

In The GLP-1 Agonists Era, Factors Associated With >30% Total Body Weight Loss After Laparoscopic Sleeve Gastrectomy

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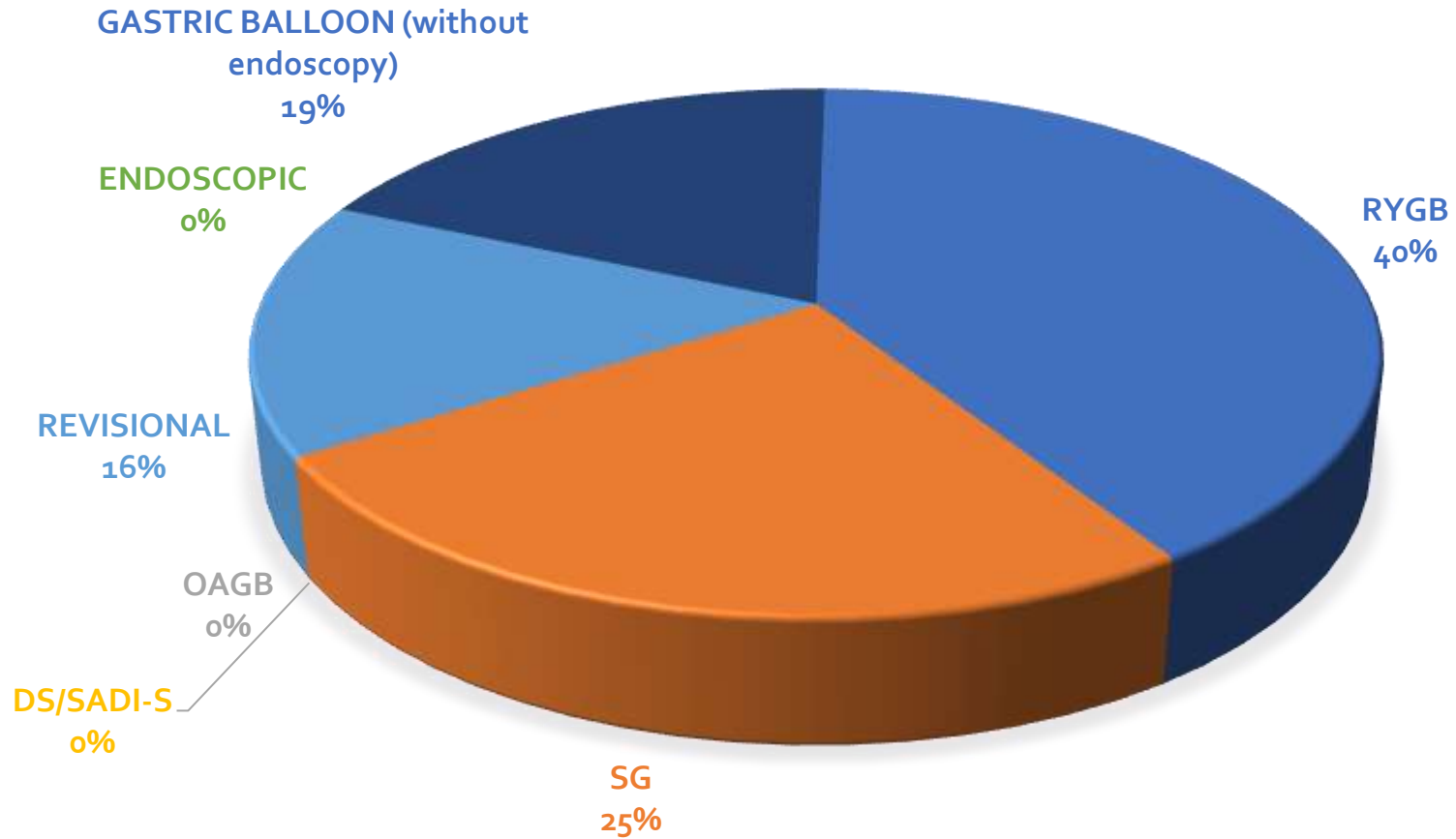
CONFLICT OF INTEREST DISCLOSURE

I have the following potential conflicts of interest to report but none is relevant to this presentation:

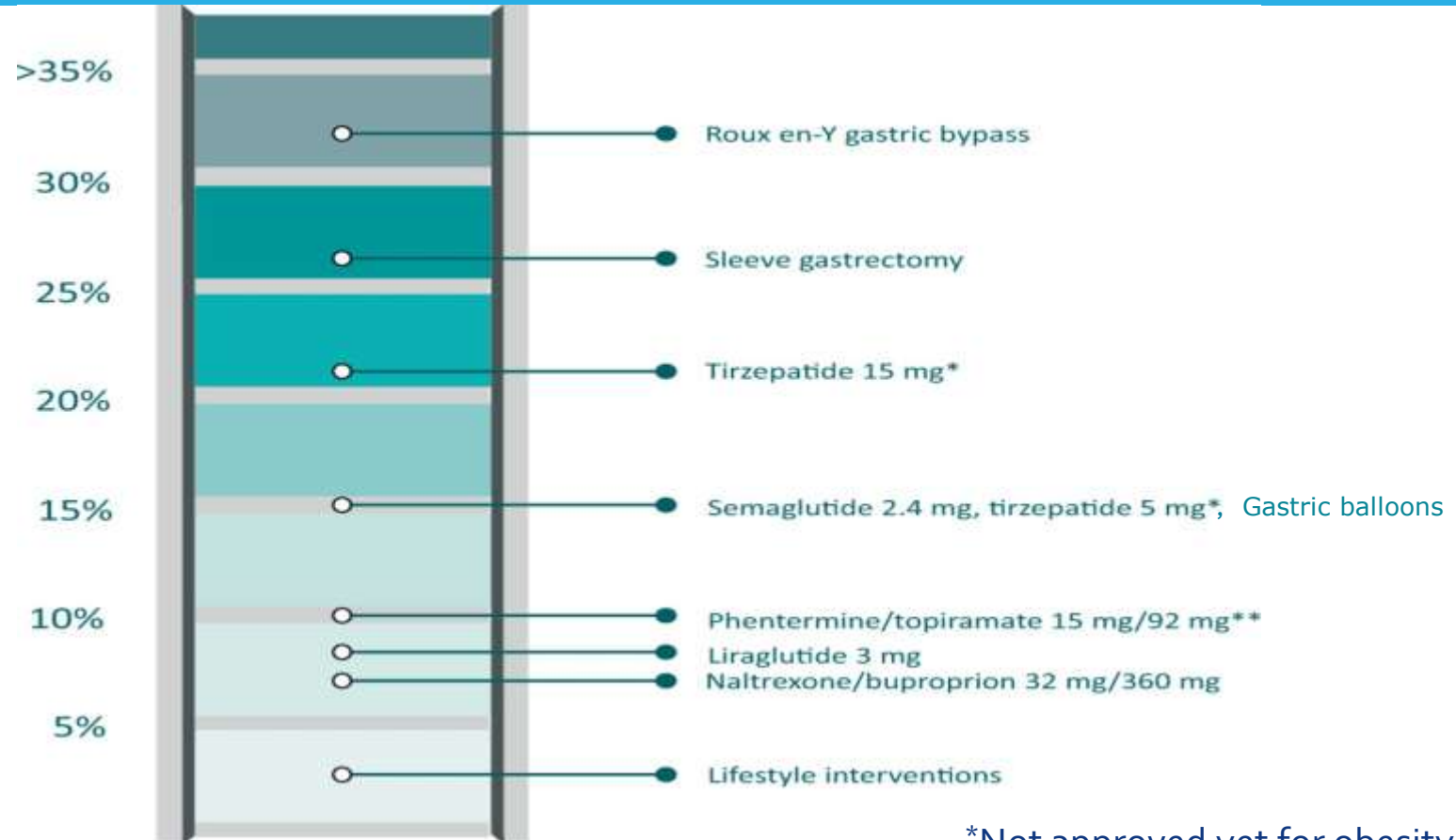
- Heron Therapeutics (Research grants and support, Speaker's Bureau)
- Lexington Medical (Research grants and support, honoraria)
- Medtronic (Research grant and support)
- Allurion Technologies (research support)



CASE MIX DISCLOSURE



52-72-week MEAN %TBWL OF OBESITY THERAPIES



*Not approved yet for obesity management

**Approved in the US but not in Europe

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NAPOLI
2023

HOW CAN WE MAKE THE BENEFIT OF LSG CLEARER?

- Improve %TBWL above 30%
- Identify factors that have an effect on higher %TBWL

PATIENT POPULATION & PREOPERATIVE PLAN

619 SLG PATIENTS \geq 1 YEAR F/UP

March 2016



August 2023

Preoperative Lifestyle Intervention Program



10% preop weight loss



Weight-based daily protein intake goal

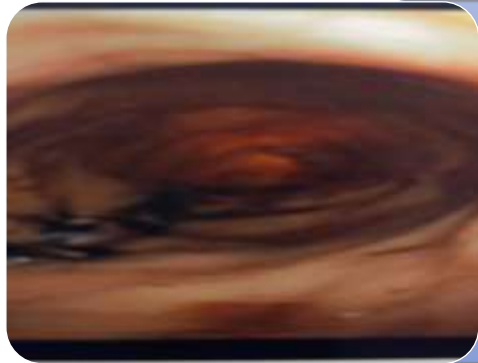
- Combination of protein supplements and one food based meal. No liquid LCD
- Structured plan adjusted to each patient's daily sleep & work schedule



2000 weekly calorie burn goal

- Type of aerobic exercise adjusted to each patient's preferences & physical abilities
- Graded intensity

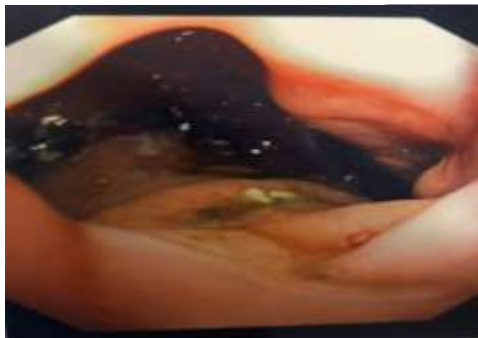
SLEEVE GASTRECTOMY - TECHNIQUE



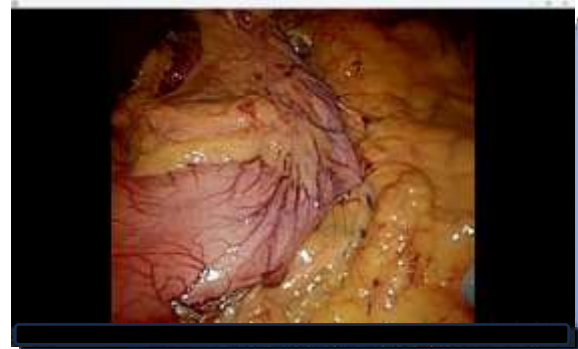
Even
caliber



No bougie



Well
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fundus

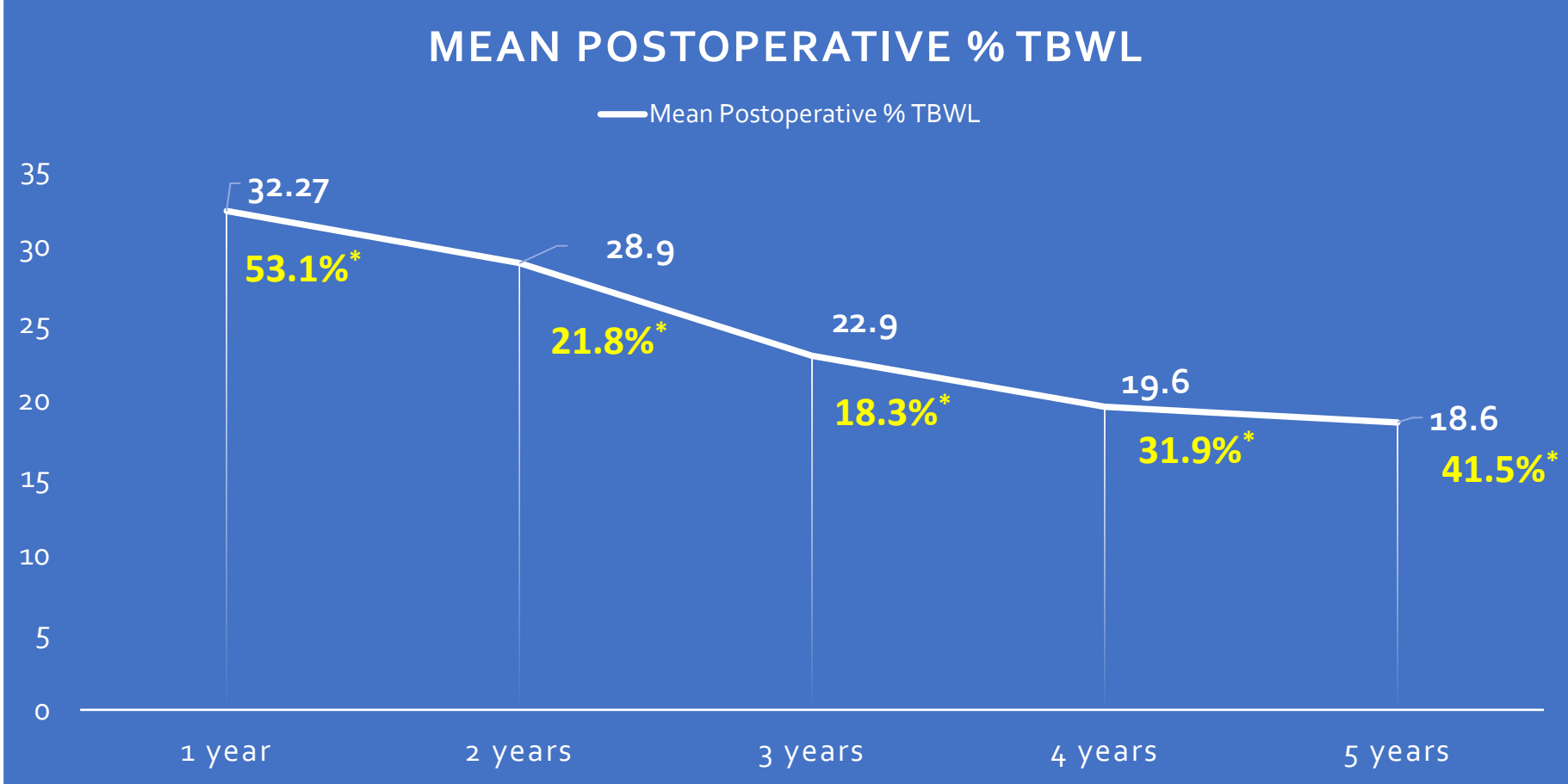


Gastropexy

RESULTS

Preoperative & demographics	Value (SD)
Mean Age	43.4 (11)
Mean BMI	42 (4)
% Males	13.1
Mean preoperative %TBWL	10.9 (3.7)

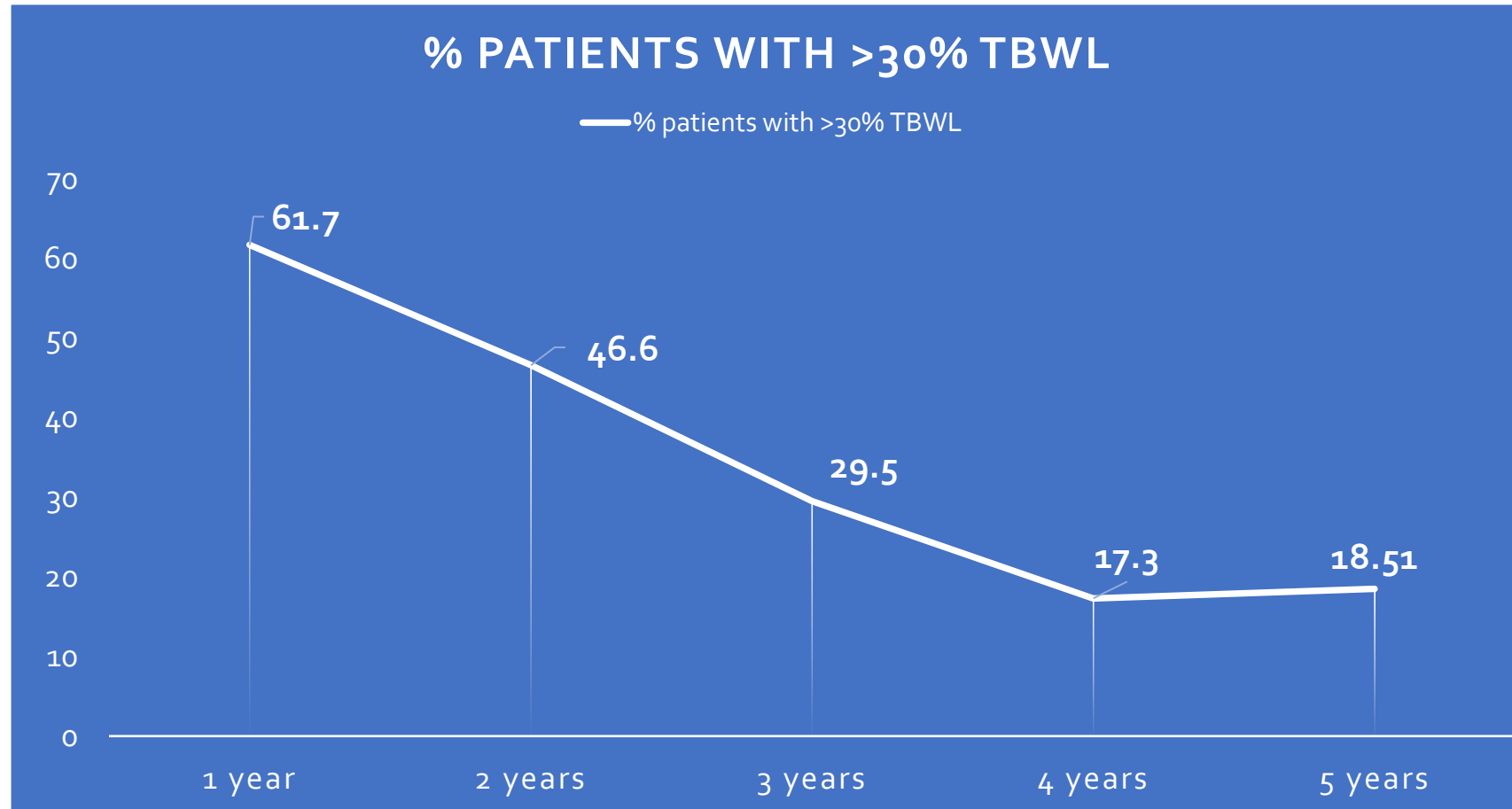
LSG MEAN WEIGHT LOSS: 1-5 YEARS POSTOP



***% QUALIFIED PATIENTS WITH AVAILABLE DATA FOR EACH F/UP PERIOD**



% LSG PATIENTS >30% TBWL: 1-5 YEARS POSTOP



FACTORS PREDICTING >30% TBWL REGRESSION ANALYSIS

Factor	1 YR (N=329)	2 YRS (N=103)	3YRS (N=61)	4YRS (N=75)	5YRS (N=54)
1YR %TBWL	N/A	+	++	+++	++
Preop %TBWL	+++	+++	NS	NS	NS
F/up at the practice	++	+++	+++	+	NS
Gender	NS	NS	+	NS	+
Initial BMI	NS	++	++	++	NS
Age	++	+	NS	NS	NS
Race	NS	NS	NS	NS	NS
Diabetes	NS	NS	NS	NS	NS
Duration of preop period	NS	NS	NS	NS	NS
Model p value	<0.0001	<0.0001	0.0001	<0.0001	0.0008

+: $p = 0.01-0.05$; ++: $p = 0.01 - 0.001$; +++: $p < 0.001$

CONCLUSIONS

- A >30% TBWL after sleeve gastrectomy is feasible
- Preoperative WL through lifestyle intervention improves 1-yr weight loss and 1-yr weight loss improves long-term weight loss
- Strategies (weight loss goals and cosmetic procedures) to motivate patients to follow-up long-term in the bariatric practice should be implemented and investigated as follow-up contributes to long-term weight loss
- >30% TBWL should be reported more often to distinguish bariatric surgery from GLP-1 agonists.

THANK YOU!

QUESTIONS?

