

Early results from a specialized Metabolic and Bariatric Surgery service

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BACKGROUND: Bariatric surgery is one of the most effective weight loss interventions for morbidly obese individuals. However, surgery in morbidly obese patients involves potentially significant risk and should be undertaken by specially trained teams. **AIMS OF STUDY:** The experience of a specialised metabolic and bariatric surgery service is described. **METHODS:** In 2008, a dedicated metabolic and bariatric surgery service was set up at the Singapore General Hospital. Patients were managed according to a clinical pathway which included pre-surgical evaluation, surgical admission and post-surgical follow-up. **RESULTS:** From August 2008 to November 2010, 47 patients underwent bariatric surgery. The mean pre-operative weight was 119 kg (range 78- 209) and body mass index (BMI) 44 kg/m² (32.5-74). 21 patients had impaired glucose tolerance or type 2 diabetes mellitus. 91% of patients had at least 1 major comorbidity (diabetes mellitus, hypertension, dyslipidaemia, obstructive sleep apnoea) . 37 patients underwent laparoscopic sleeve gastrectomy, 9 laparoscopic gastric bypass and 1 laparoscopic bilio-pancreatic diversion. 3 patients required re-operation for haemorrhage (two) and anastomotic leak (one) on the 1st post-operative day, and then recovered uneventfully. 1 patient with post-operative haemorrhage was managed conservatively with blood transfusion only. There were no mortalities. Median length of stay was 4 days (3-14). The mean absolute weight loss at 6 months was 27% (12-34). **CONCLUSION:** A multi-disciplinary approach improves patient selection and optimization, resulting in improved clinical outcomes after bariatric surgery.