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I have the following potential conflict(s) of interest to report:

- I'll receipt consultation fees by Reshape Lifesciences as member of a scientific board



THE BEST RESULT: HOW DO I GET IT

FRANCESCO FURBETTA, M.D.

XXVI IFSO WORLD CONGRESS OF BARIATRIC AND METABOLIC SURGERY

NAPLES, ITALY

AUGUST 30 – SEPTEMBER 1, 2023



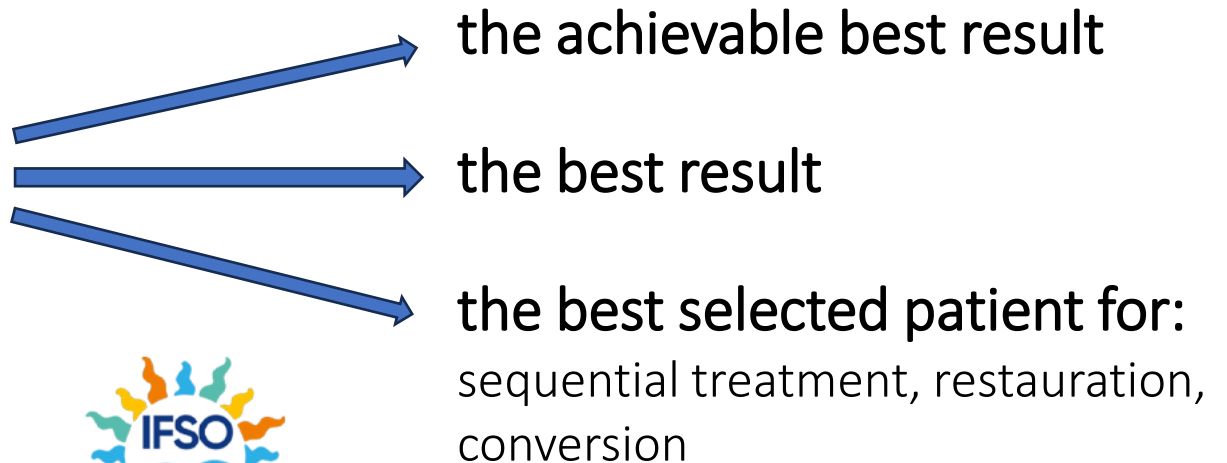
The best result to strive for
a normal life without obesity and treatment-related side effects
path of care without over treatments:

Interdisciplinary team

- to prepare
- to select
- to follow-up

Gastric Banding for compliant patients

- effective
- *adjustable and reversible*
- safe



PATH OF CARE WITHOUT OVER TREATMENT

Gastric Banding in selected patients to select specific operations

- for our casistics with an average BMI of 41,6 (IFSO register)
- for those 25% of obese adolescents, no longer obese in adulthood
- for 90% of metabolic diseases improved by weight loss
- for the awareness of the benefits of 10 %EWL and new drugs
- for the drawbacks of more invasive, no-reversible bariatric operations
- for a severe disease related to the life-style

Gastric Banding for compliant patients - effective

4266 laparoscopic gastric banding



Original article

Laparoscopic adjustable gastric banding on 3566 patients up to 20-year follow-up: Long-term results of a standardized technique

Niccolò Furbetta, M.D.^{a,*}, Francesca Gragnani, M.D.^b, Giuseppe Flauti, M.D.^b, Francesco Guidi, M.D.^c, Francesco Furbetta, M.D.^b

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Received 22 August 2018; received in revised form 17 October 2018; accepted 6 December 2018

Overall results in terms of %EWL and %TBWL

Yr of follow-up	N patients	Follow-up	%EWL	%TBWL	%EWL >50%	25% <%EWL ≤50%	%EWL ≤25%
1	2971	84.2%	45.7 ± 28.5	16.3 ± 9.2	1197 (40.3)	1111 (37.4)	663 (22.3)
5	1840	79.9%	50.7 ± 43.9	18.4 ± 12.3	959 (52.1)	504 (27.4)	377 (20.5)
10	926	71.6%	49.0 ± 36.2	17.9 ± 13.5	477 (51.5)	216 (23.3)	233 (25.2)
15	180	58.4%	52.6 ± 39.9	21.1 ± 15.0	105 (58.3)	36 (20.0)	39 (21.7)
20	39	50.7%	59.2 ± 50.6	25.3 ± 18.7	27 (69.2)	4 (10.3)	8 (20.5)

78 adolescents: same results

GASTRIC BANDING WORKS INSIDE AN INTERDISCIPLINARY TEAM



Gastric Banding for compliant patients - safe

- no mortality/no major complications, easy post-operative course
- no post-operative intensive care-investigations
- late complications-no life threatening:
 - a. dilatation-herniation=5,8%
 - b. erosion=2,5%
- well codified laparoscopic-endoscopic solution to complications

“There have been no deaths associated with any primary gastric banding procedure or any subsequent revisional procedure.” OBES SURG (2019) 29:3–14 P. E. O’Brien



Surgery for Obesity and Related Diseases 15 (2019) 409–416

SURGERY FOR OBESITY AND RELATED DISEASES

Original article

Laparoscopic adjustable gastric banding on 3566 patients up to 20-year follow-up: Long-term results of a standardized technique

Nicolò Furbetta, M.D.^{a,*}, Francesca Gragnani, M.D.^b, Giuseppe Flauti, M.D.^b, Francesco Guidi, M.D.^c, Francesco Furbetta, M.D.^b

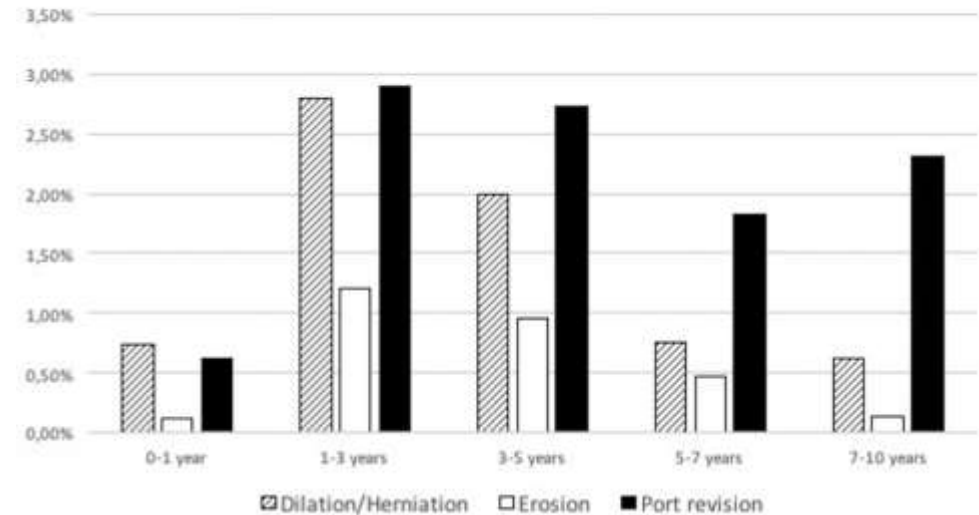
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Causes of Reoperation



Gastric Banding for compliant patients – adjustable and completely reversible

THE INTERDISCIPLINARY TEAM MAKES UN OPERATION USEFUL!

path of care through
adjustability and reversibility

The achievable best result

- Effective regulation
- Specific team counseling
- New drugs

The best result

Failure: the best selected patients

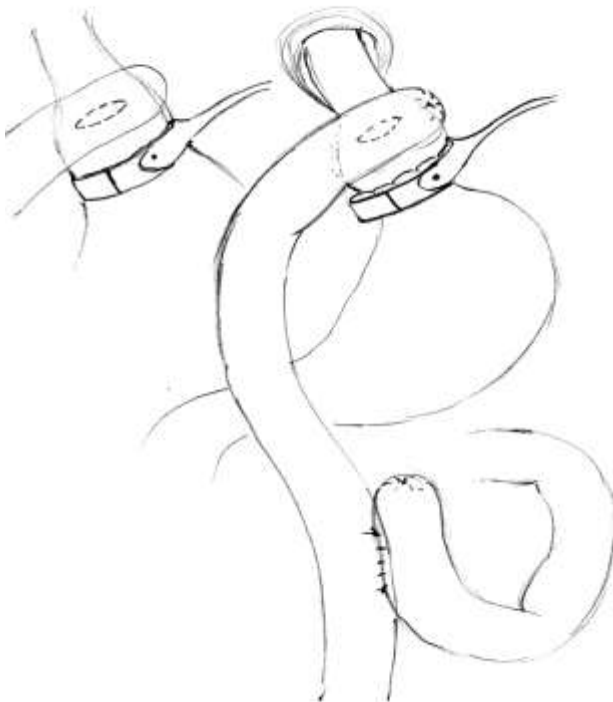
- Sequential treatment
- Restauration
- Conversion

PATH OF CARE

SEQUENTIAL TREATMENT FOR NO COMPLIANCE AND FAILURES

Functional Gastric Bypass (FGB)

inflated banding



Gastric Banding for compliant patients – adjustable and completely reversible

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Failure: the best selected patients

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PATH OF CARE

THE INTERDISCIPLINARY TEAM MAKES UN OPERATION USEFUL!

Effective regulation:

- compliance
- specific target

Specific team counseling

New drugs

The achievable best result

Gastric Banding for compliant patients – adjustable and completely reversible

THE INTERDISCIPLINARY TEAM MAKES UN OPERATION USEFUL!

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EVOLUTION: FROM AN OPERATION TO A PATH OF CARE

THE INTERDISCIPLINARY TEAM MAKES UN OPERATION USEFUL!

- adjustability: new perspectives
- adjustability for the specific “**best result**”: *scheduled deflations to a re-educated ex-obese person*
- reversibility: end of care
- remove it for a “**normal life**”

March 2021-February 2023: **153** patients with «the best result»: %EWL 80%



THE BEST RESULT: IS IT IN LINE WITH THE MODERN WORLD?

CURRENT OPERATIONS

- 25 delineated procedures
- 6 additional emerging procedures
- Long-term results and side-effects?
- 900.000 operations / years

Standardization of Bariatric Metabolic Procedures: World Consensus Meeting Statement. Obesity Surgery (2019) 29 (Suppl 4):S309–S345

THE PATIENTS

(IFSO register)

BMI 41.7; 42 yrs; comorbidities: 19.8% diabetes; 30.6% hypertension; 12.4% depression; 24.3% musculoskeletal pain; 18.6% sleep apnea; 17.0% GERD. The remission for diabetes dependent on weight loss achieved.



NEW DRUGS

- drug comes along to change the world. New drugs that treat obesity
- We really don't know about long-term side effects
- At pharmacies shortages are frequent

The New York Times August 2023

I HOPE TO KEEP A BALANCE AND USE THE NEW SOLUTIONS FOR
THE BENEFIT OF THE PATIENT

MY MESSAGE:

I WILL DO WHAT I WOULD BE SATISFIED WITH IF I MET MY PATIENT IN...20 YEARS



THE BEST RESULT: HOW DO I GET IT

Francesco Furbetta M.D., Casa di Cura Leonardo, Sovigliana Vinci (FI)

