

Safety and outcome of Laparoscopic Adjustable Gastric Banding (LAGB) in a private outpatient center

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Introduction: Intervention is required when obesity and its related co-morbidities have become a serious health problem. LAGB is considered a safe surgical procedure for weight reduction and improvements in obesity related illnesses.

Method: Data collected from 55 adult patients who underwent LAGB from January 2010 to April 2012, was analyzed. The study was focused on demographics, post-operative complications, changes of BMI and obesity-related co-morbidities and symptoms, and also patient satisfaction.

Results: Female to male ratio was 4:1. The average age of the patients was 52 years. The average BMI was 43.3 before the surgery and 33.4, twelve months after the procedure. None of the patients showed serious post-operative complications (infection, bleeding, band slippage, etc.). There was a marked prevalence of diabetes (10%), hypertension (30%), hypercholesterolemia (40%), sleep apnea (40%), and GERD (20%) prior to surgery. Diabetics showed 90% improvement rate. Hypertension resolved in 35% and improved in 65% of the cases. 50% of the patients with high cholesterol levels had decreased cholesterol levels after the surgery and 25% had complete resolution. Those experiencing sleep apnea showed a 20% improvement rate. GERD became less severe in half of the patients and resolved completely in the other half. 65% of the patients were so satisfied with the results that they would recommend LAGB to others.

Conclusion: The results in a private setting are similar to high-volume academic centers. At the same time, the results vary according to each patient's momentum to remain on the required maintenance regimes, and perform the routine follow-ups.