

## Metabolic Surgery in Asia

Wei-Jei Lee, M.D., Ph.D.

Dept. of Surg., Min-Sheng General Hospital, National Taiwan University, Taiwan

Type 2 diabetes mellitus (T2DM) is now a global health priority. It was estimated that more than 240 million people in the world are affected with T2DM and that number is expected to 360 million by the year 2025. More than 60% of the world's population with diabetes comes from Asia and the incidence of T2DM in Asia is increasing more rapid than the rest of the world. In Taiwan, the T2DM incidence of adult male increased more than double from 4.6% to 9.3% in the past decade. Unlike in the west, where older population is most affected, the burden of diabetes in Asian countries is disproportionately high in young to middle-age adults. For those early onset T2DM patients, the incidence rate of diabetic nephropathy is alarmingly high, especially in those not well controlled patients. In Asia, 55% of newly diagnosed end staged renal disease patients are due to T2DM. How to control this chronic and debilitating disease will be a very important health issue in Asia.

There are strong evidences that bariatric surgery can cure most of the associated T2DM morbid obese patients ( $BMI > 35 \text{ Kg/m}^2$ ). However, the mechanism for diabetes remission after gastric bypass remained speculative. Optimal outcomes for diabetes remission after metabolic surgery will occur if the mechanism is understood and patients best suited to the surgery are selected and those who will predictably have a poor result are excluded. To be able to make such decisions, we need a collaborative study from Asia for the Asian. This information is helpful for applying gastric bypass surgery as metabolic surgery for type 2 diabetes treatments in the future.