

JOINT EVENT

10th International Conference on **Childhood Obesity and Nutrition**
&
2nd International Conference on **Metabolic and Bariatric Surgery**

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Experience from pediatric gastric bypass surgery; quality of life, eating and neurodevelopmental disorders

Statement of the Problem: Attention-deficit/hyperactivity disorder (ADHD) is more prevalent in children with obesity. Recently, we also found increased occurrence of autism spectrum disorder (ASD). Eating disorders are overrepresented in adults with obesity, but little is known about children with obesity. Moreover, little is known about eating disorders before and after gastric bypass surgery. The purpose of this study is to investigate the long-term outcome after gastric bypass surgery in obese adolescents.

Methodology & Theoretical Orientation: 81 (53 females/28 males) severely obese adolescents (range 13-18 years, mean age 16.5 years) performed gastric bypass surgery. The study design has previously been published. Before surgery, after one, two and five years (n=74) body mass index (BMI), metabolic status, health-related quality of life [HRQoL, using the short form (SF)-36 as questionnaire], and binge eating was recorded. After five years, these were compared with 81 age-matched adolescents (35 males) that declined to perform surgery.

Findings: Mean BMI decreased during the five years from 45.5 to 32 kg/m² if surgery was done, whereas it increased from 42 to 45 if no surgery was done. Fasting insulin decreased from 32 to 7 mU/L post-surgery and continued unchanged low during the five years post-surgery, whereas levels were above 30 mU/L if no surgery ($p < 0.001$). Pre-surgery, 28% reported moderate and 9% severe binge eating. This was improved after surgery (see image below). Significant improvements were also found in most HRQoL domains ($*P < 0.001$) from one year post-surgery and onwards, but as many as 20% scored poor HRQoL two years after surgery.

Conclusion & Significance: Severe obese adolescents are benefited of gastric bypass surgery with normalized metabolic status and substantial improvement in binge eating as well as HRQoL.

Biography

Jovanna Dahlgren is an expert in Pediatric Endocrinology and Obesity. She is Director in Department of Pediatrics at University of Gothenburg and Senior Consultant at Queen Silvia Children's Hospital. She is responsible for Swedish National GH Registry. Her scientific field is in "Perinatal programming of endocrine homeostasis, growth, metabolic syndrome and obesity". She has published 80 peer-reviewed scientific work and several book chapters. She supervises currently five PhD students in Gothenburg and at Karolinska Institute. She is responsible Principal Investigator for Gothenburg arm of the AMOS studies evaluating the benefit of gastric bypass surgery in adolescents.

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