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A Retrospective Study Assessing the effects of Bariatric Surgery on Comorbid Conditions and Quality of Life in Obese Individuals

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Abstract

Background

The primary aim of this study is to report on changes in obese patients' comorbidities before and after gastric sleeve surgery. We also want to assess the safety outcomes of performing bariatric surgery at an ambulatory surgical facility by recording the number of complications after surgery.

Methods

This is a retrospective observational study which quantifies the impact of laparoscopic gastric sleeve surgery on the treatment of obesity and its comorbidities among adults 18 and over (n = 219) with a minimum BMI of 30. Pre-operatively, obesity related comorbidities were reported using an in-person medical assessment. Post-operatively, patients were contacted for reassessment through a survey-based questionnaire. The changes in patients' comorbidities were recorded and quantified.

Results

A total of 219 patients, 177 women (80.8%) and 42 men (19.2%), with a mean age of 41.6 years and an average BMI of 37.3 underwent gastric sleeve surgery. There were three reported complications post-op, and no deaths were reported as a result of the surgery. Moreover, an exact McNemar's test determined a statistically significant difference between the number of self-reported comorbidities in pre-operation (M=0.8) vs post-operation (M=0.2); $t(218) = 10.61$, $p=.05$. Improvements were seen in the incidence of diabetes, sleep apnea, hypertension, Gastroesophageal reflux disease (GERD), and chronic pain.

Conclusion

The findings suggest significant improvement in weight loss and obesity-related comorbidities such as diabetes, sleep apnea, hypertension, and GERD, among patients who underwent the gastric sleeve surgery. Moreover, the low number of complications suggest that successful surgery can be safely performed in an outpatient setting.