

Initial One Year Pioneering Experience in Advanced LaparoscopicBariatric Surgery

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Background: Obesity is a health and economic risk; individuals with a BMI of ≥ 30 kg/m² have 50%-100% increased risk of early death.

Objective: To assess the outcomes of advance bariatric procedures namely: Biliopancreatic Diversion (BPD), Mini Gastric Bypass (MGB) and Sleeve Gastrectomy.

Design: A Retrospective Study.

Setting: King Hamad University Hospital, Bahrain.

Method: Eighty-five patients operated for bariatric surgery between July 2012 and August 2013 were reviewed. The following vitals were monitored: excess weight loss, diabetes mellitus (DM), hypertension (HTN), hypercholesterolemia, degenerative joint disease and obstructive sleep apnea (OSA).

Result: Forty-one (95.34%) BPD patients had complete resolution of dyslipidemia, 22 (88%) of DM and 15 (78.94%) of HTN. MGB resulted in complete resolution of HTN in 7 (87.5%) patients and DM in 10 (83.33%). Dyslipidemia had improved in 2 (66.66%) patients who had Sleeve Gastrectomy and 4 (66.66%) patients with degenerative joint disease.

Conclusion: From our experience, bariatric surgery is a feasible and reliable modality for treating obesity and its associated comorbidities. Long-term results may help to enlighten us on the most appropriate procedure for the Arabian Gulf population.