

JOINT EVENT

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&
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Bariatric surgery in adolescents and young patients: What is the better option, gastric sleeve resection or gastric bypass?**Marc Schiesser**

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Background & Aim: The prevalence of obesity in adolescents and young patients is steadily increasing and bariatric surgery has become a standard treatment for selected patients. Sleeve gastrectomy (SG) and gastric bypass (GB) are the standard procedures for adults. However, it remains unclear which operation should be offered to adolescents and young patients. Therefore, we compared the results of these procedures in this population.

Methods: All patients undergoing bariatric surgery <26 years were prospectively assessed between 01/2013 and 01/2017. The choice of the operation technique was based on the interdisciplinary meeting. The primary end point was weight loss at one year. Secondary end points were perioperative complications (Dindo classification) and reoperation rate.

Results: We assessed 104 patients with a mean age of 22.7 years (range 17.2-25.8 years). The mean follow up was 547 days. 87 patients underwent GB surgery and 17 had SG. The mean BMI was 44.9 kg/m² at the time of operation. Weight loss was similar in both groups at one year with a BMI of 29.5 kg/m² in the bypass versus 31.9 kg/m² in the sleeve group (NS). The perioperative complication rate (grade 2 or less) was 4.5% (4/87) in the bypass and 11.8% (2/17) in the sleeve group (NS). Six (6.8%) patients underwent laparoscopy for internal hernia in the GB group. No reoperation was observed in the SG patients.

Conclusion: GB and SG in adolescents and young patients are both safe and effective. We observed a higher rate of reoperations in the GB group, mainly due to internal hernia.

Biography

Marc Schiesser has expertise in Bariatric Surgery and is a cofounding member of the obesity center in St. Gallen, which has brought the adult obesity center together with the obesity unit of the children hospital in 2013. This merge has resulted in a close collaboration and share of expertise for obese adolescents and children. The surgical therapy is one of the therapeutic options, which has been successfully established in our center. As a board member of the Swiss Society for the study of morbid obesity and metabolic disorders, he has been involved with the establishment of the Swiss Guidelines for bariatric surgery in adolescents and children.

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