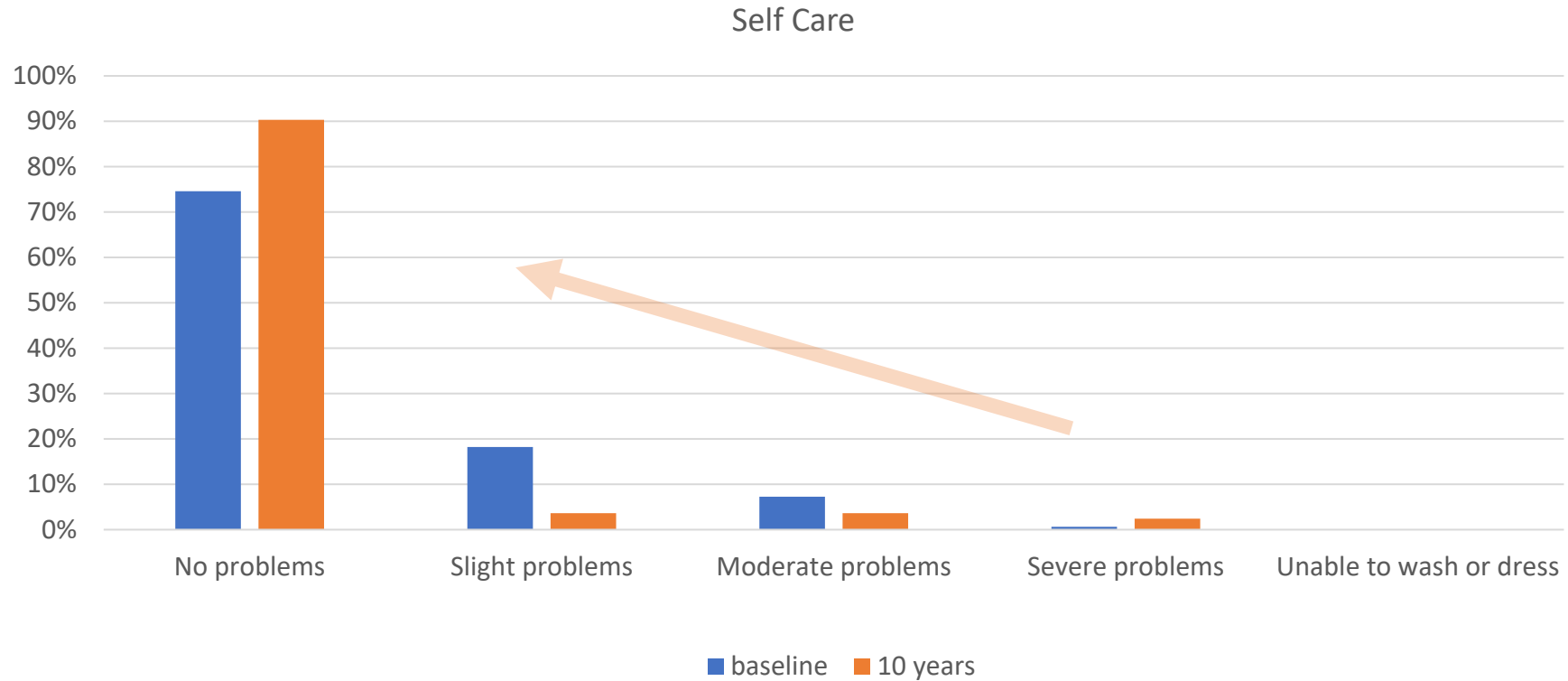
	Baseline (n=277)	10Year (n=277)	p-value
Age (Years)	46.3		
BMI (kg/m ²)	47.67	33.89	<0.001
Type 2 Diabetes - N (%)	80 (29%)	46 (17%)	<0.001
GERD N (%)	128 (46%)	84 (30%)	<0.001
Hypertension N (%)	153 (55%)	86 (31%)	<0.001
Hyperlipidemia N (%)	106 (38%)	41 (15%)	<0.001
Sleep Apnea N (%)	130 (47%)	56 (20%)	<0.001
HRQoL (EQ-5D VAS Score)	59.44	72.40	<0.001
Patient Satisfaction		86%	

- ~28.91% weight loss maintained at 10yrs
- DM2 prevalence ↓12%
- HTN prev. ↓ 24%
- Hyperlipid. prev. ↓ 23%
- OSA prevalence ↓ 27%
- QoL ↑21.8%
- Patient Satisfaction 86% at 10 yrs

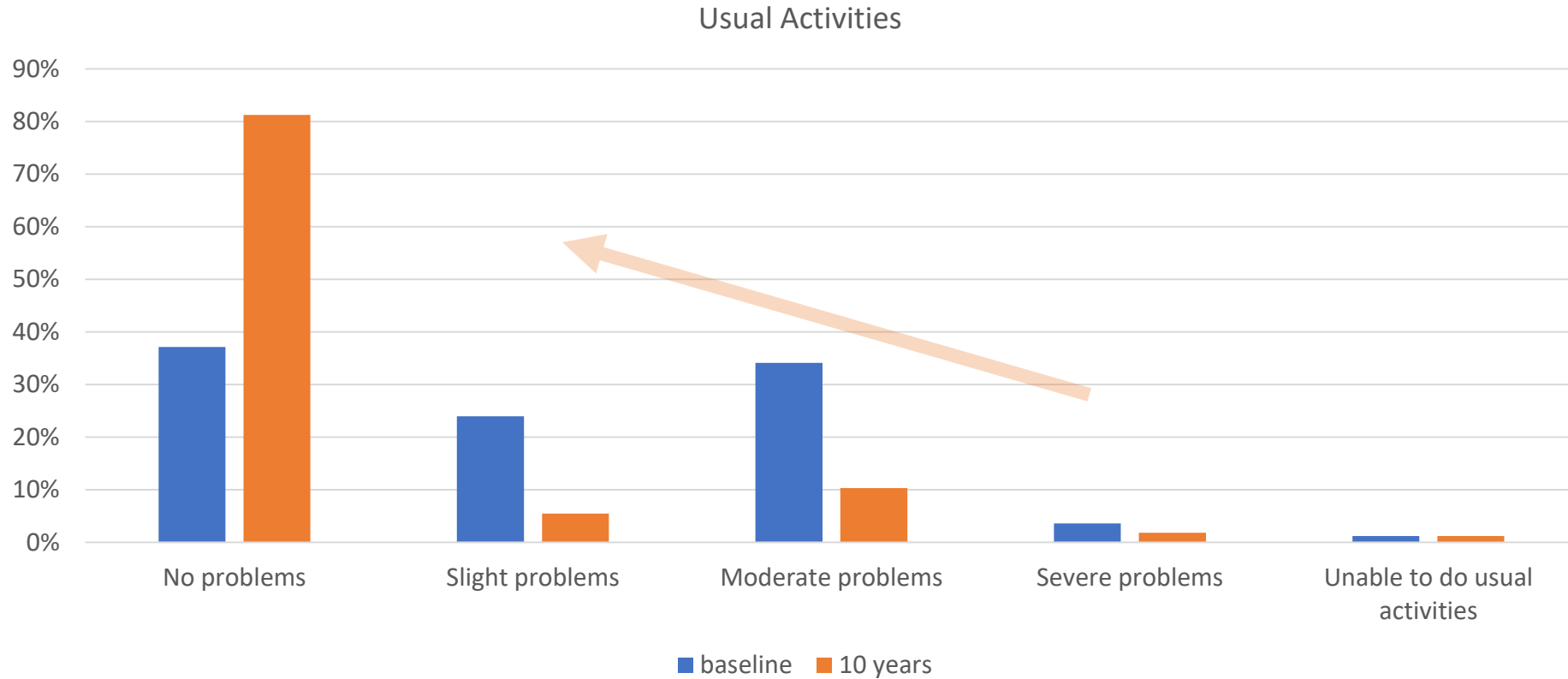
Results: EQ-5D-5L



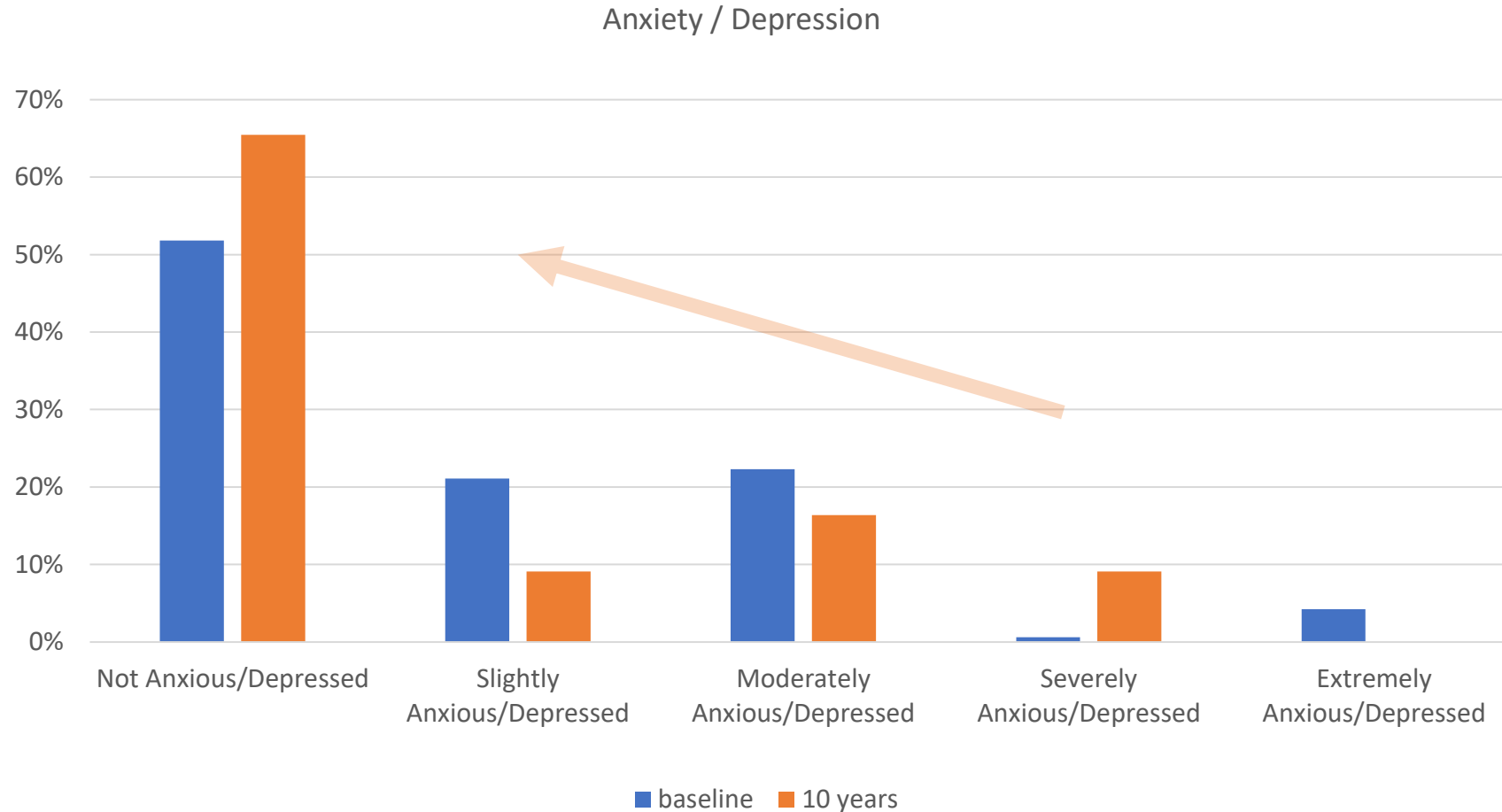
Results: EQ-5D-5L



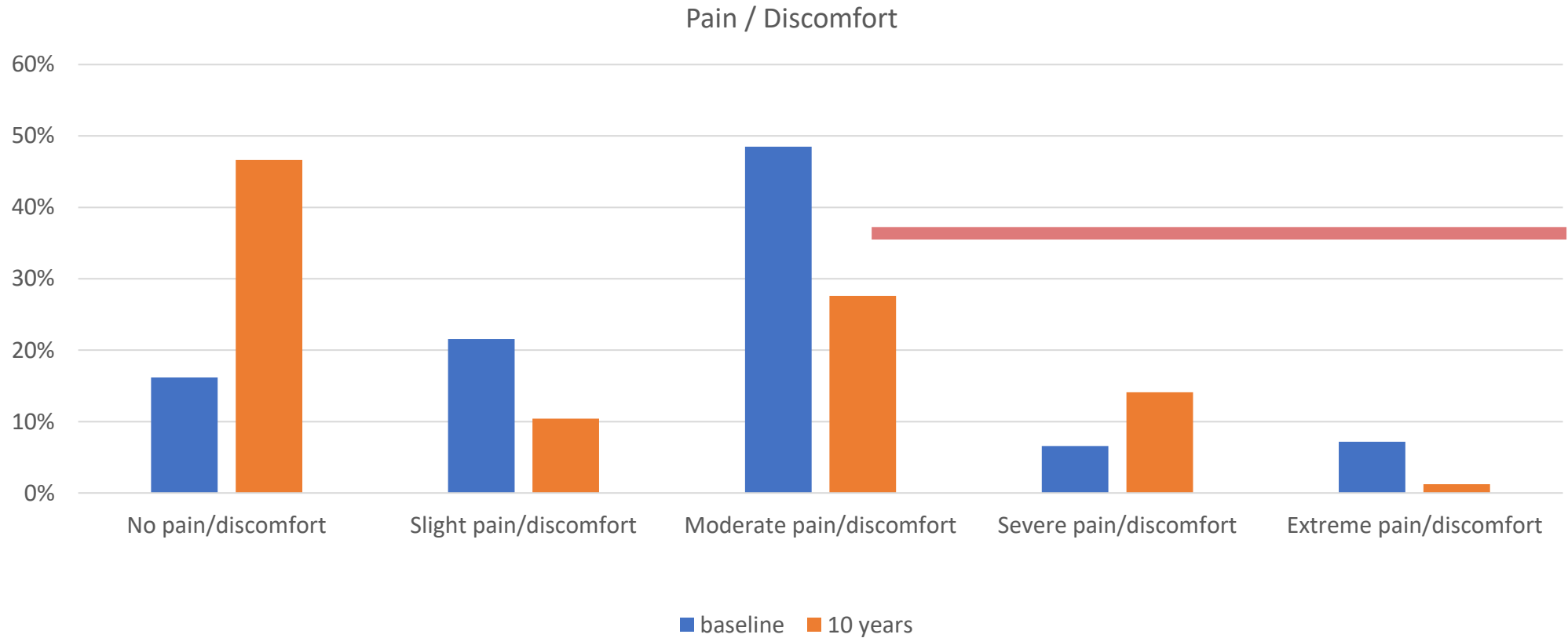
Results: EQ-5D-5L



Results: EQ-5D-5L



Results: EQ-5D-5L



Insights

- Laparoscopic Roux-en-Y Gastric Bypass Surgery ensures durable weight loss and improvement in adiposity-related comorbidities at 10 years
- Registry, long term and small cohort presents limitations and introduce bias
- **Observed an 86% 10yr satisfaction rate with noticeable improvements in all QoL metrics except pain**
- Population level data of this nature can help better inform patients and healthcare providers alike