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Summary

CHOLECYSTECTOMY DOES NOT INCREASE THE RISK OF THE METABOLIC SYNDROME

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A prospective study of 85 patients found no increased risk of metabolic syndrome three months after laparoscopic cholecystectomy for gallstones, contrasting with previous retrospective research.

KEY POINTS

- The relative risk of developing metabolic syndrome after laparoscopic cholecystectomy was 0.87 (95% CI 0.64-1.19), indicating no statistically significant increase in risk.
- Total cholesterol and LDL levels decreased notably after surgery, while HDL increased, though triglycerides, glucose, weight, BMI, blood pressure, and heart rate showed no significant changes.
- The study excluded patients with previous metabolic disorders and evaluated all metabolic syndrome criteria before and three months after surgery in 85 participants.
- The authors conclude that prospective evaluation shows no evidence of increased metabolic syndrome risk, differing from retrospective studies, though further investigation is needed.

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