

Rubino F, Nathan DM, Eckel RH, et al. Metabolic Surgery in the Treatment Algorithm for Type 2 Diabetes: A Joint Statement by International Diabetes Organizations. Diabetes Care 2016;39:861-877.

The Second Diabetes Surgery Summit (DSS-II), an international consensus conference of clinicians and scholars (75% non-surgeons) held in 2015, issued a Joint Statement endorsed by 45 international organizations, including ADA, IDF, IFSO and ASMBS, that for the first time incorporates metabolic surgery in the treatment algorithm for type 2 diabetes mellitus.

According to the new Guidelines, metabolic/bariatric surgery should be recommended to treat type 2 diabetes in the following populations:

- Class III obesity (BMI ≥ 40 kg/m²), Expedited assessment for surgery is recommended.
- Class II obesity (BMI 35-39.9 kg/m²) when hyperglycemia is inadequately controlled by lifestyle and medical therapy.

Surgery should also be considered for:

- Class II Obesity (BMI 35-39.9 kg/m²) – with adequate glycemic control.
- Class I Obesity (BMI 30-34.9 kg/m²) – when hyperglycemia is inadequately controlled by lifestyle and medical therapy.

These BMI thresholds should be lowered by 2.5 kg/m² for Asian patients.

