

Resolution of Comorbidities Following Laparoscopic Roux-en-Y Gastric Bypass. A Prospective Analysis of 434 Patients.



Piotr Gorecki MD, Kevin Cho MD, James Rucinski
 Department of Surgery, New York Methodist Hospital, Brooklyn, New York



434 RYGB Patients – Comorbidities at One Year follow-up

Introduction: Morbid obesity is a severe chronic disease that significantly reduces life expectancy.¹ Obesity is a major risk factor for many chronic illnesses.² At the present time bariatric surgery remains the only therapy that produces significant and sustained weight loss in the morbidly obese. It is expected that surgical weight reduction can reverse or eliminate many obesity related comorbidities.³

Materials and Methods: Materials and Methods: We analyzed 434 consecutive patients who underwent laparoscopic Roux-en-Y gastric bypass at our institution between August 2001 and October of 2006. All patients met the NIH criteria for bariatric surgery and were operated on by a single surgeon. All data were collected prospectively. Chronic, potentially obesity related illnesses were documented and entered into the database. At one year follow-up, all comorbidities were analyzed and changes were documented. A change of comorbidity status was categorized as resolved, improved, unchanged or worsened. Comorbidity data was based on symptomatology, utilization of medications and laboratory results.

Results: There were 387 females (89.2%) and 47 males (10.8%) with an average body mass index (BMI) of 48.3 kg/m² (35-73). There was no perioperative or late mortalities. There were a total of 2044 comorbidities for an average of 4.71 comorbidities per patient. At one year after surgery the average BMI was reduced to 32 kg/m². The reduction or elimination of comorbidities averaged from 87.8% for asthma to 100% for diabetes depending on the disease process.

Conclusion: In addition to significant and sustained weight loss, bariatric surgery provides an impressive resolution or improvement of all obesity related comorbidities. More systematic and detailed analysis is needed to provide objective data regarding particular comorbidity.

References

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Comorbidities	Resolved %	Improved %	Resolved/Improved %
Diabetes n=105 (24.2%)	87.7	12.3	100
HTN n=191 (44%)	61	35	96
Sleep Apnea n=134 (30.9%)	87.1	10	97.1
GERD n=272 (62.7%)	89	7.5	96.5
Asthma n=123 (28.3%)	53	34.8	87.8
Arthritis n=301 (69.4%)	69.4	24.7	94.1
Urinary SI n=151 (34.8%)	90.2	8.5	98.7
Depression n=287 (66.1%)	71.3	23.6	95.3
Hypercholesterolemia n=106 (24.4%)	65.1	27.9	93
Back Pain n=106 (24.4%)	63.2	30.3	93.5
Difficulty Walking n=209 (48.2%)	90	9.1	99.1
Shortens of Breath n=36 (8.3%)	94.4	5.6	100
Dysmenorrhea n=23 (5.3%)	87	4.3	91