

## Details of the Collaborative Activity

2018-2021

**Name of the Collaborating Institute:** Moulana Hospital, Kerala


**Name of the Collaborating Department:** Yenepoya Research Center

### Activities:

Dr. Mohamed Ismail, and Dr. Nagaraj, from Moulana Hospital, and Dr. Rekha P.D. and Ms. Aparna, Yenepoya Research Centre, Yenepoya (Deemed to be University) have undertaken a joint research study on retrospective clinical data and published following Joint research publication.

1. Ismail M, Nagaraj D, Rajagopal M, Ansari H, Iyyankutty K, Nair M, Hegde A, Rekha PD. Is weight regaining significant post laparoscopic Roux-en-Y gastric bypass surgery?—A 5-year follow-up study on Indian patients. *Journal of Minimal Access Surgery*. 2021 Apr; 17(2):159.
2. Ismail M, Nagaraj D, Rajagopal M, Ansari H, Nair M, Hegde A, Rekha PD. Seven-Year Outcomes of Laproscopic Sleeve Gastrectomy in Indian Patients with Different Classes of Obesity. *Obesity surgery*. 2019 Jan 15; 29(1):191-6.

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## Is weight regaining significant post laparoscopic Roux-en-Y gastric bypass surgery? – A 5-year follow-up study on Indian patients

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### Abstract

#### Background:

Laparoscopic Roux-en-Y gastric bypass (RYGB) has been proven to induce significant weight loss and remission of related co-morbidities in patients with morbid obesity. The long-term follow-up data show weight regain or failure to achieve complete remission of type 2 diabetes mellitus (T2DM) in some patients. In this study, we report weight loss patterns and remission of T2DM in patients with morbid obesity during a 5-year follow-up after RYGB.

#### Objective:

The objective was to evaluate outcomes during the follow-up on excess weight loss (EWL) and remission of T2DM after laparoscopic RYGB among Indian patients.

#### Setting:

The study was conducted in a tertiary care hospital, Kerala, India.

#### Materials and Methods:

This is a retrospective study in patients who underwent surgery between 2007 and 2010. The patient demographics, pre- and post-operative body mass index (BMI), co-morbidities and EWL were recorded from the medical records. These data were compared between pre-operative and follow-up intervals till 5 years using statistical approaches.



# Seven-Year Outcomes of Laproscopic Sleeve Gastrectomy in Indian Patients with Different Classes of Obesity

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## Abstract

### Background

The aim of the study was to assess the long-term outcome in terms of weight loss and remission of comorbidities among the patients who had undergone LSG in an Indian setting.

### Methods

This is a retrospective observational study of patients (BMI > 30 kg/m<sup>2</sup>) who underwent LSG having a minimum 6 months of follow-up data. Based on preoperative BMI, patients were grouped as class 1, 30 < BMI < 35 kg/m<sup>2</sup>; class 2, 35 < BMI < 40 kg/m<sup>2</sup>; and class 3, BMI > 40 kg/m<sup>2</sup>. Data on BMI and %EWL between three classes and among genders at different follow-up points for 7 years were compared.

### Result

Study included 95 patients (mean age of 33.7 ± 11 years), and the preoperative mean BMI was 40.2 ± 5.1 kg/m<sup>2</sup>. At one year of surgery, 85.5% patients achieved > 50%EWL. The highest mean %EWL was found in class 1 (66.19%), followed by class 2 (56.73%) and class 3 (46.59%) at the sixth month follow-up. At the seventh year, %EWLs were 85.11% (class 1), 76.69% (class 2), and 62.98% (class 3) and the mean BMIs were 25.13 ± 3.09 kg/m<sup>2</sup> (class 1), 26.86 ± 2.12 kg/m<sup>2</sup> (class 2), and 31.07 ± 3.39 kg/m<sup>2</sup> (class 3) and were significantly different (*p* < 0.05). At the last follow-up, though, the males showed slight weight regain; however, there were no statistical differences between the genders (*p* = 0.065).

### Conclusion

Outcome from LSG was better in patients with BMI < 40 kg/m<sup>2</sup> compared to the patients with BMI > 40 kg/m<sup>2</sup>. Remission of obesity-related comorbidities was observed with LSG in all groups and gender did not influence the outcome significantly.

**Keywords** Obesity · Sleeve gastrectomy · Diabetes · BMI · Bariatric surgery

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**Re: RYGB Manuscript ver 7**

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Sat 20/10/2018 11:50 AM

To: Sanjay Bhat &lt;sanjaybhat2708@gmail.com&gt;

Cc: Dileep N &lt;dr.dil\_07@yahoo.co.in&gt;; Dr Rekha P D &lt;rekhapd@hotmail.com&gt;

Dear Sanjay

We will send it on Monday

Thanks

On Fri, 19 Oct 2018 at 2:07 PM, Sanjay Bhat <[sanjaybhat2708@gmail.com](mailto:sanjaybhat2708@gmail.com)> wrote:

Dr Dilip: Gentle reminder for procedure write up. Thx

On Mon 15 Oct, 2018, 22:07 Sanjay Bhat, <[sanjaybhat2708@gmail.com](mailto:sanjaybhat2708@gmail.com)> wrote:

Dear Dr Dilip,

Pfa manuscript with changes requested by you.

No clear definition on weight regain in published literature as clarified by Dr Rekha.


Awaiting write up on procedure details from you.

Trust all points answered.

Thx

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