

WEIGHT LOSS CURVE FOR ANTHROPOMETRIC FOLLOW-UP OF PATIENTS SUBMITTED TO ROUX-EN-Y GASTRIC BYPASS

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Background: anthropometric follow-up after bariatric surgery is an important monitoring instrument of success for patients and health professionals. The purpose of this study is to create a curve of percentage of excess weight loss (%EWL) for the first 1 year after surgery.

Methods: Weight data of 359 patients were analyzed in different postoperative moments: after the first, second, fourth and seventh weeks and after third, fourth, fifth, sixth, seventh, eighth, ninth, tenth, eleventh and twelfth months of surgery. Based on these data, a %EWL curve were created.

Results: From all analyzed patientes, 301 (84%) were women. Averages of age were 38 ± 10.3 and 34 ± 10.5 years for women and men, respectively. Preoperative weight (Kg), excess weight (Kg) and ideal weight (Kg) means were, respectively, 107 ± 12.9 Kg; 48 ± 13 Kg and 59 ± 3.3 Kg among females and 135 ± 18.2 Kg; 65 ± 16.5 Kg e 70 ± 4 Kg among males. In 1 week, women lost 12,9% EWL and, in 5 months, reached 51.9%, considered a successful weight loss rate for this surgery. In 12 months, woman lost 72,5% EWL. Among males, it was found 12.9% of EWL 1 week after surgery, 50.2% after 5 months and 62,9% in 1 year.

Conclusions: In this study, after 1 week, there was around 12% of EWL. Sucess in weight loss was reached in 5 months and after 12 months, women had a higher weight loss comparing with men. Results are compatible with literature. Weight Loss Curve could be an efficient instrument to follow-up anthropometric evolution of patients. This study suggests that each service can trace your own curve, so each patient can be elucidatred about them anthropometric evolution in each meeting.