

# **QUALITY OF EATING IN SLEEVE GASTRECTOMY AND LAP BAND PATIENTS**

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## **Background**

Obesity is the principal contributor to premature death in developed countries. Bariatric surgery, including Laparoscopic Adjustable Band (LAGB) and Laparoscopic Sleeve Gastrectomy (LSG) can result in significant and sustained weight loss. These procedures have at their core a reduction in food volume, which for some brings a reduction in the range and quality of eating.

## **Aim**

To assess and compare food tolerance in patients over 12 months, post LAGB and LSG surgery; and to compare Quality of Eating (QOE) scores of Mercy Bariatrics LAGB patients with scores published by another institution.

## **Method**

A QOE questionnaire was administered pre-surgery and at 3, 6 and 12 months post-surgery. The three cohorts were morbidly obese subjects; 1) who have not had Bariatric surgery, 2) following LAGB surgery, 2) following LSG surgery. Data was collected prospectively and an aggregate score out of a possible 27 calculated for each questionnaire.

## **Results**

Overall satisfaction with eating is higher in LSG than LAGB patients. At 6 months post-surgery, 75% of LSG patients rated their eating as “good” or “excellent”, while 61% of LAGB patients rated their eating as “acceptable”.

After six months, 75% of LSG patients could “eat all foods” compared to only 15% of LAGB patients. Most LAGB patients (50-75%) found red and white meats, bread and pasta difficult to eat, compared to only one third of LSG patients.

The frequency of vomiting is higher in LAGB patients, with about half of all patients vomiting “often” at 3 and 6 months, compared to 30% LSG patients at 3 months and 6% at 6 months.

Statistical analysis of the results will be carried out after the 12 month follow-ups are completed in January 2009.