

Bariatric Procedures and Metabolic Possibilities

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The global obesity pandemic has become a serious health issue worldwide. The consequences of ignoring this pandemic will cost health economies significantly. Obesity surgery has now significantly evolved and the results are impressive. No other surgical intervention has such positive effects on health. A recent multicentre longitudinal assessment study of both laparoscopic gastric banding and gastric bypass confirms that bariatric surgery is low risk surgery (LABS consortium, 2009). The debate of what procedure is superior ie gastric banding versus gastric bypass, continues. A recent meta-analysis (Jane Garb, 2009) and a randomised control trial (Ninh Nguyen, 2009) show that gastric bypass does result in superior weight loss. Laparoscopic sleeve gastrectomy is now increasing in popularity in Australasia although the long term results are not known.

The mechanism by which these operations work is not known. However the traditional theories of gastric restriction and intestinal malabsorption are now considered to be less important. The predominant mechanism is now considered to be hormonal and vagal nerve related.

References

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