

Effect of sleeve gastrectomy on metabolic status in type 2 obese diabetics

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Background: Limited data are available about evaluation of the effects of sleeve gastrectomy on the glycaemic control on diabetes mellitus. The objective of this study is to evaluate the effectiveness of sleeve gastrectomy in improving the control of glycaemic status in obese diabetic patients.

Patients and methods: This is retrospective cross sectional study to review the maintained data base, collected from May 2018 to April 2021 in department of laparoscopic surgery in Farwaniyah hospital-Kuwait.

A total 120 patients with diabetes mellitus who had undergone laparoscopic sleeve gastrectomy were studied at 3 months and 6 months of follow up visits, collected data about variation in Body Mass Index (BMI). And glycosylated hemoglobin (HbA1c) and fasting blood glucose were analyzed.

Results: Of the 120 diabetic patients with ≥ 6 months post-operative follow up 48 diabetic patients (40%) are still taking medications for diabetes mellitus and 72 diabetic patients (60%) are resolved at 3 months and 6 months of follow up. HbA1c has decreased from 9.22 ± 1.36 ($n=18$) preoperatively to 6.02 ± 0.22 after 3 months of surgery and 30 diabetic patients, HbA1c become 5.88 ± 0.22 after 6 months. Body Mass Index (BMI) has decreased from 47.43 ± 11.33 in the sample of the study (120 diabetic patients) preoperatively to 37.82 ± 6.80 at 3 months and to 33.25 ± 3.12 Kg/m after 6 months of surgery. Patients with short duration of diabetes less than 5 years have had better weight loss after surgery and achieved greater resolution rates (euglycaemic state).

Conclusion: Sleeve gastrectomy has improved the glycaemic control in obese diabetic patients in the form of improvement and resolution and also succeeded in reduction of the body weight in the sample of the study.

Keywords: Sleeve gastrectomy, Diabetes control, Excess weight loss, Bariatric operation.

Biography

Ibrahim El Bayoumy is a Professor of public health and community medicine-Tanta faculty of medicine-Egypt-Master of Diabetes care and education-Dundee faculty of medicine-Scotland-UK and Lecturer and tutor of post graduate public health studies-University of South Wales-UK.

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