

# Digital technologies applied to change the habits of the bariatric patient



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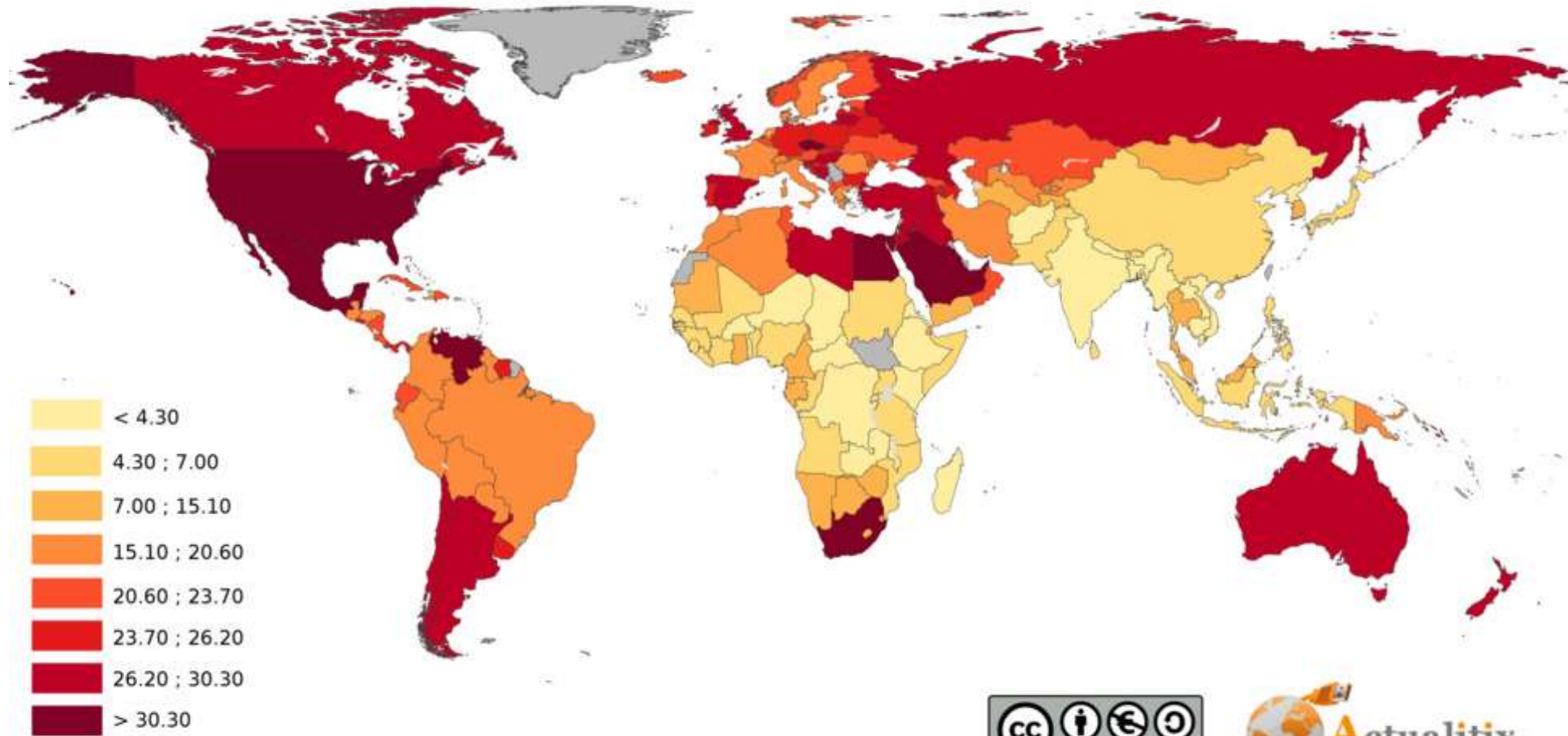
University of Buenos Aires

Bariatric Surgeon. Buenos Aires, Argentina.

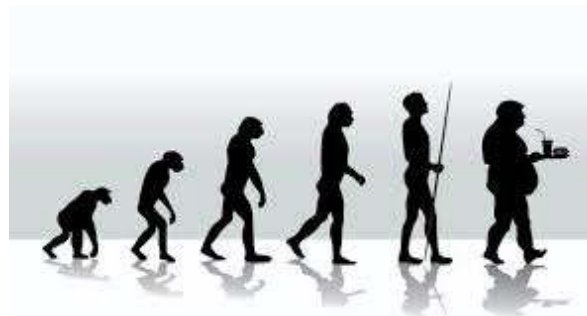


**Nothing to disclose**

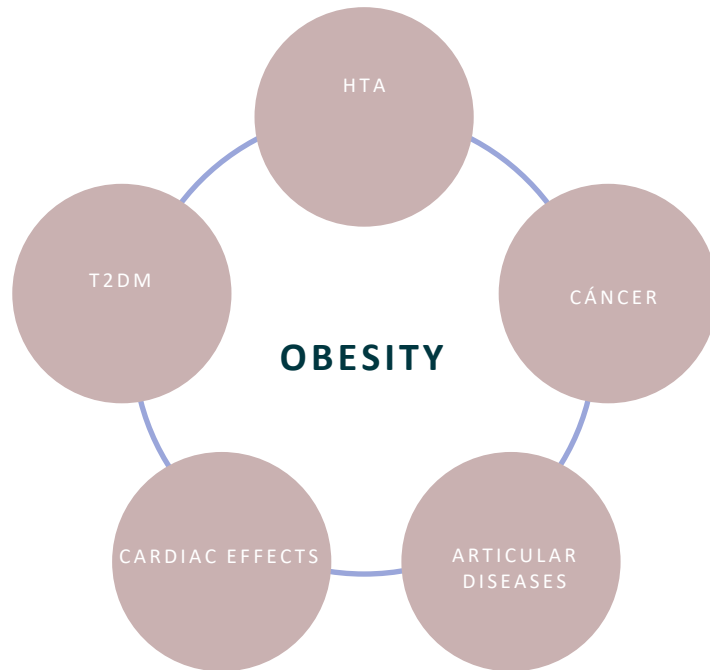
# Obesidad en los adultos (%)



Fuente : CIA - 2013  
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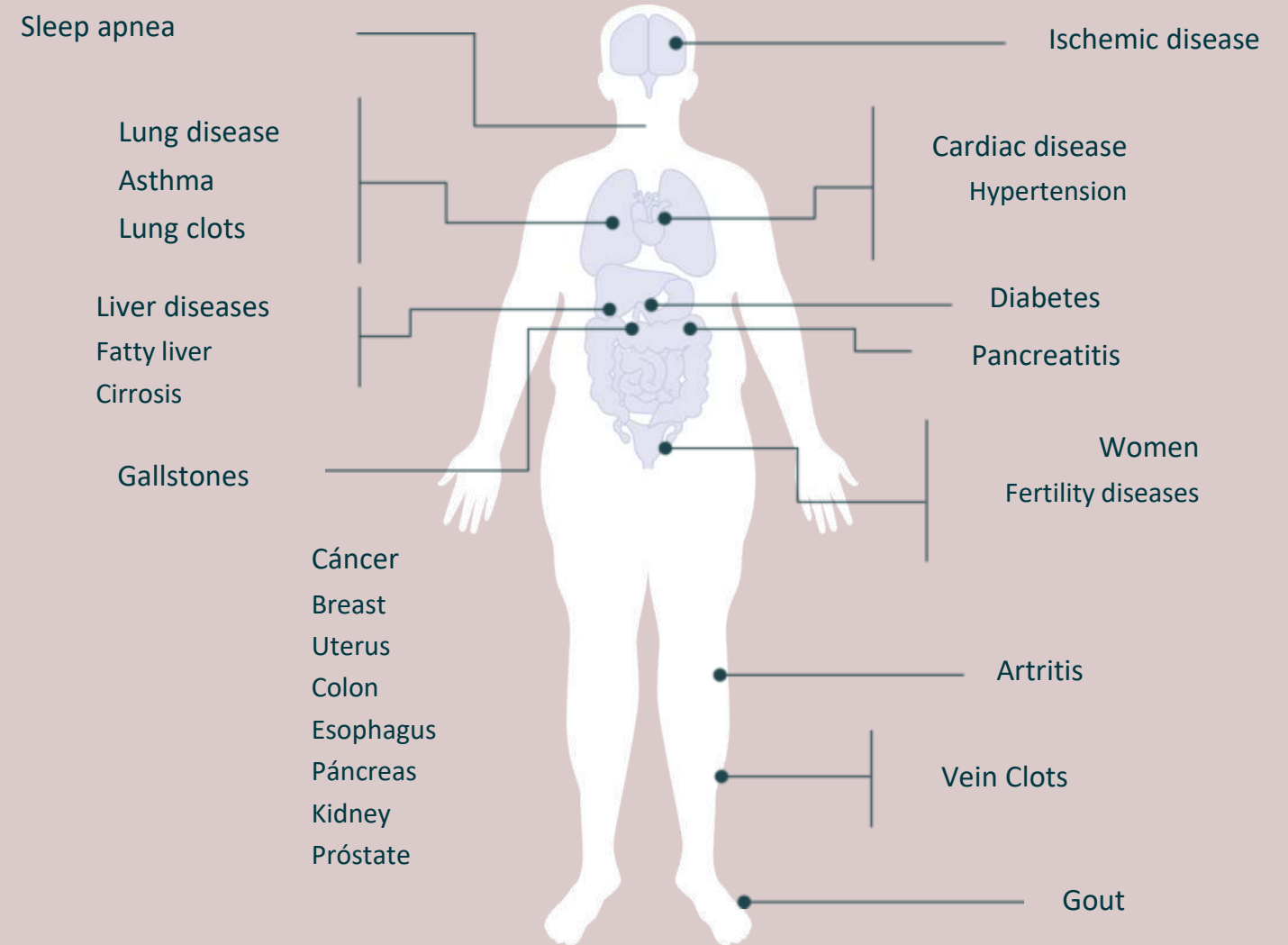


# Effects of the overweight



1. Efectos del sobrepeso y la obesidad en la salud  
<https://www.cdc.gov/healthyweight/effects/index.html>

## COMORBIDITIES RELATED TO OBESITY AND OVERWEIGHT



Fuente: Adaptado del Centro Rudd para Pol tica Alimentaria y Obesidad de la Universidad de Yale

# Options to treat Overweight and Obesity

Diet, Sports,  
Life style Changes



Farmacotherapy

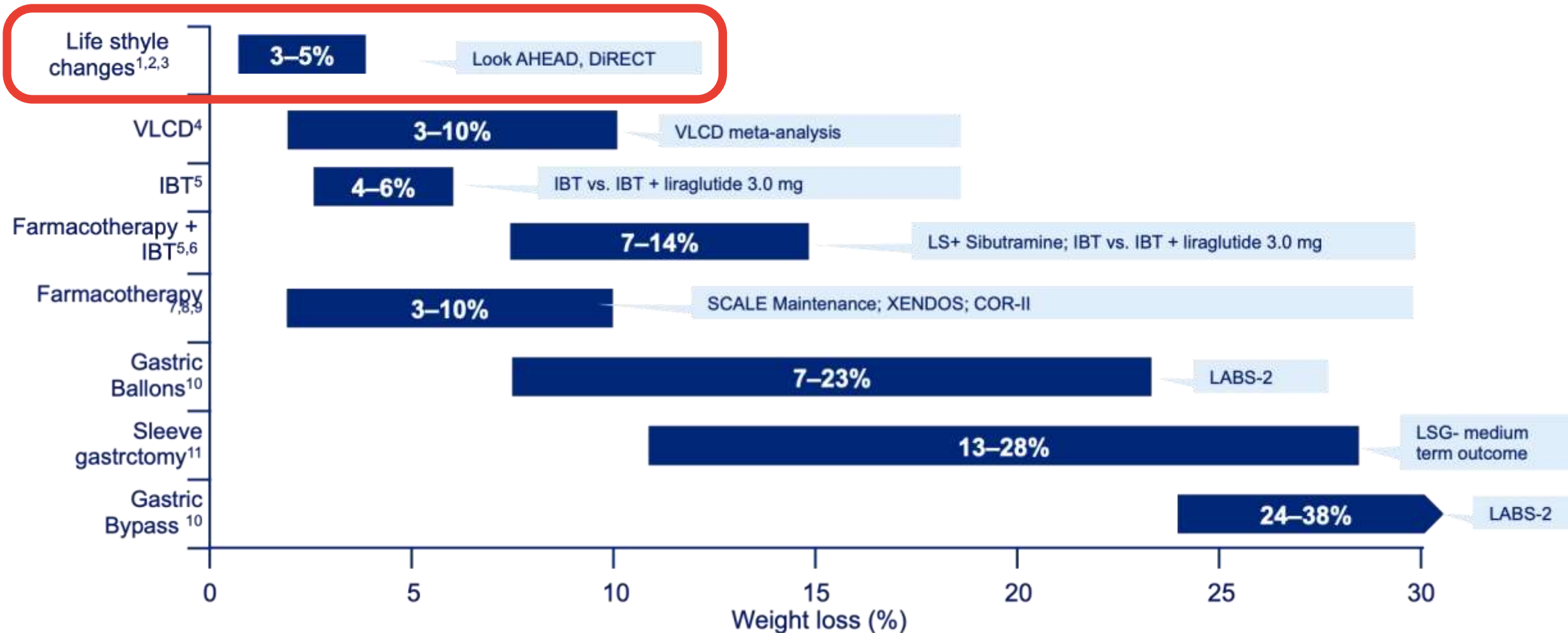


Surgery, balloons and  
endoscopic  
procedures



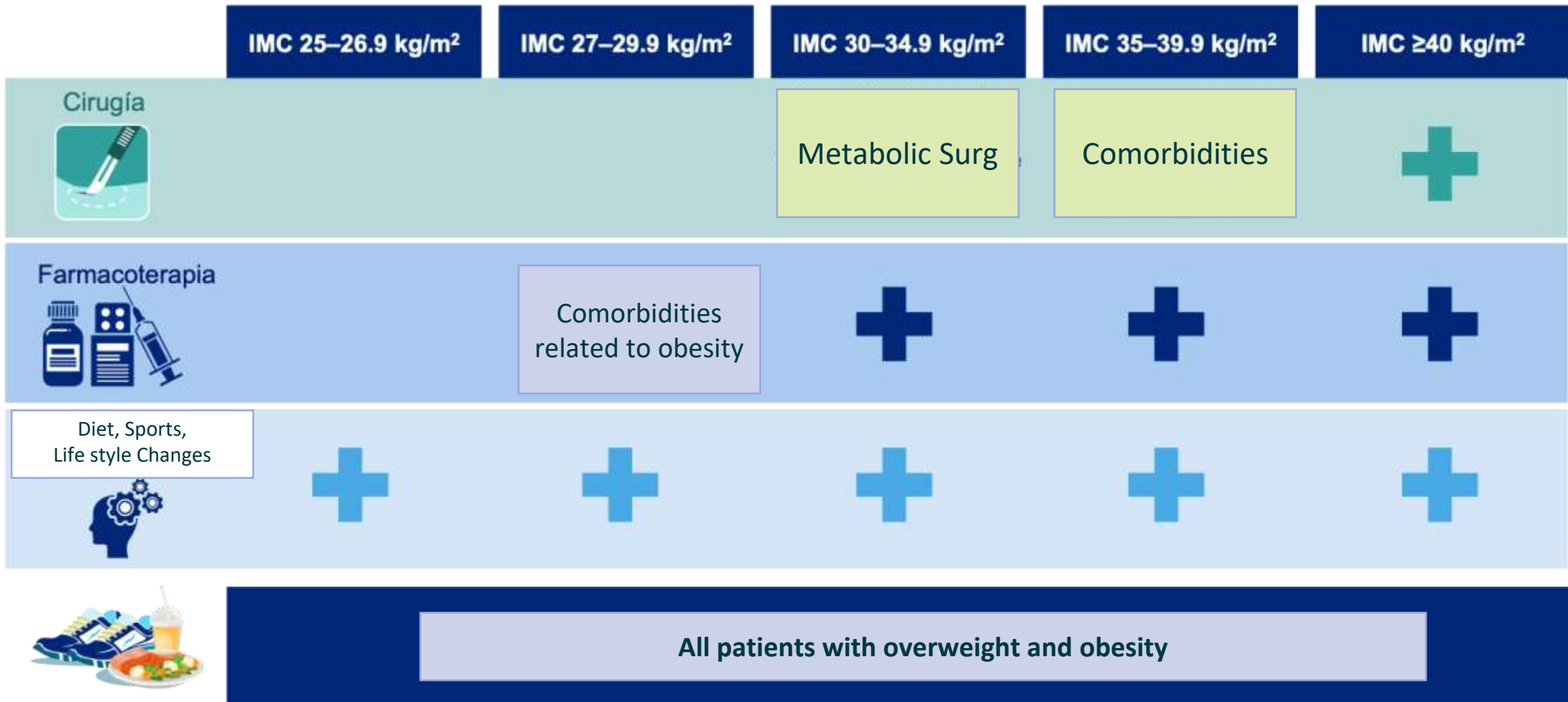


# Efficacy of different loose weight methods

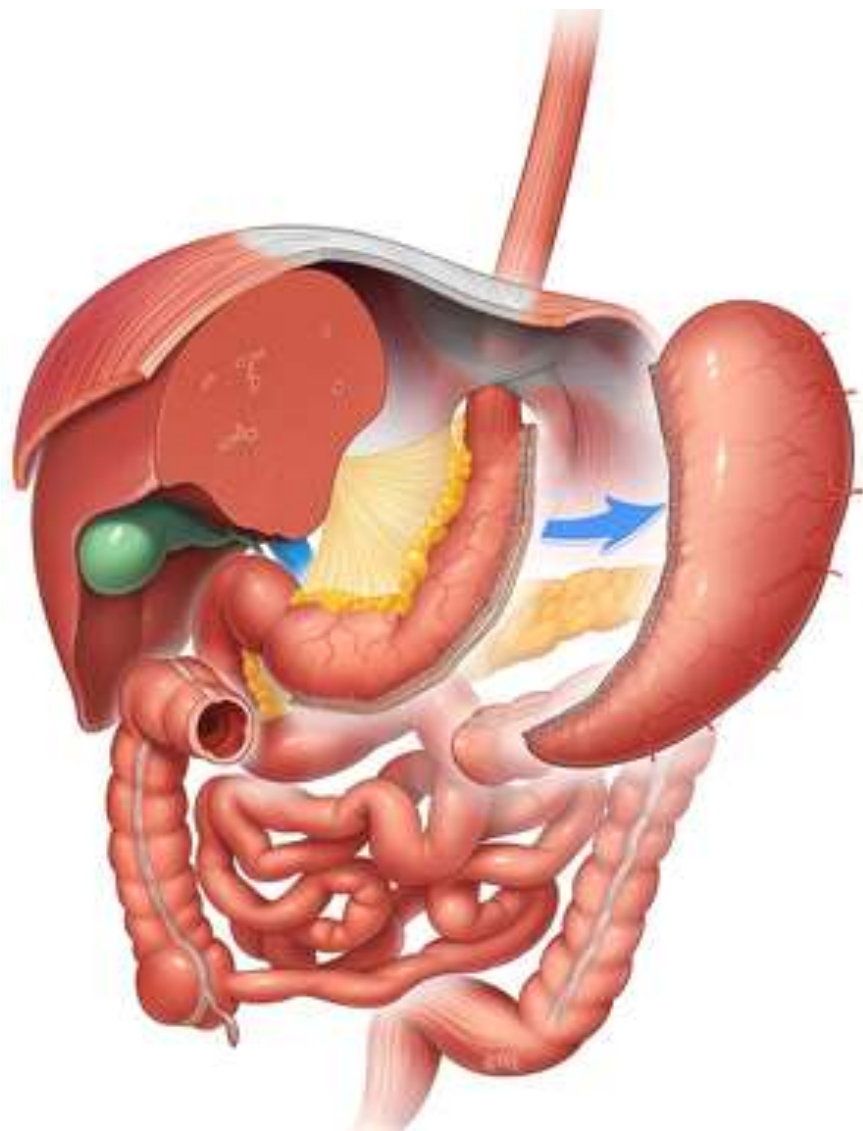


IBT, intensive behavioural therapy; LABS, Longitudinal Assessment of Bariatric Surgery; LS, lifestyle; VLCD, very low calorie diet.

1. Look AHEAD. *Arch Intern Med* 2010;170:1566–75; 2. Wing RR et al. *Diabetes Care* 2011;34:1481–6; 3. Lean MEJ et al. *Lancet Diabetes Endocrinol* 2019;7:344–55; 4. Tsai AG and Wadden TA. *Obesity* 2006;14:1283–93; 5. Wadden TA et al. *Obesity (Silver Spring)* 2019;27:75–86; 6. Wadden TA et al. *N Engl J Med* 2005;353:2111–20; 7. Wadden TA et al. *Int J Obes (Lond)* 2013;37:1443–51 8. Torgerson JS et al. *Diabetes Care* 2004;27:155–61; 9. Apovian CM et al. *Obesity* 2013;21:935–43; 10. Courcoulas AP et al. *JAMA* 2013;310:2416–25; 11. Berry MA et al. *Obes Surg* 2018;28:649–55.









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Dr. MARIANO PALERMO

Some patients when return home, make once again the same **mistakes** in their **eating habits** regaining weight

## Developed **QCH APP**:

a Mobile Application that helps our patients to change their eating habits, guiding their decisions towards the correct ones to reach their aims.

How can QCH APP  
help people to change their eating  
behaviour?



What do we eat  
today?



Is it healthy?

Do I like it?

What did I eat yesterday?

How much does it cost?

What did my Nutritionist told me?

Can I borrow your recipe?

1) **Establishing** a clear objective **according to each food profile**, providing ideas for a healthy diet by the App loaded by our Nutritionists (according to the needs of each patient)

2) Ordering food through the **food planner**

3) Facilitating the meals and resources to reach those objective, **saving time, money** and **avoiding food waste**

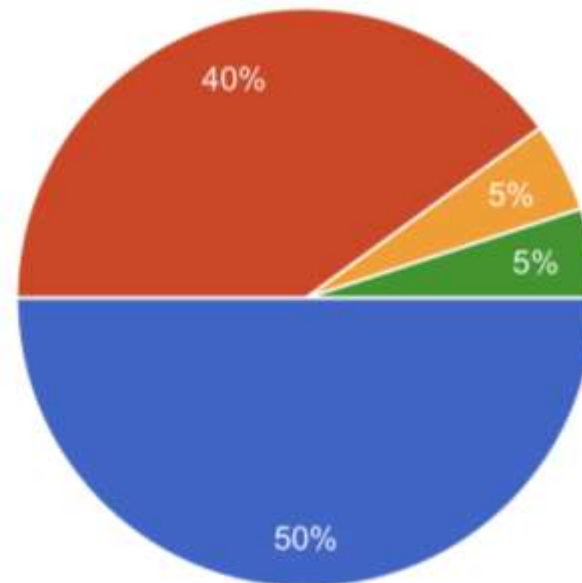
4) **Motivating the patients** in a personalized way through **push notifications** that remind them what is planned to eat every day and motivate them to keep on going



# Survey n=20 bariatric surgeons

How likely are you to recommend QCH APP to your patients?

20 respuestas



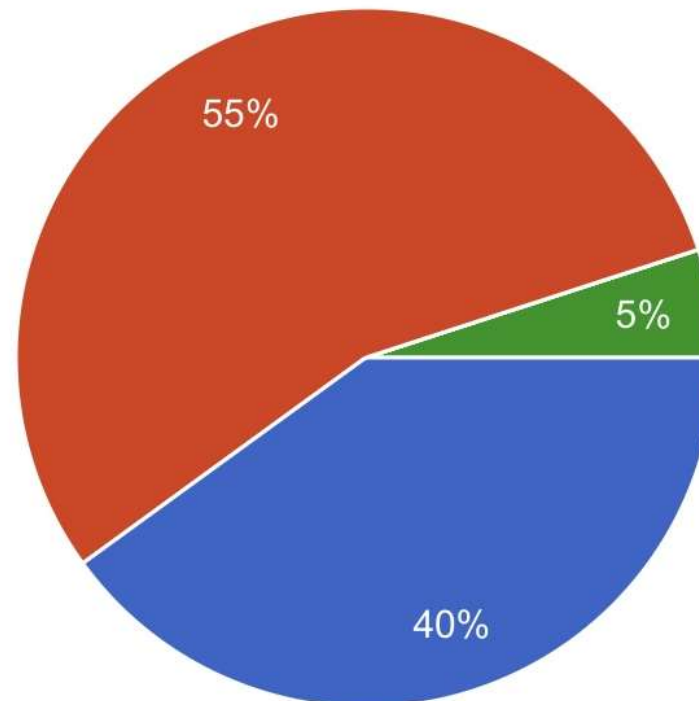
- Very likely
- Likely
- Unlikely
- Muy Probable

← 90%

# Survey n=20 bariatric surgeons

How satisfied are you with the utility of QCH APP?

20 respuestas



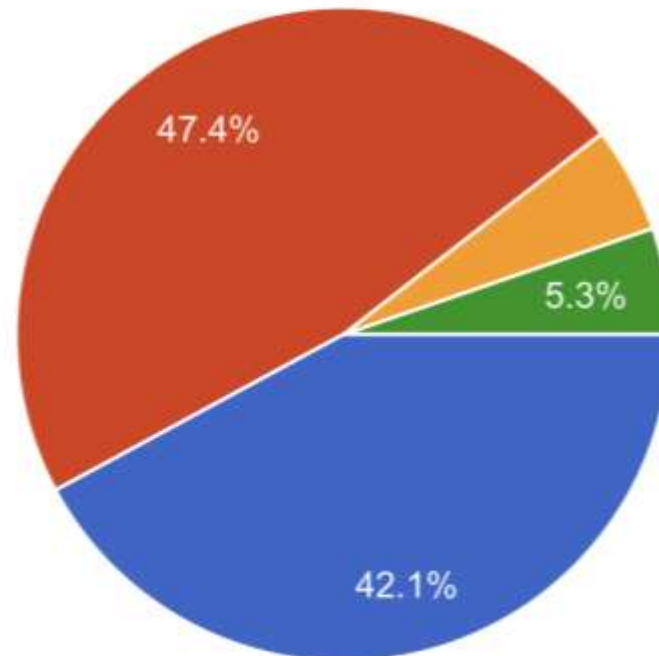
- Very satisfied
- Satisfied
- Dissatisfied
- Muy Satisfecho

← 95%

# Survey n=20 bariatric surgeons

How easy was it for you to use  
QCH APP?

19 respuestas



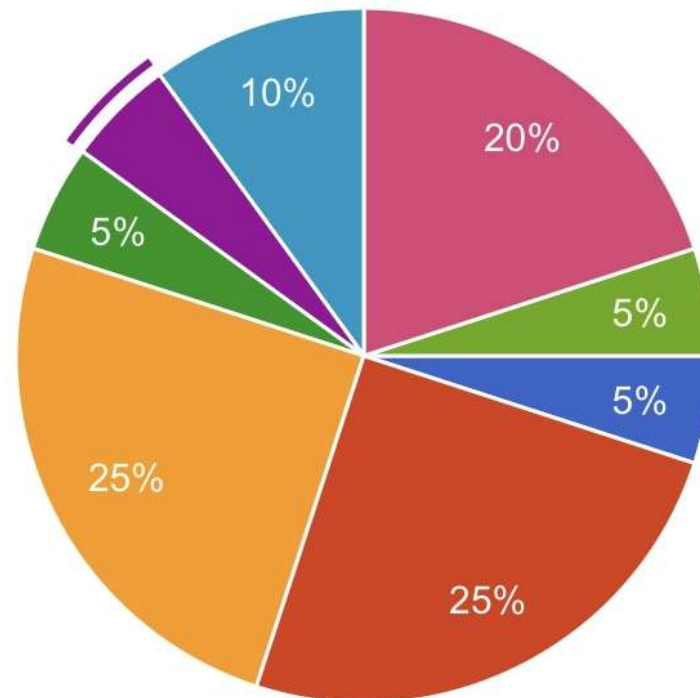
- Very easy
- Easy
- Difficult
- Fácil

← 10%

# Survey n=20 bariatric surgeons

What function do you find most useful?

20 respuestas



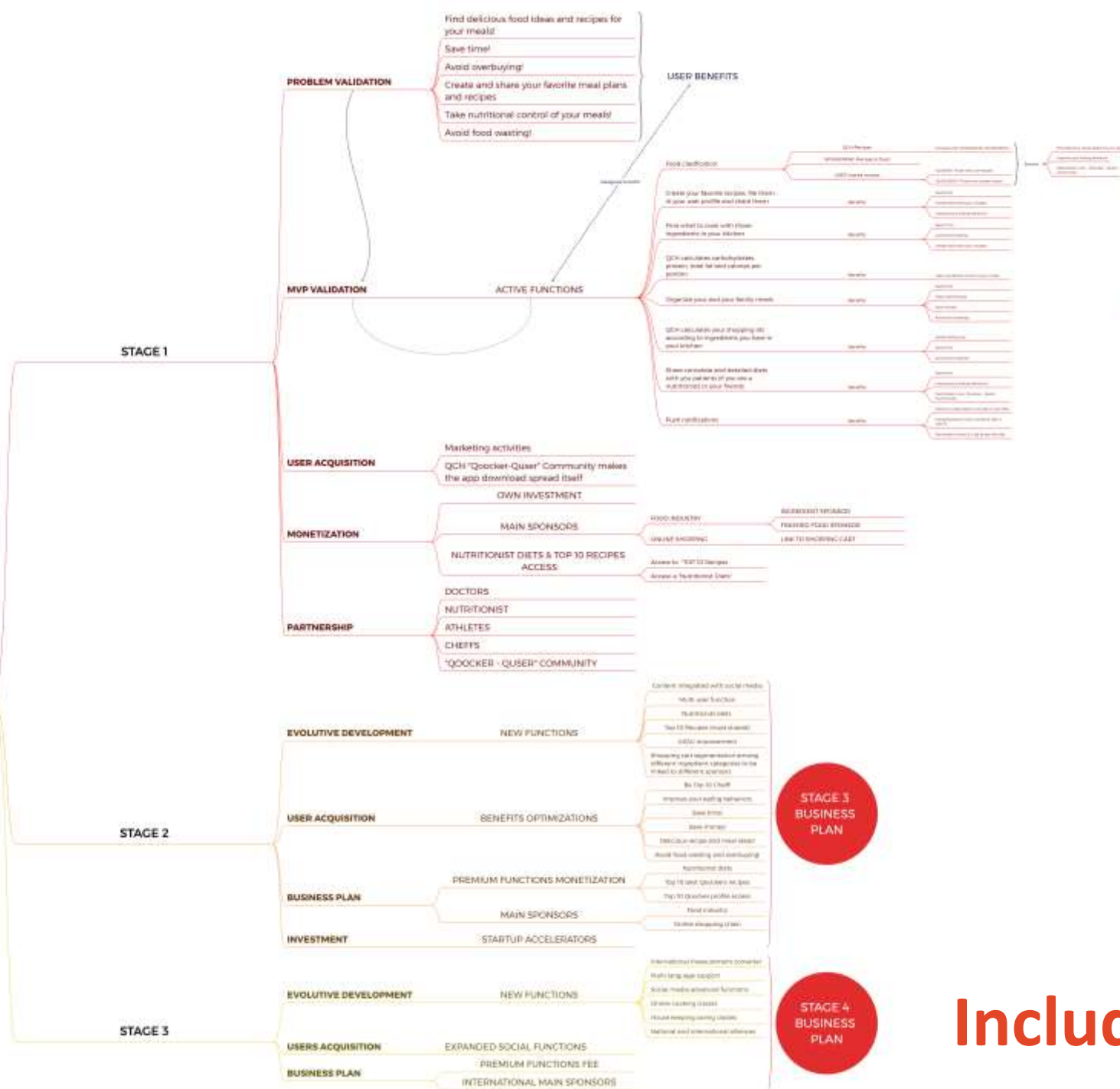
- Food Planner
- Food and recipe options menu
- Menu of Meal Plans prepared by Nutrit...
- Shopping list
- Inventory of ingredients in stock
- Share recipes and meal plans
- Quantifier of nutrit...
- Compartir recetas...





What do we eat today?

QCH IS THE STEPPING STONE FOR YOUR EATING BEHAVIOR IMPROVEMENT





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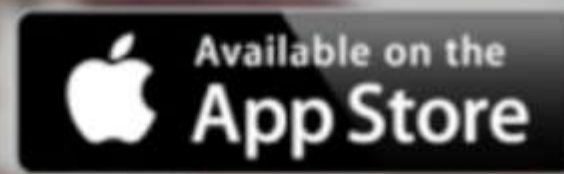
- NUTRICIONISTS
- PSICOLOGIST
- LIFE COACH
- SPORTS COACH
- ENDOCRINOLOGIST

• QCH App





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