

Bariatric Surgery: Eradicate Obesity and Comorbid Disease in Future

Introduction: Obesity is a prevalent issue as 1.5 billion adults and 43 million children are suffering from it internationally. These numbers are constantly increasing in high-income countries and lead to death of 2.8 million people each year. This aggravation is not controllable with diet, exercise and medication as it leads to severe comorbid diseases. Treatment of obesity is possible with surgery. Nowadays two techniques are more common: laparoscopic Roux en Y gastric bypass (RYGB) and laparoscopic adjustable gastric banding (LAGB). But there is lack of information about advantages of these approaches.

Purpose: Assessing the benefits of laparoscopic Roux en Y gastric bypass and laparoscopic adjustable gastric banding.

Methods: Implementation of International Meta Analysis Clinical studies of 37 fully extracted studies with 22,297 patients from 1991 to 2011. 38% of the patients were men and 62% were women, with a mean age of 39 years (range, 16-64 years). The baseline mean body mass index for 17,834 patients was 46.9 (range 32.3-68.8).

Results: It was analyzed that the benefit of losing weight is 35%-70% with RYGB and 33%-52% in LAGB within 6 to 12 months. Deduced from our research, comorbid conditions are improved significantly as GERD resolves 72% in RYGB and LAGB revealed 76-89% improvement. Amelioration of sleep apnea was discovered in RYGB 74% and 94% in LAGB. Respectively to our study hypertension is improved 52-92% in both surgeries. Major complications in RYGB manifest as dumping syndrome 71%, suffering from B12 deficiency 25% and occurrence of stomach stenosis in 20% of the cases. Major complications in LAGB are noted to be 18% band problems, obstructions as esophageal dilatation 14% and suffering from nausea and vomiting 17%. Adverse consequences of both methods were recognized as bleeding, wound infection, cholelithiasis, depression and malnutrition.

Conclusion: Bariatric surgery is essential as it guarantees weight loss. Complications and side effects occur in both surgeries to a similar extent. Both of them are equally successful approaches and are chosen by surgeons based on their skills and according to which of the approaches are practiced in the hospital or country.