COMPARISON BETWEEN RESULTS OF LAPAROSCOPIC SLEEVE GASTRECTOMY AND LAPAROSCOPIC ROUX EN-Y GASTRIC BYPASS IN THE ASIAN POPULATION. A SHORT TERM STUDY.

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Background
Laparoscopic sleeve gastrectomy (LSG) is a newer procedure for the treatment of morbid obesity. Its indications and long term results are currently under evaluation. Initially started as a first stage procedure it is now gaining popularity as a standalone procedure in Asia and other parts of the world. Early results suggest that at the end of one year weight loss and resolution of co morbidities with LSG is comparable to Laparoscopic roux en-y gastric bypass (LRYGB). The need for a second stage surgery is questionable.

Aim
To compare the results and complications of LSG and LRYGB.

Method
A retrospective comparative analysis was done of 45 patients in each arm who underwent LSG and LRYGB from October 2006 to June 2008. Both the groups were matched for age, sex and BMI. The resolution of co morbidities and percentage of excess weight loss was studied at 6 months and 1 year in our study.

Results
It was seen that resolution of co morbidities like diabetes, hypertension etc and percentage of excess weight loss in both the groups was comparable at the end of 6 months and 1 year. Though early resolution of type 2 diabetes was seen to be better in LSG group, the results matched up at 1 year. It was observed that super obese patients lost more weight with LSG than LRYGB. There was increased incidence of GERD in LSG patients.

Conclusion
Long term studies are needed to evaluate the efficacy of Laparoscopic sleeve gastrectomy as a stand alone procedure for treatment of morbid obesity and its co morbidities.