

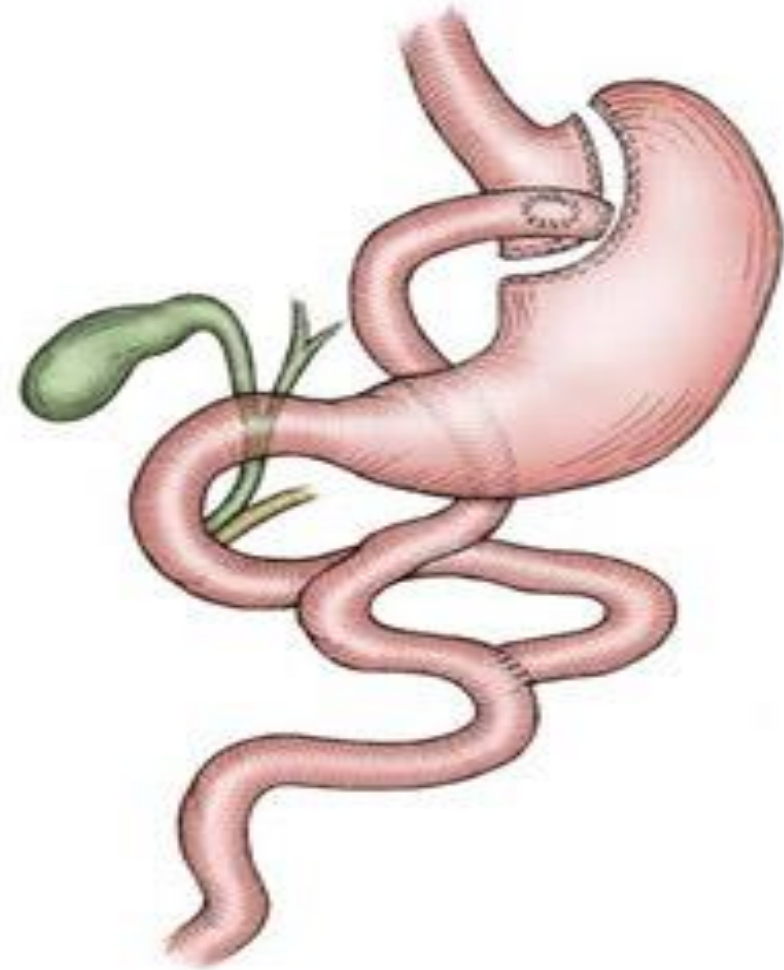
# Where Anti-Obesity Medication Fits in with Bariatric Surgery? – What's Trending

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## Background:

- Roux-en-Y gastric bypass (RYGB) is an effective weight loss intervention
- 25-30% have the complication of recurrent weight gain
- Anti-obesity medications (AOMs) are interventions to combat recurrent weight gain or to augment further weight loss efforts after RYGB
- AOMs have been underutilized in past



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Aims:

With new AOMs such as GLP-1 agonists recently, we aimed to investigate recent trends and discrepancies in prescription rates for AOMs following RYGB at a population level

## Methods:

- Retrospective, single-center study
- Patients with obesity who underwent RYGB between November 16, 2018 to November 15, 2023
- Inclusion criteria: Diagnosis of obesity prior to surgery
- Exclusion criteria: Diagnosis of GI cancers to filter patients receiving RYGB
- Sequentially prescribed an AOM < 5 years post RYGB



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### **GUIDELINES**

#### **AGA Clinical Practice Guideline on Pharmacological Interventions for Adults With Obesity**

Eduardo Grunvald,<sup>1,\*</sup> Raj Shah,<sup>2,\*</sup> Ruben Hernaez,<sup>3,4,5,\*</sup> Apoorva Krishna Chandar,<sup>6</sup> Octavia Pickett-Blakely,<sup>7</sup> Levi M. Teigen,<sup>8</sup> Tasma Harindhanavudhi,<sup>9</sup> Shahnaz Sultan,<sup>10</sup> Siddharth Singh,<sup>11</sup> and Perica Davitkov,<sup>5,12</sup> on behalf of the AGA Clinical Guidelines Committee

## Results:

- Of 272 patients who underwent RYGB, 32% (88/272) were started on AOM < 5 years
- 78% (69/88) patients prescribed AOM were on a GLP-1

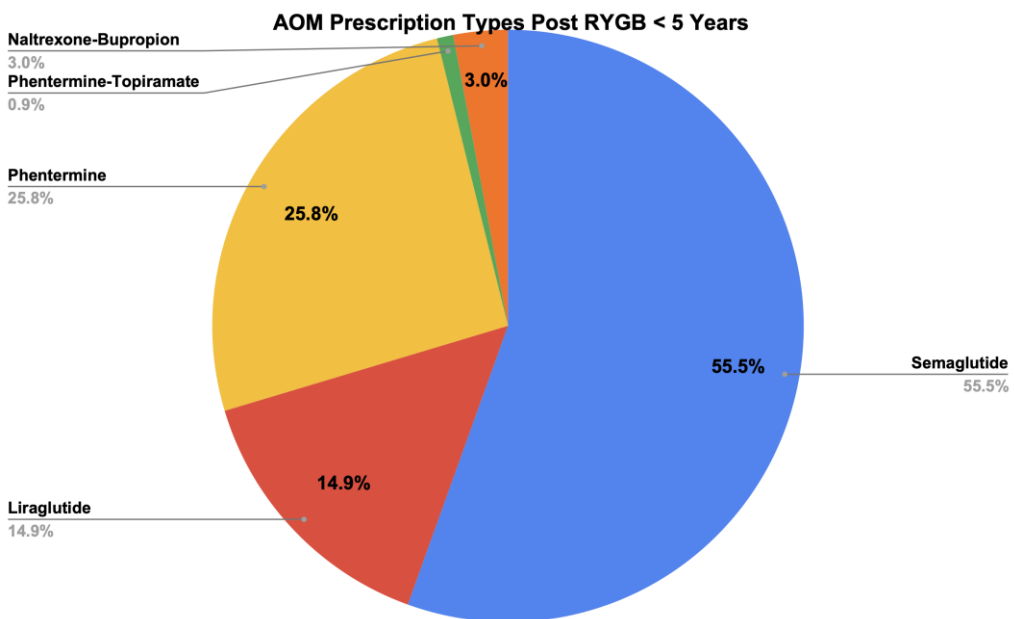


Figure 1

## Post Roux-en-Y Gastric Bypass Anti-obesity Medication (AOM) Trends

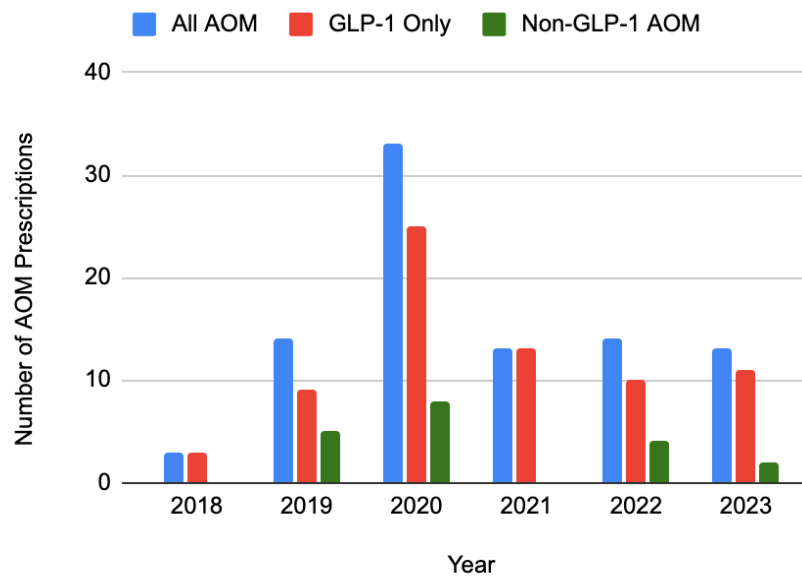


Figure 2

Table 1

Post Roux-en-Y Gastric Bypass (RYGB) Patient Demographics	
Total Patients Post-RYGB (N)	272
% Total Patients Started Anti-Obesity Medications within 5 Years	32% (88/272)
% Black or African American Patients started on AOM	44% (28/63)
% White Patients started on AOM	27% (48/177)
% Other Races started on AOM	38% (12/32)
% Females started on AOM	33% (69/209)
% Males started on AOM	33% (18/54)

## Key Points:

- Black patients had higher prescription rates of AOM within 5 years after RYGB in contrast to white patients with no differences between genders
- The majority of patients prescribed an AOM were on a GLP-1 agonist
- The popularity and widely known use of GLP-1 agonists appears to be improving AOM prescription rates; however, it is important to ensure that prescribers and patients are aware of other pharmacological treatment options in certain populations