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Bariatric Surgery in Adolescents; safety and effectiveness -Experience in Chile.

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Marcos Berry

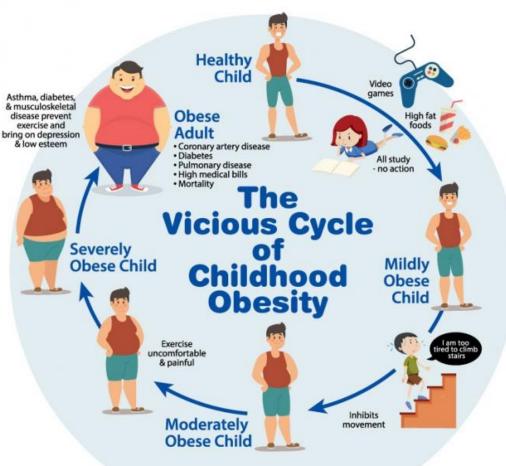
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Bariatric Surgery in Adolescents; safety and effe

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Introduction

- Adolescents defined between 10 and 19 years old
- Critic period of development, with phyisical, biological, cognitive, emotional and social changes
- Obesity is a serious, chronic disease, whose progressive nature leads to life-threatening comorbidities.
- Serious nutritional problem at the public health level



- Children 12 years old with BMI > 99% \rightarrow adulthood
 - → 100%: BMI > 30.
 - **→ 90%:** BMI **> 35.**

50-77% of obese adults \rightarrow obese adolescents

The risk increases to 80% if both parents are obese.

Freedman et al. Cardiovascular Risk Factors and Excess Adiposity Among Overweight Children and Adolescents: The Bogalusa Heart Study. Journal of Pediatrics. 2007; 15: 12-7. Whitaker RC, Wright JA, Pepe MS, Seidel KD, Dietz WH (1997) Predicting obesity in young adulthood from childhood and parental obesity. N Engl J Med 337:869–873

^{→ 65%:} BMI > 40.

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Objectives

• Describe the experience in Bariatric and Metabolic management, as well as the corresponding FU of adolescent patients in Santiago, Chile.

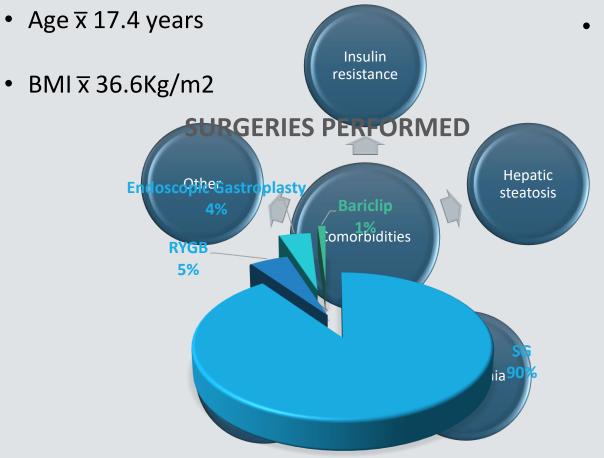
Method

- Retrospective Descriptive Study
- Inclusion criteria:
 - Adolescents (13 19 years)
 - Surgeries between 2006 2023
 - Follow-up for at least 1 year
- Including all surgical techniques performed in our center.

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Results

- N: 125 patients
- Women 69.8% Men 30.2%



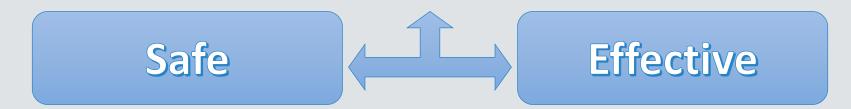
- 2 Complications(1,6%)
 - Post SG diarrhea
 - Post-operative hyperhemesis post bariclip
- 1 year Follow-up
 - BMI x 25,3 (19,8 36,6)
 - TWL % → 29,7%
 - EWL % → 84,9%
 - 100% remission of comorbidities

No Mortality Reported

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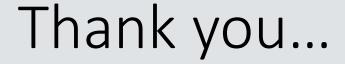
Conclusions

• Bariatric Surgery in Adolescents has proven to be:



- Good results in TWL% and EWL%
- Regardless of the surgical technique offered
- Reduces morbidity significantly

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