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Details of the Collaborative Activity

2020-21

Name of the Collaborating Institute: Nobesity Bariatric Center at KD Hospital, Vaishnodevi Circle, SG Road, Ahmedabad 382421, India


Name of the Collaborating Department: Yenepoya Research Center

Activities:

Joint Research Publication

1. Gadani R, Khaitan M, **Rekha PD**, **Hedge A**, Pokharel KN, Khatri V. Pregnancy Outcomes Post-bariatric Surgery -a Single-Centre Retrospective Study from India. *Obesity Surgery*. 2021 May 29:1-8.

ATTESTED


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Pregnancy Outcomes Post-bariatric Surgery—a Single-Centre Retrospective Study from India

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Abstract

Background Bariatric surgery presently is the best possible intervention for treatment of severe obesity and its related conditions. This study presents retrospective data on the pregnancy outcomes of Indian patients who underwent bariatric surgery before conception.

Methodology This is a single-centre retrospective, observational study. Data on demographics, pre-surgery weight, body mass index (BMI), types of bariatric surgery, weight at conception, weight gain during pregnancy, type of delivery and the health of the baby were collected and analysed to study the weight loss pattern and pregnancy outcomes in female patients of childbearing potential.

Results The study included 34 women of childbearing potential (BMI>30 kg/m²) who underwent bariatric surgery. The study population was followed up from the time of surgery until 1-year post-delivery of the baby. The mean weight gain during the pregnancy was 14.9±5.4 kg. Twenty-three underwent LSCS, and the rest had normal delivery with mean baby weight of 2.5±0.4 kg. Six babies required neonatal intensive care. In our series, only 4 of 35 cohorts that are only 11% had substantial weight retention (range 5–13 kg) at the end of 12 months which is significantly lower than the normal cohorts who did not undergo bariatric surgery.

Conclusion Bariatric surgery improves fertility with safe pregnancy and its outcomes in terms of preeclampsia, eclampsia, gestational diabetes, premature rupture of the membranes (PROM), postpartum haemorrhage (PPH) and puerperal sepsis in women with childbearing potential and safe for offspring in terms of shoulder dystocia, macrosomia, birth asphyxia and perinatal mortality. However, they should be well aware of the risks associated with bariatric surgery especially the mal-absorptive procedures.

Keywords Pregnancy · Bariatric surgery · Residual weight

Key Points

1. Bariatric surgery improves fertility with safe pregnancy and its outcomes.
2. Weight retention is significantly lower in post-bariatric cohorts than normal cohorts.
3. Bariatric surgery is also safe in term of foetal outcomes.
4. Rate of LSCS is higher in bariatric surgery cohorts compared to normal cohorts

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