

Metabolic outcomes of bariatric surgery: a result from Thai Subjects

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Background: Obesity and its co-morbidities become to be one of the most important health care problems. Weight loss surgery has been proved as the most effective and sustainable method to obtain long term weight control and to achieve improvement of metabolic disorders. There are limited results contributing from Asian subjects. We reviewed our metabolic outcomes of surgical treatment for morbidly obese patients in our institute.

Methods: Data from all patients who underwent bariatric surgery in Chulalongkorn University were collected and metabolic outcomes were reviewed.

Results: From Jan 2003 to December 2010. Fifty-five consecutive Thai patients underwent bariatric surgery by the Chula Minimally Invasive Surgery Center. The mean age was 35.2 years (18-57 years). Twenty four (56.4%) were men. The pre-op BMI was 49.2 kg/m.² Roux en Y Gastric bypass was the most common procedure (78%). In RYGB group showed mean EWL of 64.2% at 2 years. 20 of 55 (36.3%) were type II diabetic, all of them were getting improvement post operatively; of which, 81.8% were completely resolved and 18.2% were able to decrease dosage of hypoglycemic drugs. 28 of 55 (50.9%) were hypertensive, 46.7% of them were able to discontinue antihypertensive drugs and 46.7% were decreasing dosage. 19 of 55 (34.5%) were dyslipidemia; 60% were resolved and 40% were improved.

Conclusion: Metabolic results in Thai patients undergoing bariatric surgery are excellent. This initial data from Thai subject reflects a comparable result worldwide.