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The gold standard of surgical obesity therapy

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Obesity is a primary disease in which no obvious cause exists, except for the imbalance of energy intake and expenditure. Gastric bypass surgery is called the gold standard in the United States for surgical weight loss procedures. Longitudinal studies indicate weight loss surgery is effective as a long-term, even life-long solution. Almost the same therapeutic results could be reached with the Isolated Sleeve Resection. The number of LSG operation per year in Germany is nowadays even bigger than bypass procedures. There are also many other new procedures which are performed in numerous clinics. Let us see what surgical therapy for weight loss do we really have what results we are able to achieve, when and which surgical techniques should be used and maybe we will find out which procedure could be called the "Gold Standard" in 2015.

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Circadian nutrition in obese and overweight subjects with different body compositions

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The aim of the study is to analyze, in the same BMI range, the effectiveness of a circadian nutritional program in subjects with different body compositions for the fat loss and the maintenance of skeletal muscle mass, and to verify whether the program allows keeping results in the long run. Data were collected from obese and overweight subjects. Changes over time of body composition using BIA-ACC (BioTekna, Venice, Italy) medical device, weight, body mass index, dietary habits, physical activity, health status and lifestyle, were taken into account. Number of subjects: 4120 (1648 males, 2472 females). The subjects were divided into 4 groups according to percentage of fat mass FM, percentage of skeletal muscle mass and skeletal muscle mass index (SMI). All groups have adopted a circadian nutritional program for a period of six months as follows: Breakfast, glycemic load (GL): 40 to 60. Snack, GL: 20 to 30. Lunch, GL: 10 to 25. Snack, GL: 2 to 8. Dinner, GL: 0. At the end of the program, changes in weight and body composition were assessed. The first group showed the greater loss of fat mass and total weight. The groups 3 and 4 obtained fat mass loss and small loss of muscle mass. The second group showed the lesser loss of fat mass and total weight but with more muscle loss. This study highlights the importance in evaluating the body composition, and the crucial role of the muscle mass as a fundamental trigger in the metabolic modulation and regulation of energy expenditure.

Biography

Roberto Gradini is Associate Professor, General Pathology, Sapienza University School of Medicine, Rome, Italy (2001-2015). He is Director, Sapienza University, Rome, Italy (2007-2015), Visiting Scientist, Anestesiology, La Jolla Universiy, San Diego, USA (2010), Scientific Consultant, Neuroplasticity, University of Lille 1, France (2010-2011), Visiting Professor, Pathology, Rush University Medical Center, Chicago, USA (2009). He is also a Scientific Consultant, Neuropharmacology, I.N.M. Neuromed, Pozzilli (2002-2015) and a Clinical Assistant Professor, General Pathology, Loyola University, Chicago, USA (1985-1993).

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