

Bariatric surgery: Still the gold standard?

Herbert Burgos Quiros

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Presentation

Endoscopy

Mechanisms & Personalised Medicine

Surgery

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The speaker argues that bariatric surgery remains the gold standard for obesity treatment based on superior weight loss outcomes, metabolic disease control, and long-term effectiveness compared to pharmacotherapy and endoscopic procedures.

KEY POINTS

- The speaker stated that bariatric surgery achieves 26 to 30% total weight loss, compared to approximately 15% with semaglutide and 13 to 16% with endoscopic procedures over 1 to 5 years.
- Roux-en-Y gastric bypass and sleeve gastrectomy account for 90% of bariatric procedures and demonstrate sustained weight loss and metabolic improvements over 10 to 15 years.
- The speaker reported that surgery improves control of hypertension, diabetes with lower glycated hemoglobin and fewer medications, dyslipidemia, and obstructive sleep apnea, with approximately 40% of patients achieving sleep apnea control through surgery alone.
- Surgery was stated to reduce progression of microvascular disease, NASH-related fibrosis by about 50%, and cancer incidence, particularly in patients with diabetes.
- The speaker reported perioperative mortality is now low and the procedure is endorsed by multiple medical specialty guidelines as safe and cost-effective compared to pharmacotherapy.
- The speaker disclosed being a gastroenterologist and endoscopist, not a surgeon, with no commercial conflicts of interest.

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