

Our experience in treatment of metabolic syndrome

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Methods. A total of 439 patients underwent various bariatric procedures for 9 years were investigated. In 391 cases laparoscopic operations were done. LAGB was performed in 307 patients. Median age was 37. There were 253 (82,4%) women and 54 (17,6%) men. Average preoperative BMI was 42 kg/m² (35 to 54). Beginning from 2007 we had performed 45 patients underwent LSG, 11 - LDS, 28 - LRYGB. Median age for the patients was 36 years, of them 63 (75%) were females and 21 (25%) males. BMI was in limits of 41-90 kg/m². In the cohort of patients who underwent LAGB 68 (22,4%) suffered from metabolic syndrome (MS), LSG - 12 (26,6%), LDS - 100%, LRYGB - 16 (57,1%) respectively. **Results.** At North-West Russia obesity was found in 41,4%. After LAGB during first two years of follow up sugar level in blood became normal in 156 (52,3%) patients. Blood pressure became normal in 103 (34,5%). BMI was in limits of 26 - 38 kg/m² with the same tendency in the following years. We managed best weight reduction mainly in women younger then 39 y. o., with BMI lower then 45 kg/m². In 46 (15,4%) patients there were complications, among them 38 (12,7%) cases of bandage slippage. 17% of the patients were reoperated. Symptom-complex, that different MS was lost after LDS in 100 % and in 75% after LRYGB. No complications were identified after LSG, LDS and LRYGB. **Conclusion.** LAGB is an effective method of treatment for the patients with BMI lower then 45 kg/m² in younger age cohort. LSG can be an alternative for LAGB. LDS and LRYGB are most effective operations in treatment of MS.