

4th International Conference and Exhibition on
Pathology

July 13-15, 2015 New Orleans, USA

Does the presence of obesity and/or metabolic syndrome affect the course of acute pancreatitis? A prospective study

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Objective: The incidence of acute pancreatitis (AP) is rising with increased prevalence of obesity, which exacerbates pancreatic injury. Metabolic syndrome (MS) is defined as a cluster condition of cardiovascular risk factors, including hyperglycemia, dyslipidemia, hypertension, and central obesity. We analyze if the presence of obesity and/or MS affects the course of pancreatitis.

Methods: Data were collected from 140 patients with AP between January 2010 and February 2013. Anthropometric data, including body mass index and waist circumference, were measured. Biochemical tests were used including fasting glucose, triglyceride, low- and high-density lipoprotein cholesterol levels, and total cholesterol level. Atlanta criteria, Acute Physiology and Chronic Health Evaluation II, and Ranson scoring system were used to define severe AP. Patients were classified as having MS based on the International Diabetic Federation criteria.

Results: The mean body mass index was 30.15 kg/m². Sixteen (11.4%) patients had severe AP, whereas 124 (88.6%) patients had mild AP. We found that 62.8% of patients with AP fulfilled the criteria of MS (P=0.000). Body weight can be used to predict clinical severity of AP with significant P value (P=0.009).

Conclusions: The presence of MS in patients with pancreatitis is noticeable, but it does not affect the course of disease severity, whereas obesity correlates with pancreatitis severity.

Biography

Samer Sawalhi has completed his Bachelor degree from Baghdad University, and then he joined the general surgical program, after that he worked as a surgical specialist in King Hussein Cancer Center. In 2010, he was appointed as Assistant Professor-surgical department and permanent researcher in the Center of Genetics and Inherited Diseases in Taibah University-Saudi Arabia. He is interested in Onco-genetic mutation in surgical cancer patients. He has published 10 papers in reputed journals and serving as an Editorial Board Member in 5 journals. Recently he is doing Minimal invasive thoracic surgery fellowship at Dalhousie University-Thoracic surgery department.

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