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Impact of bariatric surgery in adolescent population: AIIMS experience

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Background: There is an increase in prevalence of obesity among adolescents. Bariatric surgery is being considered for adolescents as an effective weight loss option with recent evidence suggesting that surgery resolves the co-morbid conditions and associated complications in future. However, there is scant prospective data to demonstrate the safety and efficacy of the bariatric surgery amongst adolescents.

Aim: To study the impact of bariatric surgery on the weight loss and co-morbidities among morbidly obese adolescents.

Methods: This is retrospective analysis of the prospectively collected data of the adolescent patients (BMI greater than 40 or 35 with co-morbidities) who underwent bariatric surgery at our institute from July 2009 till July 2016.

Results: Of the 10 patients, 4 of them had syndromic forms of obesity. The median age was 16.40 yrs. The median preoperative weight and height were 123.5 kg and 151 cm respectively, with a BMI of 46 kg/m². There were no intra-operative or post-operative complications. Median follow up period was 1 year (0-5 years). The patients had the maximum excess weight loss (EWL) of 59% at 1 year. There was a regain of weight between 1st and 2nd year, followed by a sustained weight loss achieving 44.8% EWL at 3 years and 63% at end of 5 years. Similar results were found in syndromic patients. Six patients had one or more co-morbidities. Among the four diabetic patients, three of them had complete resolution and one had improvement.

Conclusion: Bariatric surgery helps in attaining significant weight loss and co-morbidity resolution in adolescent age group. Hence bariatric surgery is safe and can be offered to morbidly obese adolescents.

Biography

Sandeep Aggarwal is an additional Professor for the Department of Surgical Disciplines in AIIMS, Delhi. Underwent training in Senior-Residency (Surgery) from AIIMS, Post-Doctoral Fellow in the Division of Laparoscopic Surgery at Mount Sinai School of Medicine and Hospital in New York, USA. UICC Fellow Cleveland Clinic, Ohio USA. Mini-Fellowship in Bariatric Surgery at John Flynn Hospital, Australia. Areas of Special Interest include "Bariatric & Metabolic Surgery - Established and Developed the specialty of Bariatric Surgery at AIIMS, Advanced Laparoscopy including colorectal and solid organ surgery and Renal Transplantation". His current research interests include "Various Aspects of Sleeve Gastrectomy including its impact on Type 2 DM, OSAS, GERD and nutritional surveillance and Mechanisms of Type 2 diabetes remission following Bariatric and Metabolic Surgery.

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