

Metabolic Surgery vs Conventional Medical Treatment: Overview of RCTs

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Conventional treatment does not treat obesity and metabolic syndrome definitely and the complications cannot be controlled, on the long run. On the other hand, bariatric surgery results on remarkable and sustainable weight loss, alongside the remission of the major components of metabolic syndrome.

Looking specifically at diabetes type II, metanalyses of retrospective studies have been reported remission rates around 80%. These sustainable findings have driven to a worldwide change: from bariatric to metabolic surgery.

Nowadays metabolic surgery is considered as an effective tool for the treatment of T2DM and metabolic syndrome. There are many data, based on well - designed RCTs, suggesting that metabolic surgery results to significant remission of T2DM, compared to conventional treatment. These RCTs have demonstrated the superiority of surgery on diabetes remission or glycemic control even on patients with BMI ≤ 35 (Level 1a evidence). Based on these findings, international diabetes organizations inserted metabolic surgery in the treatment algorithm of type 2 diabetes.

Conclusively bariatric/metabolic surgery is nowadays the only treatment that achieves sustained weight loss in severely obese patients, which additionally induces the most effective control of hyperglycemia in obese patients with T2DM.

Biography:

George Skroubis, MD is an Associate Professor of Surgery, Department of Surgery, University of Patras, Greece and he is also Director of Morbid Obesity Unit, University Hospital of Patras, Greece