



Weight regain after MGB/OAGB. Can it be treated by changing Nutrition



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No Disclosures



Why this topic is BIG DEAL?

- **37% to 76%** weight regain incidences reported
- WR is prevalent, can't be argued
- **Incidence of WR managed with**

Nutrition + Life Style	Pharmacotherapy + Nutrition + Lifestyle	Surgery
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- **WR reoperated in**

MGB	Sleeve Gastrectomy	RYGB
0.48%	4.7% - 12.2%	4.9%

1. Obes Surg. 2022; 32(2): 256–265. Published online 2022 Jan 1. doi: 10.1007/s11695-021-05779-y
 Revisional Surgery After One Anastomosis/Minigastric Bypass: an Italian Multi-institutional Survey

2. Surg Obes Relat Dis. 2020 Oct;16(10):1497-1504. doi: 10.1016/j.soard.2020.05.021. Epub 2020 May 29.
 Revision surgery after sleeve gastrectomy: a nationwide study with 10 years of follow-up

Weight Loss Wonders or Worries... thought Provoking Definition



Reinhold Criteria is used to define

SUCCESS	(EWL after 18 months >50%)
FAILURE	EWL after 18 months <25%)
INTERMEDIATE RESULT	EWL between 25% and 50%

1. JMIR Med Inform. 2020 Mar; 8(3): e13672. Published online 2020 Mar 9. doi: 10.2196/13672

Weight Loss Trajectories After Bariatric Surgery for Obesity: Mathematical Model and Proof-of-Concept Study

2. Obes Surg. 2021 Jan;31(1):370-383. doi: 10.1007/s11695-020-05079-x. Epub 2020 Oct 28.

One Anastomosis/Mini-Gastric Bypass (OAGB/MGB) as Revisional Surgery Following Primary Restrictive Bariatric Procedures: a Systematic Review and Meta-Analysis

1. Surgery for Obesity and Related Diseases, Volume 14, Issue 4, April 2018, Pages 500-507

Rate of revisions or conversion after bariatric surgery over 10 years in the state of New York

2. Surg Obes Relat Dis. 2016 Jun;12(5):1129-1130. doi: 10.1016/j.soard.2016.04.028. Epub 2016 Apr 29.

Weight regain after bariatric surgery-how should it be defined?

3. Wahiba Elhag and Walid El Ansari | Submitted: July 21st, 2020 Reviewed: October 30th, 2020 Published: December 23rd, 2020 | DOI: 10.5772/intechopen.94848

Weight Regain and Insufficient Weight Loss after Bariatric Surgery: A Call for Action

Causes

'From Nibbling to Frantic Feasts'

- Hormonal (Ghrelin, Peptide YY)
- Nutritional non-adherence
- Physical Inactivity
- Lack of followup
- Anatomic Surgical Failure



Crystal Ball Unveils The Predictors of Weight Regain



- Gender
- Duration since Surgery
- Mental Health
- Presence of Comorbidities



Ways to Maintain Weight after MGB/OAGB

- Medical Nutritional Therapy (MNT)
- Hydration
- Dialectical Behavior Therapy



1. Arq Bras Cir Dig. 2018; 31(2): e1375. | Published online 2018 Jul 2. doi: 10.1590/0102-672020180001e1375

Bariatric Diet Guide : Plate Model Template for Bariatric Surgery Patient

2. Obes Surg . 2022 May;32(5):1570-1577. doi: 10.1007/s11695-022-05983-4. Epub 2022 Feb 25.

Dialectical Behavior Therapy for Emotional and Mindless Eating After Bariatric Surgery: a Prospective Exploratory Cohort Study

3. Front Nutr. 2016; 3: 18. | Published online 2016 Jun 10. doi: 10.3389/fnut.2016.00018

Increased Hydration Can Be Associated with Weight Loss

Medical Nutrition Therapy (MNT)



- Fructose better than Glucose for Hypoglycemia
- Control Portion of Carbohydrate
- Choose low-glycemic carbohydrates.
- Include (heart healthy) fats.
- Emphasize optimal protein intake.



Lifestyle Modification

- Though Exercise's impact on weight loss is uncertain due to monitoring challenges.
- Consistent prolonged exercise may contribute to long-term weight loss.



Carry Home Message

Dietary, behavioral,
and exercise
interventions

Limited effectiveness
in reversing weight
regain after bariatric
surgery

but also at the same time forms the
**fundamental basis of a successful bariatric
surgery.**

**Thus importance of diet should not be
Under Estimated**



**More RCTs' are
needed**

to evaluate
Combined effect
of life style &
dietary
modifications
For
WR management

Thank You