

Better Short-term Weight Loss for Patients with Group Therapy after Gastric Banding

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Background:

Adjustable gastric band surgery is one of the standard surgeries for the treatment of morbid obesity. The results between, however, varies. Post-operative intensively follow-up and group therapy may offer the patients better concept of eating behavior and life style change, and further lead to better weight loss.

Materials and Methods:

From January 2008 to Dec 2009, 156 patients had received gastric banding surgery. Among these, 31 patients joined the post-operative group therapy including nutritional counseling, aerobic exercise and diet education willingly. Another 31 patients was selected without post-operative group therapy as comparative group. The data was collected retrospectively.

Results:

The mean BMI was 43.6 ± 5.3 kg/m² in the study group and 42.8 ± 6.5 kg/m² in comparison. The BMI at one year after surgery was 32.8 ± 3.6 kg/m² and 34.2 ± 4.6 kg/m² respectively. The average adjustment was 5.2 times in study group comparing to 3.8 times. The study group has better loss of body fat and higher percentage of muscle component.

Conclusion:

Post-operative group therapy is effective for better weight loss and greater improvement of body fat percentage for patients undergo gastric banding.