

BARIATRIC & METABOLIC SURGERY in the Philippines

President, Philippine Society for Metabolic and Bariatric Surgery
Hildegardes C. Dineros, MD, FPCS FACS

Third world countries like the Philippines was not immune to the epidemic of Obesity, with a progressively rising prevalence, one in four being overweight and one out of twenty is obese. Roughly, there are 4 million obese Filipinos and close to a million are morbidly obese. Of about 90 million population, the extrapolated prevalence of Diabetes is 5 million, more than 90% of which belong to Type 2 category.

The Philippine experience in Bariatric Surgery started in 2001 as VBG. The following year, Open Gastric Bypass was performed and 5 years later, Laparoscopic techniques were done for RYGBP, Gastric Banding, BPD-DS, and Sleeve Gastrectomy. Class II Obesity, defined as BMI $30\text{kg}/\text{m}^2$ was the baseline criterion for weight loss surgery since at this level, co-morbid conditions are already observed.

The Philippine Society for Metabolic and Bariatric Surgery was established in 2007, composed of about 25 surgeon members, half of which are doing bariatric surgical procedures already, and majority doing mostly Gastric Banding. Certified General Surgeons with training and experience in laparoscopic bariatric surgery, have up to the present, performed close to 600 bariatric operations. Surgery for Non-obese Type 2 Diabetes was first done in 2008 using LSG with Loop DJB.