

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

M. Berry., MD, L. Urrutia, MD , J. Estruga, MD ., T. Ayala, MD , C. Sandoval , MD

Marcos Berry

- Bariatric Surgeon , past Director SCCBM
- Bariatric Surgery Unit. Clinica Las Condes
- Santiago, Chile.

Introduction

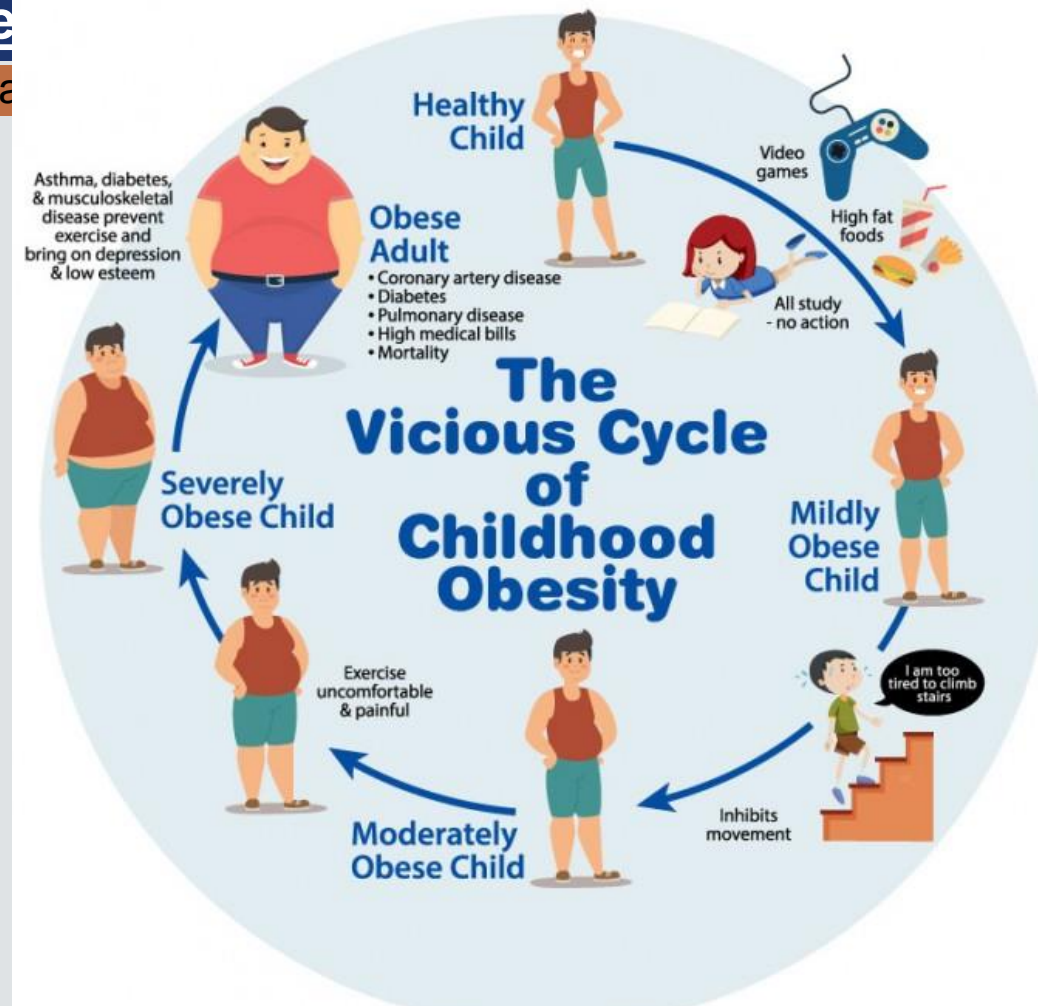
- Adolescents defined between 10 and 19 years old
- Critic period of development, with physical, biological, cognitive, emotional and social changes
- **Obesity** is a serious, chronic disease, whose progressive nature leads to life-threatening comorbidities.
- Serious nutritional problem at the public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

• Children 12 years old with BMI > 99% → adulthood

→ 100%: BMI > 30.

→ 90%: BMI > 35.

→ 65%: BMI > 40.



50-77% of obese adults → obese adolescents

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

Objectives

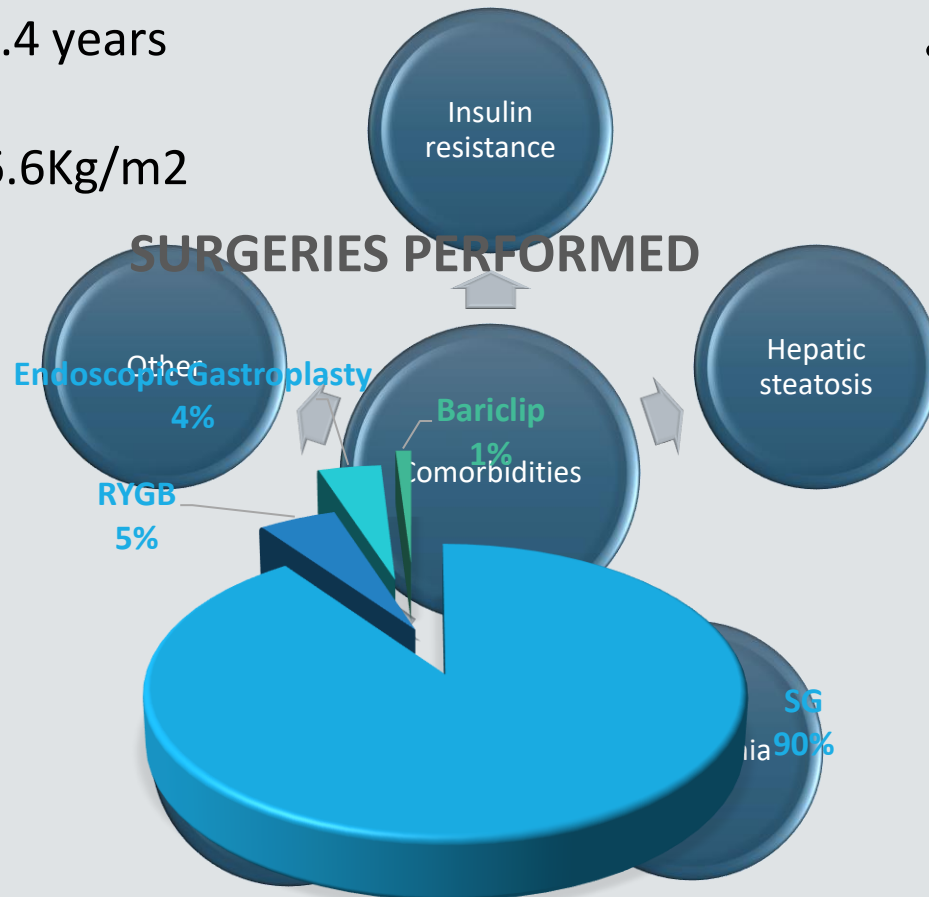
- Describe the experience in Bariatric and Metabolic management, as well as the corresponding FU of adolescent patients in Santiago, Chile.

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.

Results

- N: 125 patients
- Women 69.8% - Men 30.2%
- Age \bar{x} 17.4 years
- BMI \bar{x} 36.6Kg/m²

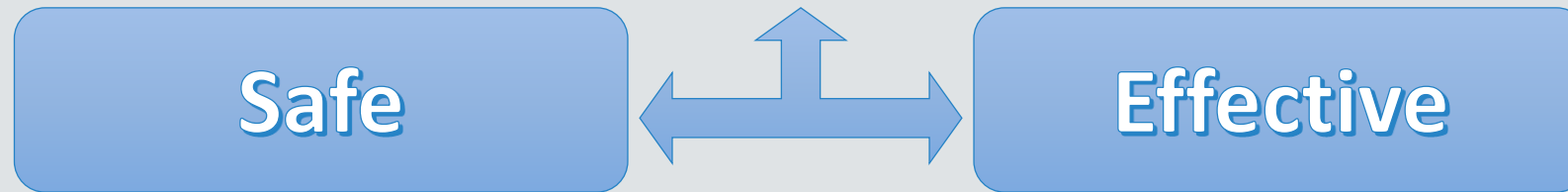


- 2 Complications(1,6%)
 - Post SG diarrhea
 - Post-operative hyperhemesia post bariclip
- 1 year Follow-up
 - BMI \bar{x} 25,3 (19,8 – 36,6)
 - TWL % \rightarrow 29,7%
 - EWL % \rightarrow 84,9%
 - 100% remission of comorbidities

No Mortality Reported

Conclusions

- Bariatric Surgery in Adolescents has proven to be:



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

Thank you...

Contact: mberrymd@gmail.com

Thanks to J. Estruga , MD bariatric fellow