

Weight loss after bariatric surgery in different age groups

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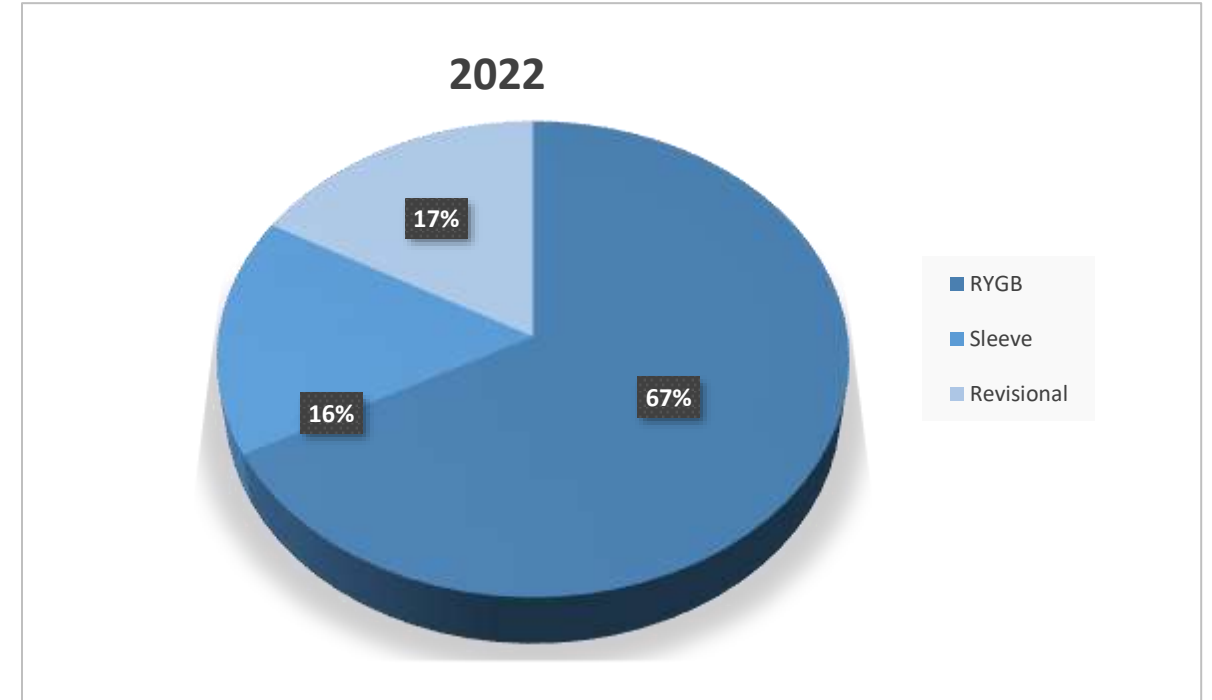


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Disclosure

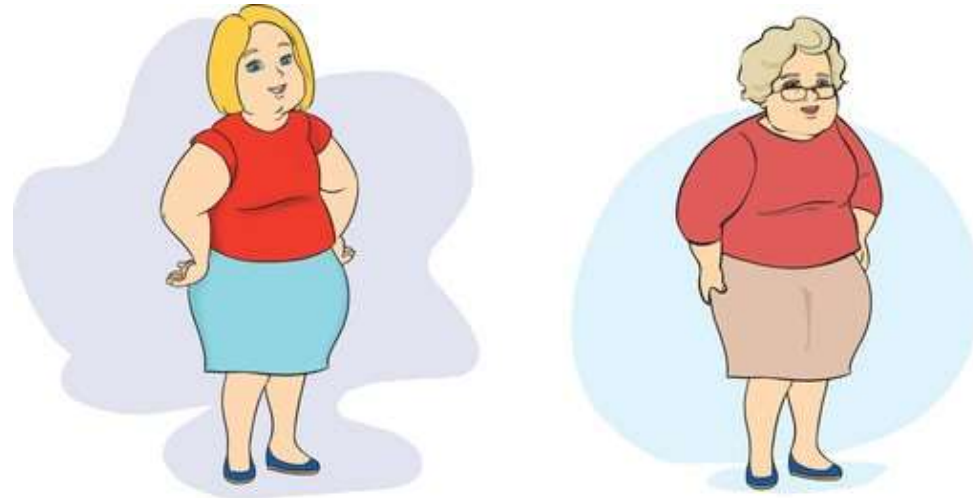
No conflict of interest



N=201



Difference in Results of bariatric operations depending on age?



Retrospective analysis

500 consecutive primary bariatric procedures

Single centre

2013-2020

Indication

according to national guidelines

multidisciplinary team meeting



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Age groups

Age

<30

30-40

40-50

50-60

>60



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Age groups

| | | | | | |
|-----|-----|-------|-------|-------|-----|
| Age | <30 | 30-40 | 40-50 | 50-60 | >60 |
| n | 81 | 129 | 129 | 116 | 45 |



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Age groups

| Age | <30 | 30-40 | 40-50 | 50-60 | >60 | |
|-----|------|-------|-------|-------|------|----|
| n | 81 | 129 | 129 | 116 | 45 | |
| BMI | 44.3 | 43.1 | 42.3 | 44.3 | 43.9 | ns |



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Age groups

| Age | <30 | 30-40 | 40-50 | 50-60 | >60 | |
|---------|-------|--------|--------|-------|-------|----|
| n | 81 | 129 | 129 | 116 | 45 | |
| BMI | 44.3 | 43.1 | 42.3 | 44.3 | 43.9 | ns |
| RYGB:SG | 68:13 | 104:25 | 103:26 | 89:27 | 31:14 | ns |



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Age groups

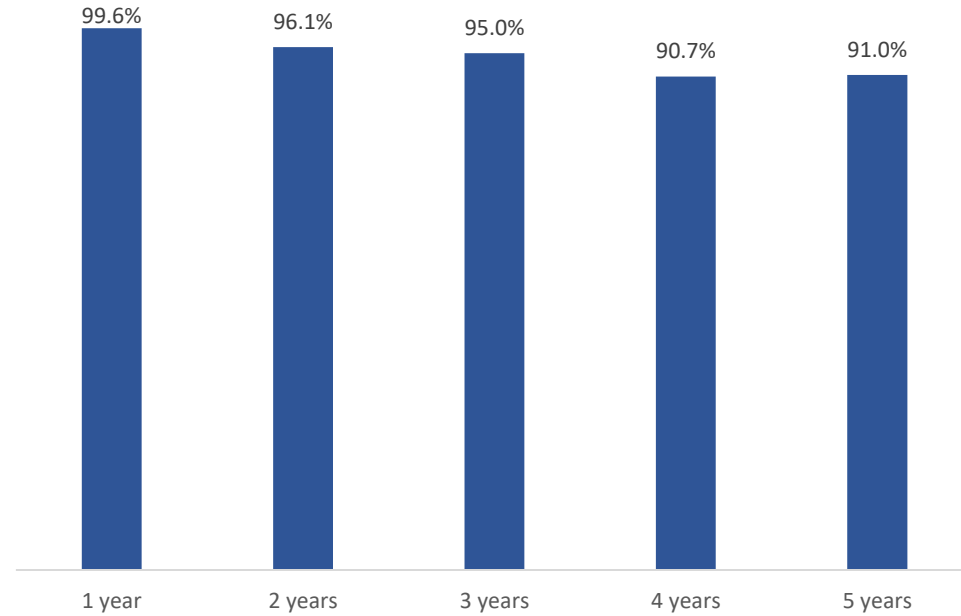
| Age | <30 | 30-40 | 40-50 | 50-60 | >60 | |
|---------|-------|--------|--------|-------|-------|---------|
| n | 81 | 129 | 129 | 116 | 45 | |
| BMI | 44.3 | 43.1 | 42.3 | 44.3 | 43.9 | ns |
| RYGB:SG | 68:13 | 104:25 | 103:26 | 89:27 | 31:14 | ns |
| f:m | 69:12 | 102:27 | 100:29 | 78:38 | 27:18 | p=0.004 |



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Follow-Up

- Mean 4.6 years



Results

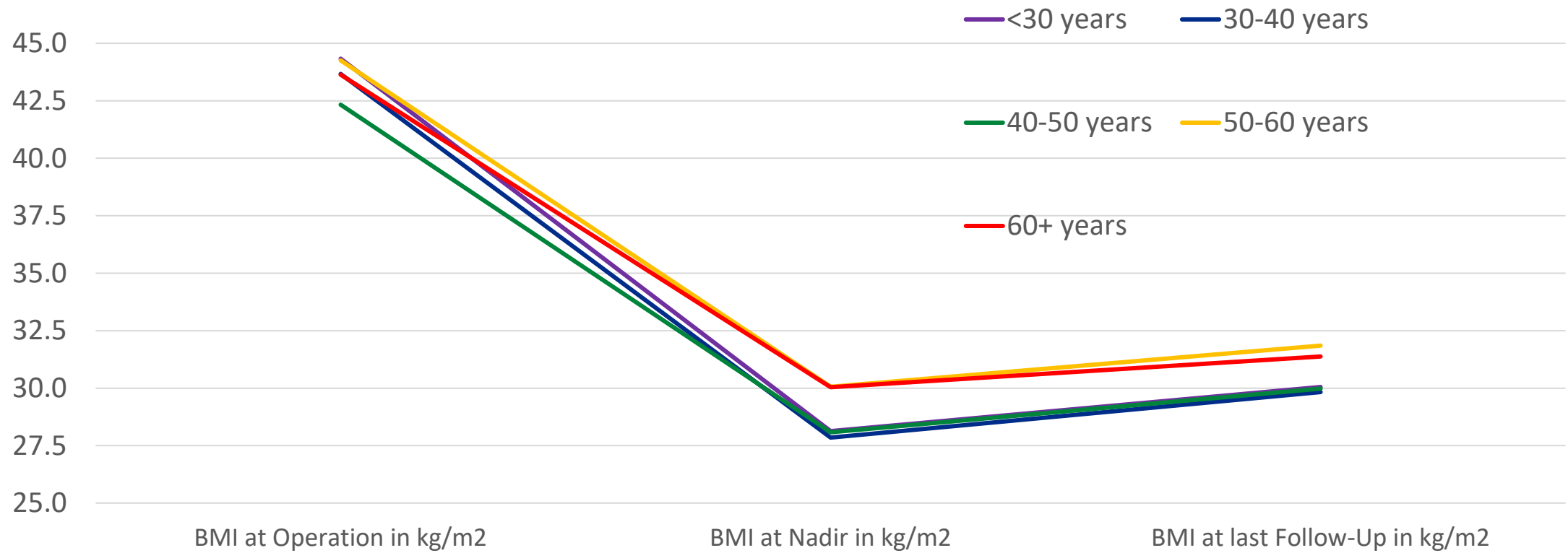
Weight Loss

Remission of Comorbidities

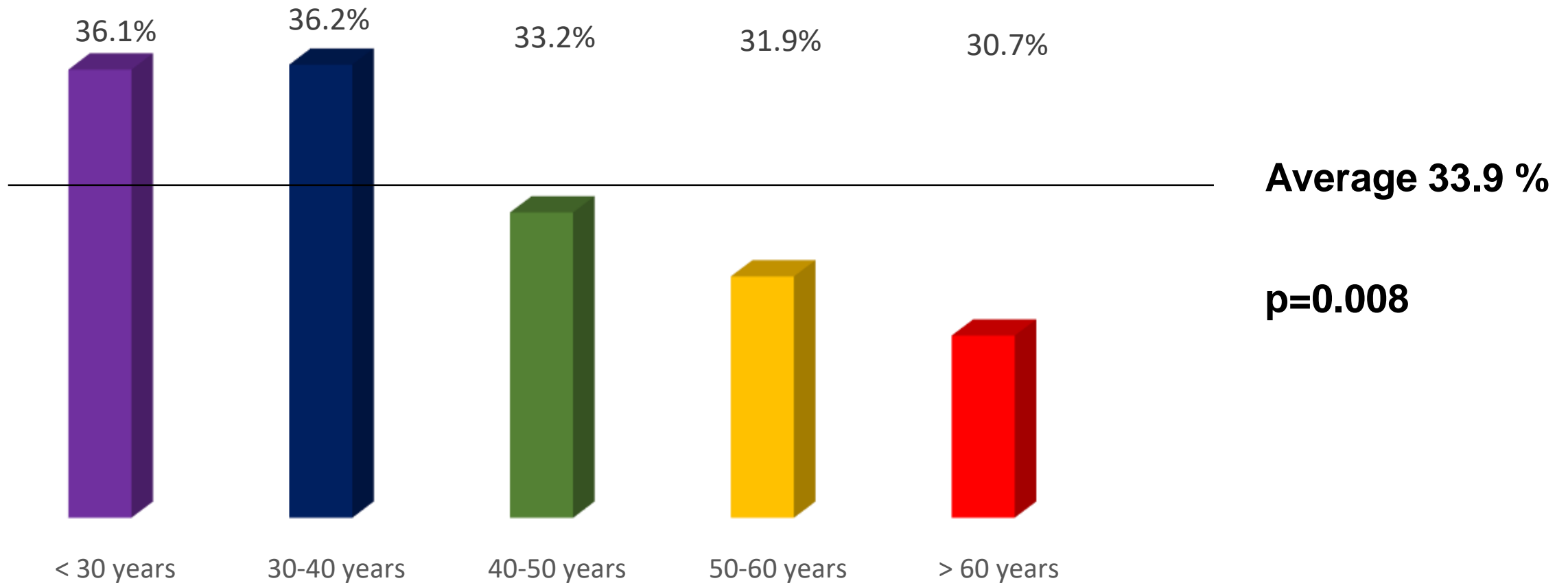


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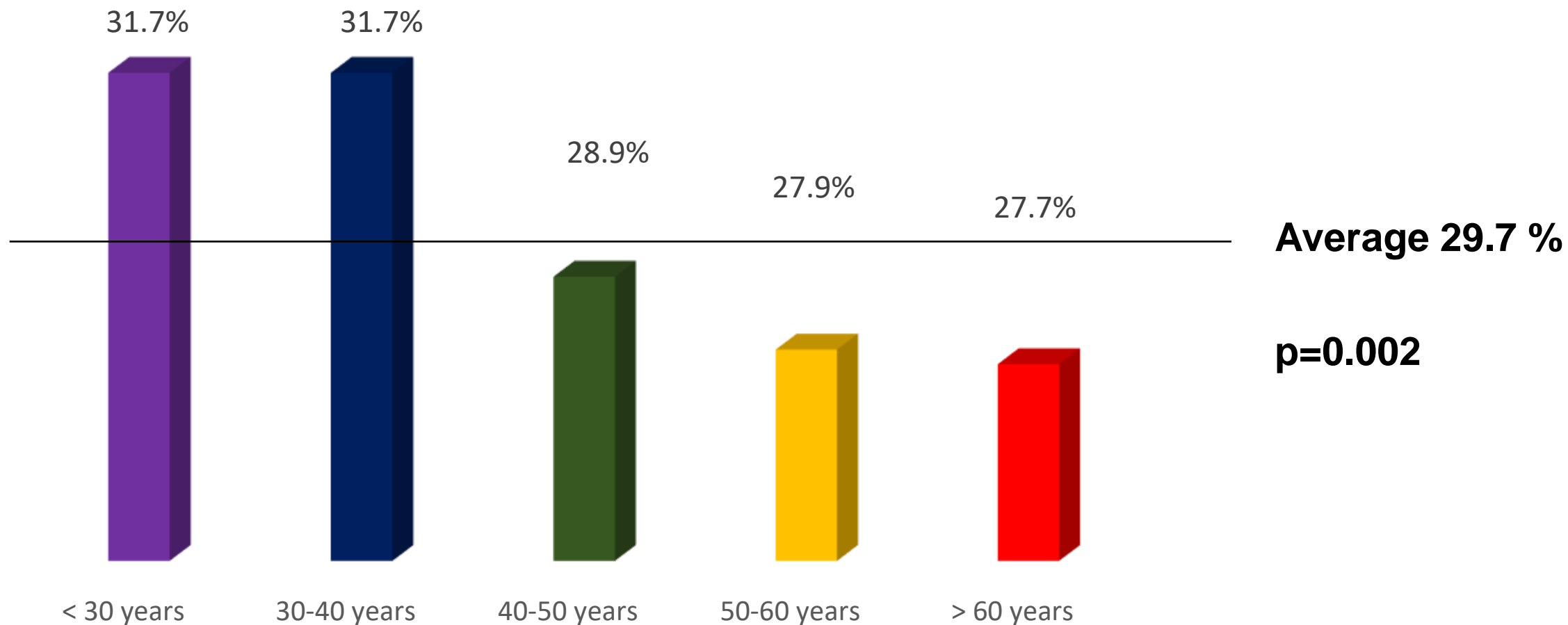
Weight Loss



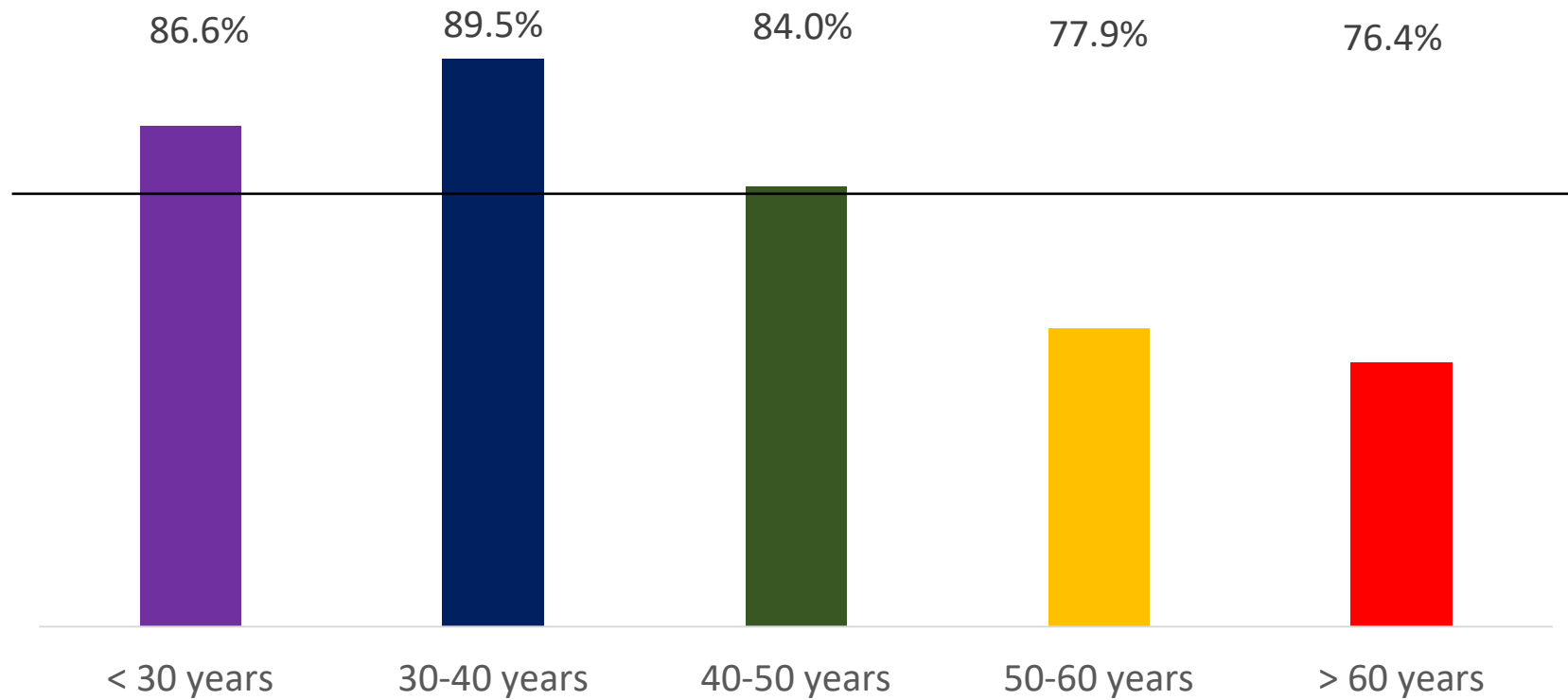
% Total Weight Loss at Nadir



% Total Weight Loss at last Follow-Up



% EBMIL at Nadir



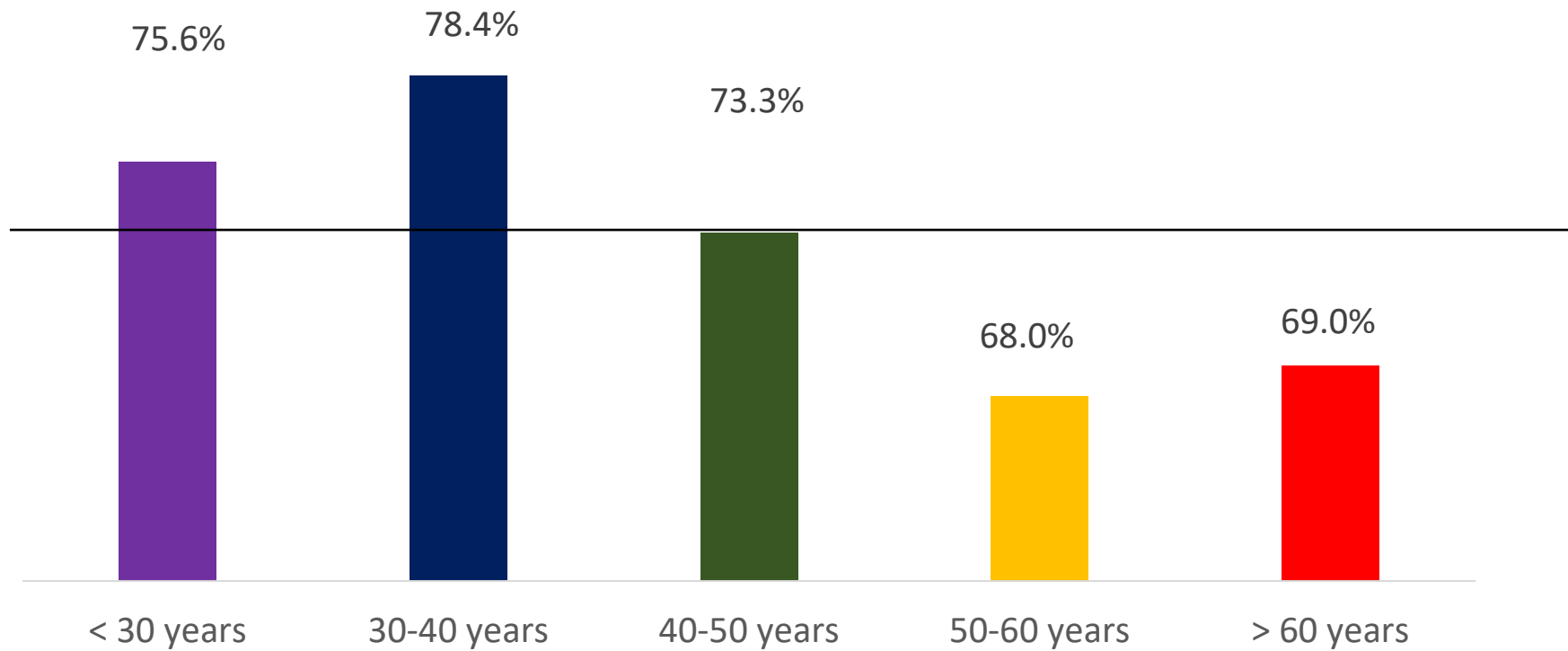
Average 83.7%

p=0.002



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% EBMIL at last follow-up



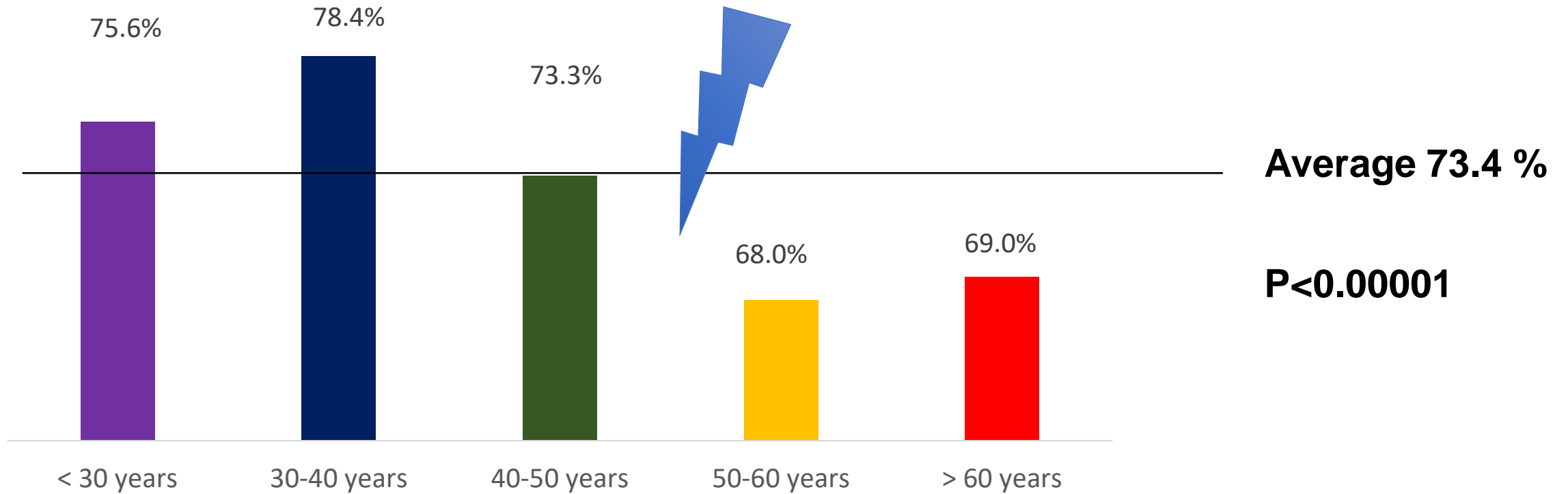
Average 73.4 %

P<0.00001



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Cut-Off Point



Results

Weight Loss

Remission of Comorbidities



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Remission of Co-Morbidities

Arterial Hypertension:

- Normotension without medication

T2DM

- HbA1c < 6% without medication

OSAS

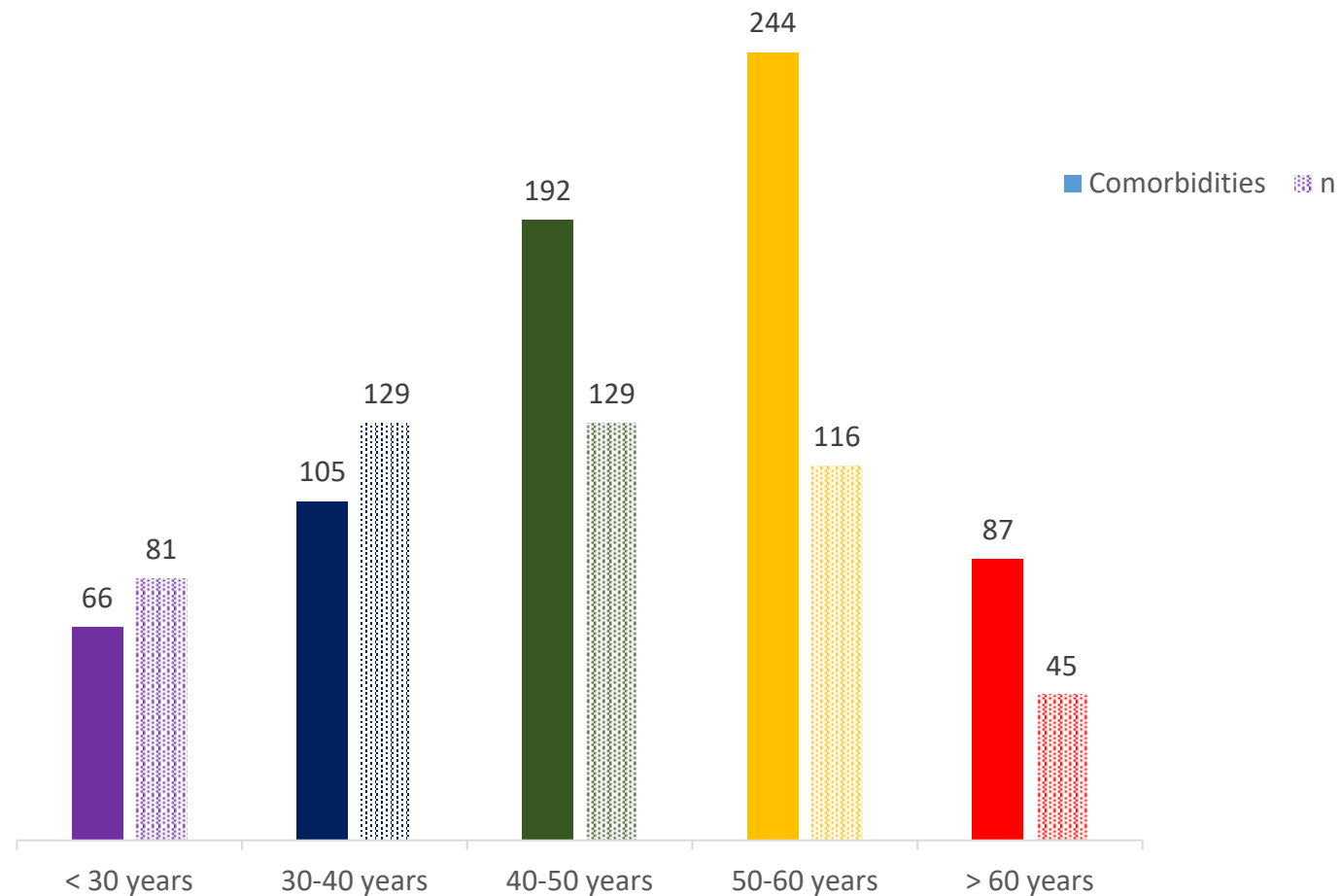
- no symptoms of sleep apnea without mask therapy

Dyslipidaemia

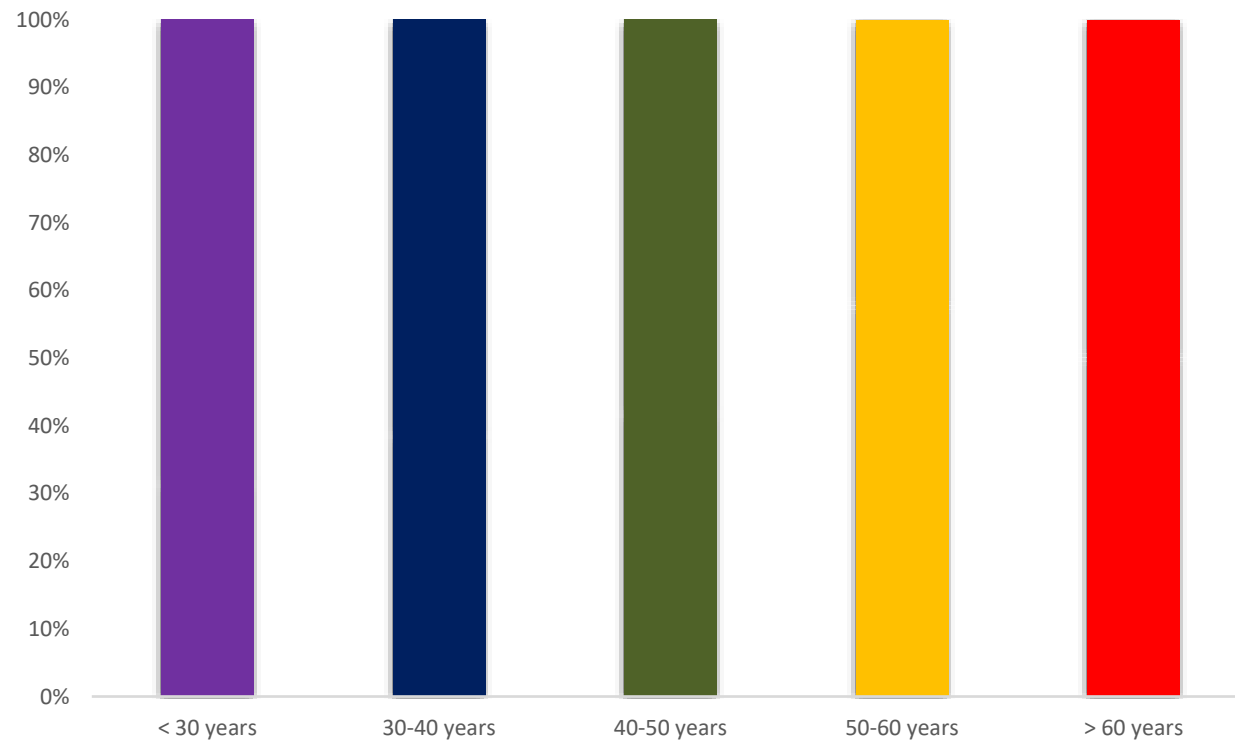
- Normal blood lipids without medication



Co-Morbidities per patient

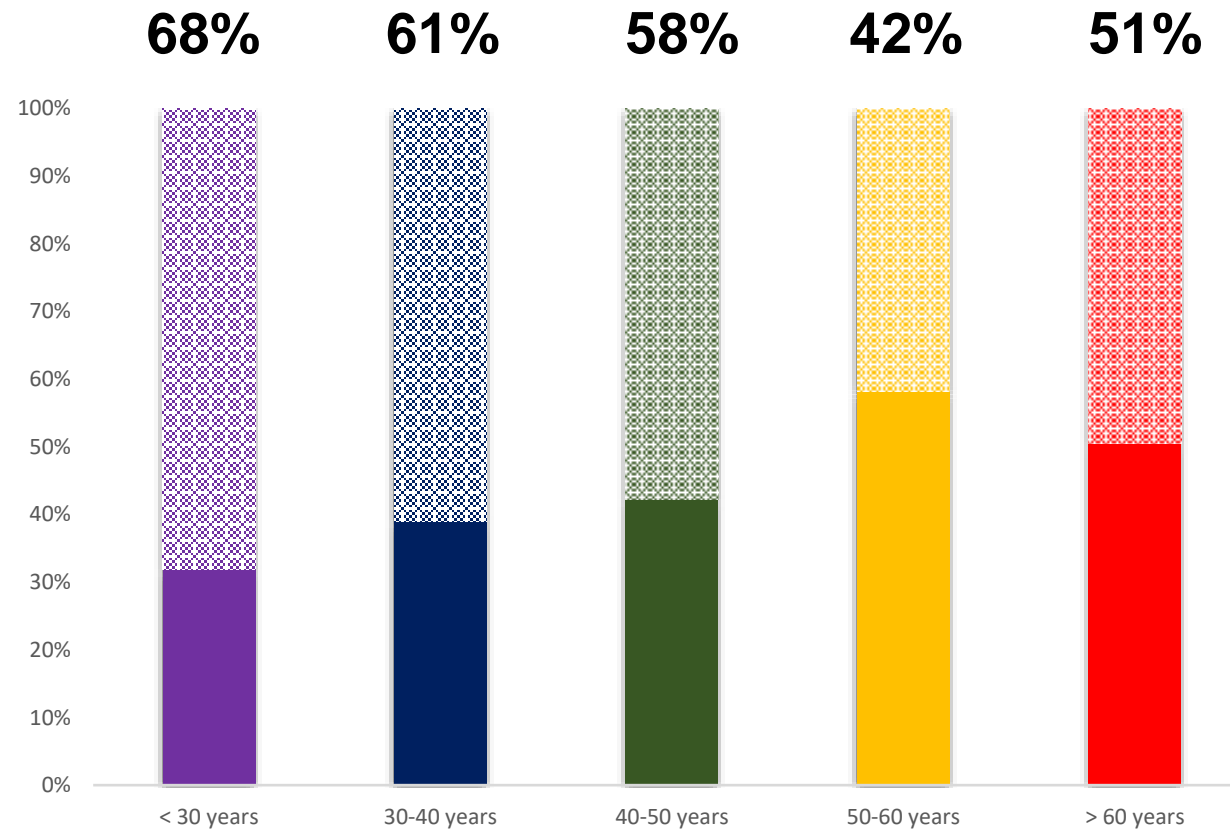


Co-Morbidities

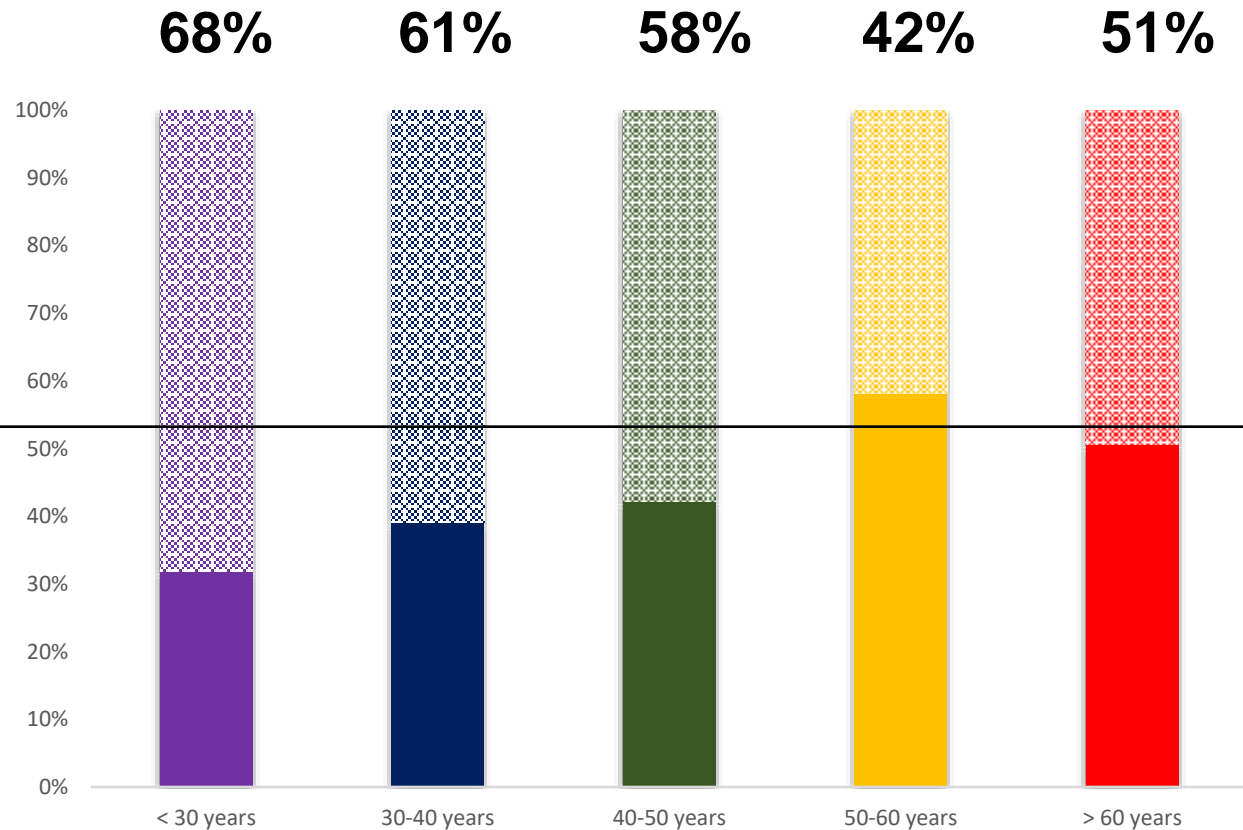


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Remission of Co-Morbidities



Remission of Co-Morbidities



Average 53 %

p=0.0001



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Discussion

- Metabolism changes
- Duration of eating and life style habits
- Duration of co-morbidities



Conclusion

- **Weight loss after bariatric operation is decreasing with the patients age**
- **Remission rate of comorbidities is decreasing with patients age**



Conclusion

- **Weight loss after bariatric operation is decreasing with the patients age**
- **Remissionrate of comorbidities is decreasing with patients age**

BUT

- **Weight loss and remission of comorbidities is still good**
- **and superior to alternative therapies even in older patients**





Thank you



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