

WEIGHT LOSS AT 1ST MONTH AND 1ST YEAR AFTER BARIATRIC SURGERY

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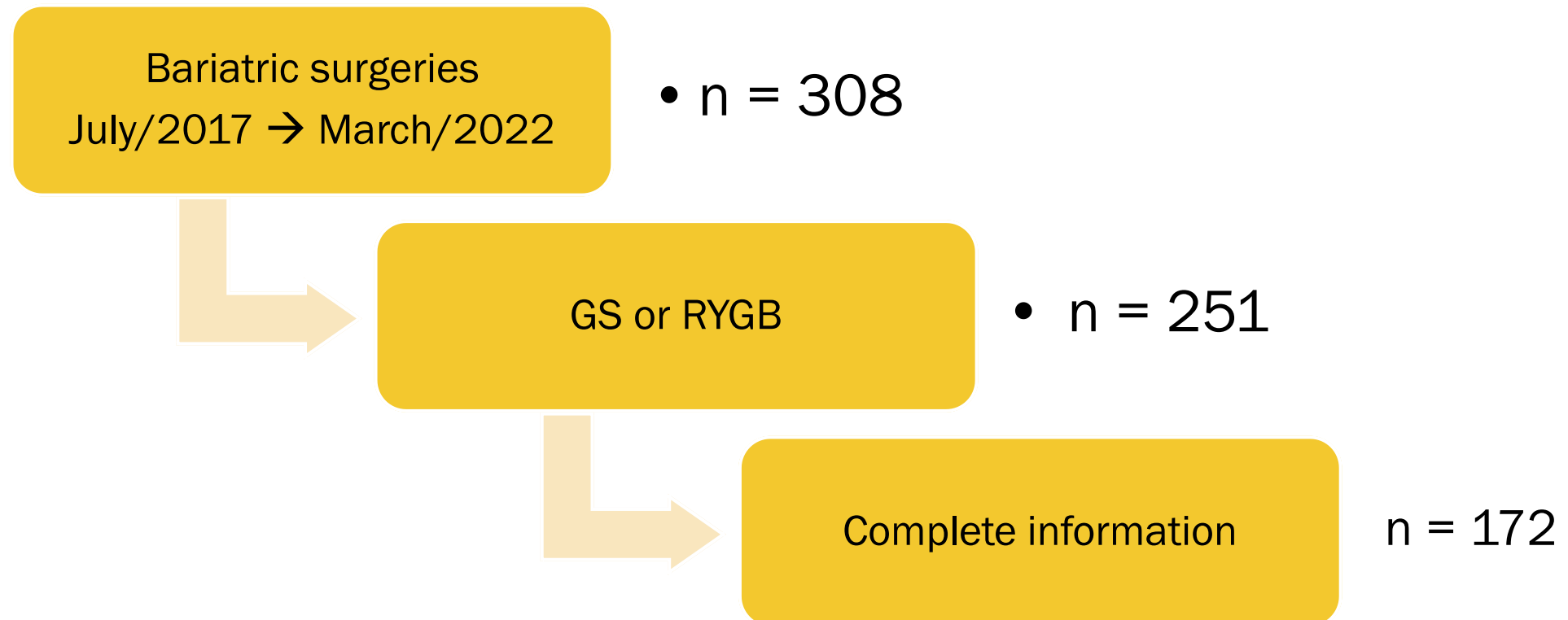
Conflict of interests declaration

- No conflicts to report



Methods

Retrospective, single-center study



Methods

Data collected from clinical records:

- Gender
- Age
- Surgery
- Weight and BMI at surgery date
- Height
- 1st month and 12th month weight

- Percentage of total weight lost

$$\% TW = \frac{\textit{Month weight} - \textit{Surgery weight}}{\textit{Surgery weight}} \times 100$$

- Percentage of excess BMI lost

$$\% EBMI = \frac{\textit{Month BMI} - \textit{Surgery BMI}}{\textit{Surgery BMI} - 25} \times 100$$

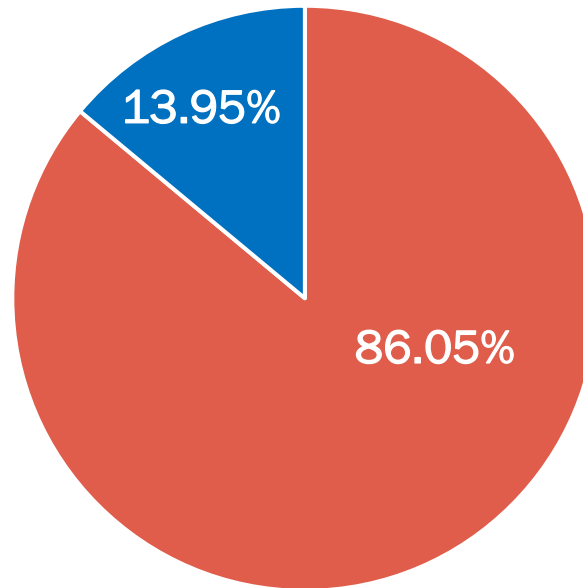
Excess BMI = Surgery BMI - 25

(considering 25 kg/m² as the ideal BMI)

Results

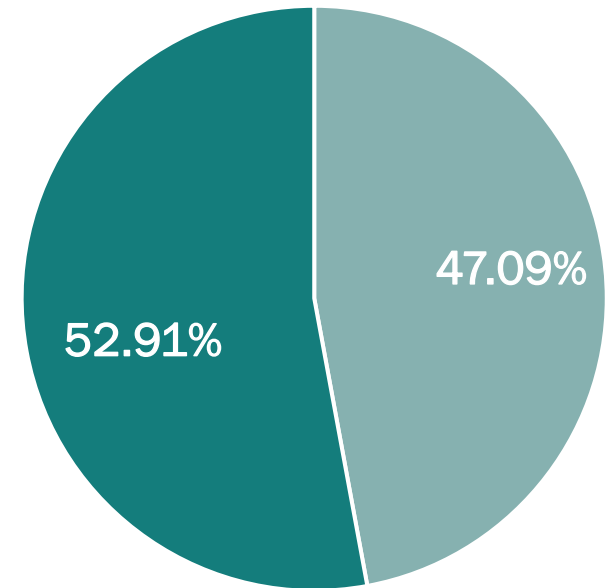
	<i>n</i>
Total	172
Gender	
Male	24
Female	148
Surgery	
Sleeve	81
Bypass	91

Gender



■ Female ■ Male

Surgery



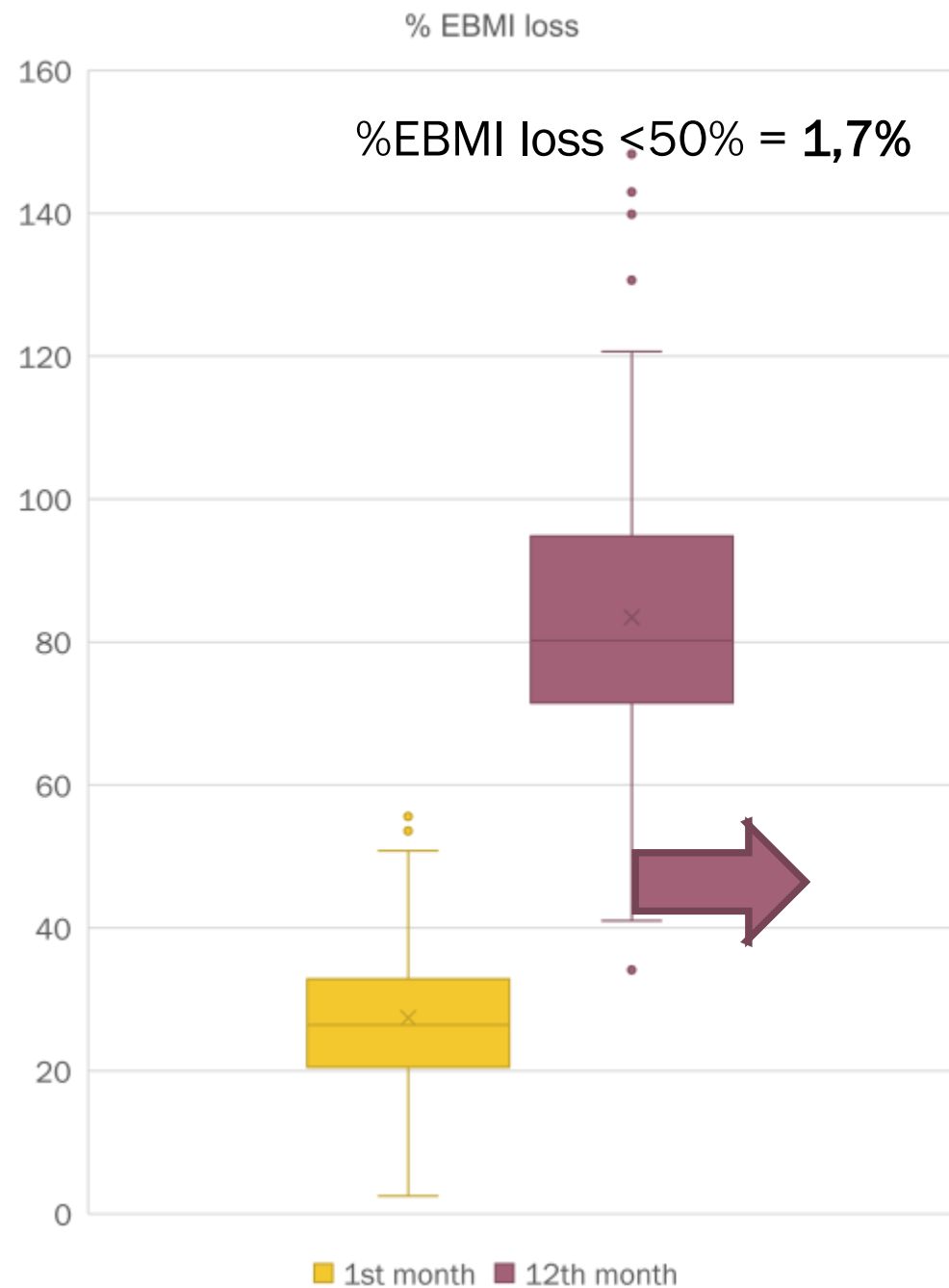
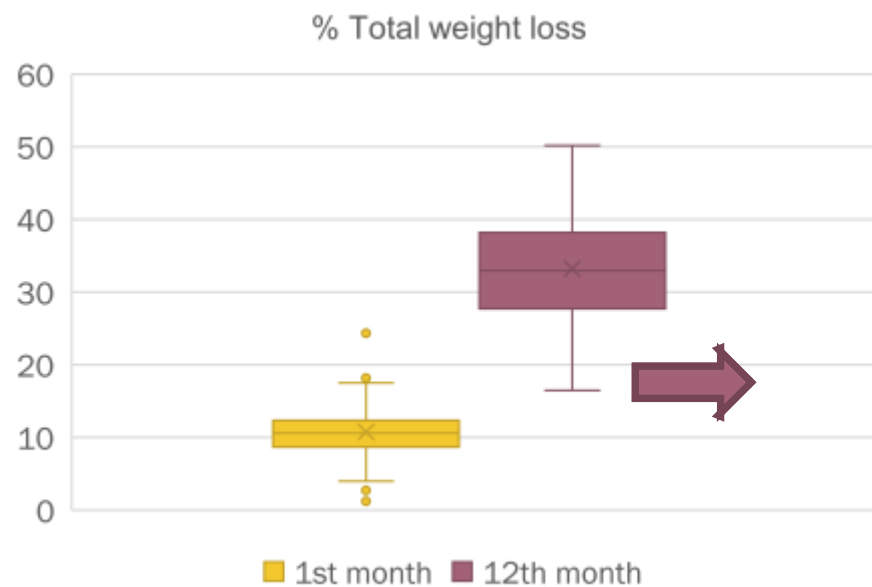
■ Sleeve ■ Bypass

Results

Mean	Total	♂	♀		RYGB	Sleeve	
Age (years)	46.9	44.1	47.4	p = 0,155	46.2	47.7	p = 0,351
BMI (kg/m ²)	42.8	46.0	42.3	p = 0,035	44.0	41.5	p = 0,004
1st month WL (%)	10.8	12.0	10.6	p = 0,031	10.5	11.0	p = 0,206
12th month WL (%)	33.2	33.1	33.2	p = 0,948	34.7	31.6	p = 0,004
1st month excess BMI loss (%)	27.4	28.3	27.2	p = 0,599	25.1	30.0	p = 0,001
12th month excess BMI loss (%)	83.4	76.7	84.5	p = 0,079	82.9	84.0	p = 0,726

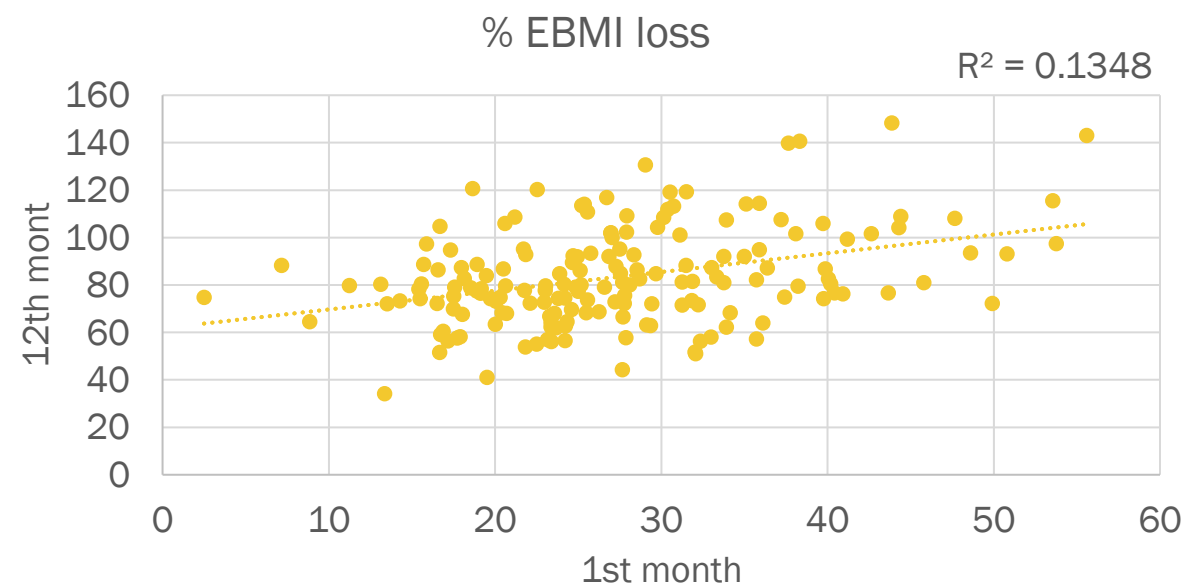
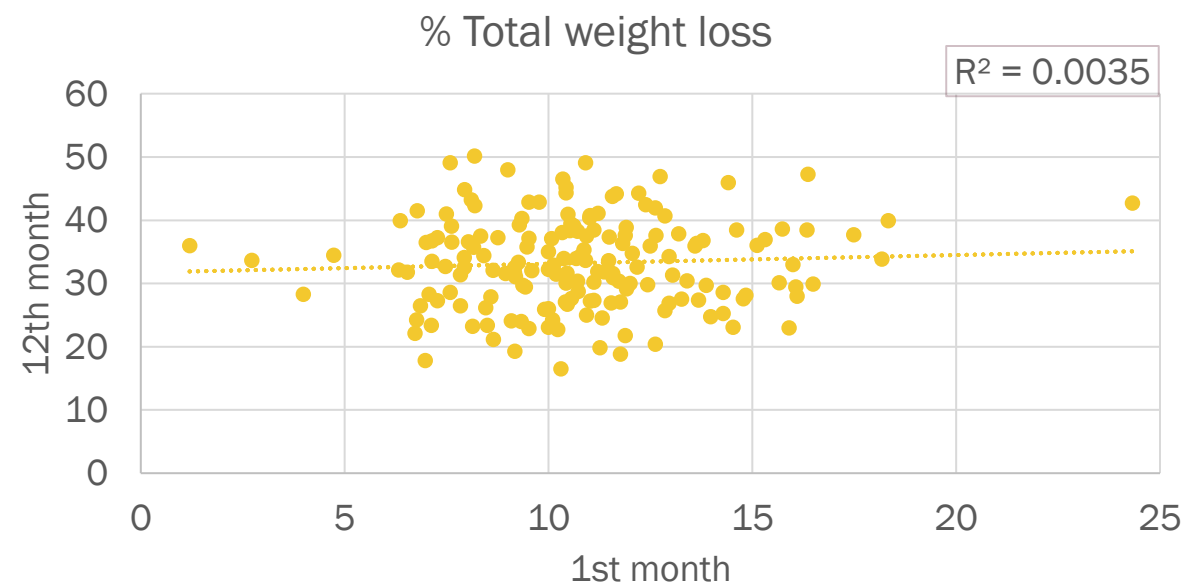
Results

WL <20% = **2,9%**



Results – Bivariate correlation

	Pearson correlation coefficient	<i>p</i>
% WL 1M vs 12M	0,059	0,443
% EBMI loss 1M vs 12M	0,367	< 0,001



Results – Multivariate correlation

% Total weight loss at 12th month

	Unstandardized coefficients		T test	P value
	B	Error		
Male gender	-1,003	1,473	-0,681	0,497
Bypass	2,832	1,010	2,803	0,006
Age	-0,227	0,048	-4,735	0,000
% 1st month weight loss	0,170	0,169	1,006	0,316



Constant	40,699
R square	0,166
F test	8,315 (p < 0.000)

% Excess of BMI loss at 12th month

	Unstandardized coefficients		T test	P value
	B	Error		
Male gender	-10,085	4,035	-2,500	0,013
Bypass	2,224	2,883	0,772	0,441
Age	-0,424	0,133	-3,188	0,002
% 1st month EBMI loss	0,856	0,153	5,599	0,000



Constant	80,105
R square	0,210
F test	11,077 (p < 0.000)

Loss of +1% EBMI at 1 month



Loss of +0.856% EBMI at 1 year

Conclusions

- Positive correlation between %EBMI loss at 1st month and 1st year
- Clinical relevance of these results depends on the establishment of a correlation between the increase in WL and improvement of mortality and morbidity

Limitations

- Small size population
- Low representativity:
 - *Male gender*
 - *Patients with suboptimal WL*
- Comorbidities were not considered

Next steps

- Quartiles / percentiles analysis
- Stratification by BMI
- Relationship with comorbidities
- Long-term follow-up



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