

# XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



## Revisional Surgery vs Medication in Metabolic Disease

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# IFSO 2025 Santiago

Combined Therapies, The Dawn of a New Era

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# Disclosure Slide



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Disclosures – Speaker for Novo Nordisk



**ST. GEORGE**  
OBESITY & GENERAL SURGERY



- Upper GI and Bariatric Surgeon
- St George Hospitals, Sydney, Aus
  
- Professional Membership:
  - IFSO
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# Diving into the Current Literature

## Revisional Surgery

Papers	Type of study	Follow up length	Results	Comments
Abu-Abeid et al., 2024	Retrospective	7 yrs	T2DM remission – 79% HTN remission – 72.7%	Revision OAGB Isreal
Fehervari et al., 2023	Meta-analysis	12 mths	T2DM remission – 53%	Revision RYGB UK
Sakran et al., 2023	Retrospective	2 yrs	T2DM remission – 11.1% HTN remission – 16% Chol remission – 35.3%	Revision Sleeve Isreal
Hany et al., 2022	RCT	2 yrs	T2DM remission: - OAGB (75%) vs RYGB (71.4%) - HTN remission: - OAGB (68.6%) vs RYGB (75%)	Revisional RYGB vs OAGB Egypt
Labul et al., 2022	Retrospective	12 mths	T2DM and/or HTN remission – 49.4%	Revision RYGB or OAGB Poland
Sewefy et al., 2022	Prospective	1 yr	T2DM remission – 100% HTN remission – 80% Chol remission – 83.3%	Revision SAS-J bypass Egypt
Gao et al., 2022	Retrospective	5 yr	T2DM remission – 41.7%	Revision RYGB China
Pizza et al., 2021	Retrospective	3yrs	T2DM remission – 72.7% 8/11 pts HTN resolution – 48.5% 16/33 pts	Revision OAGB Italy



# Diving into the Current Literature

## Medication – GLP -1 and Med vs Revision Surgery for Metabolic Disease

Papers	Type of study	Follow up length	Results	Comments
Wasden et al., 2025	Prospective	2 years	<ul style="list-style-type: none"> <li>- Hba1c change:</li> <li>- RYGB vs Med -&gt; -1% vs 0.3%</li>   <li>- Diabetes Medication reduction:</li> <li>- 43.8% vs 5.3%</li>   <li>- No change in HTN between the groups</li> </ul>	RYGB vs Semaglutide USA
Elhag et al., 2022	Retrospective	12 mths	No significant change to T2DM, HTN or chol	Liraglutide Qatar



# Running The Data

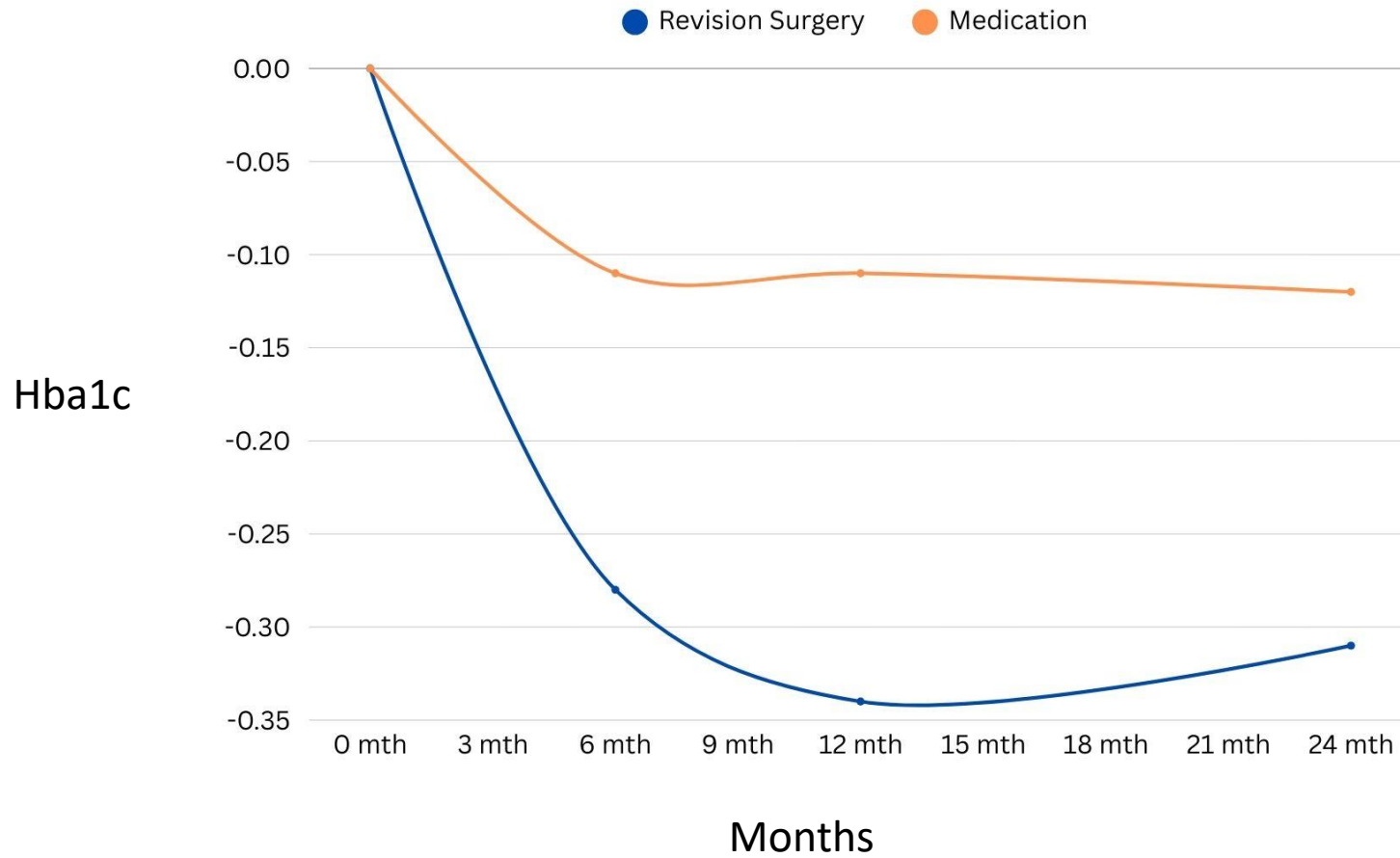
- Last 3 years of post sleeve weight regain pts
- Not randomized data
- **GLP-1 agonists** vs **Revisional Surgery** pts
  - **Medication used** - Mostly Semaglutide, small number of Tiresapatide
  - **Revisional surgery** – 65% RYGB/ 35% OAGB, pouch trimmed; excluded SADI

# Patient Demographics

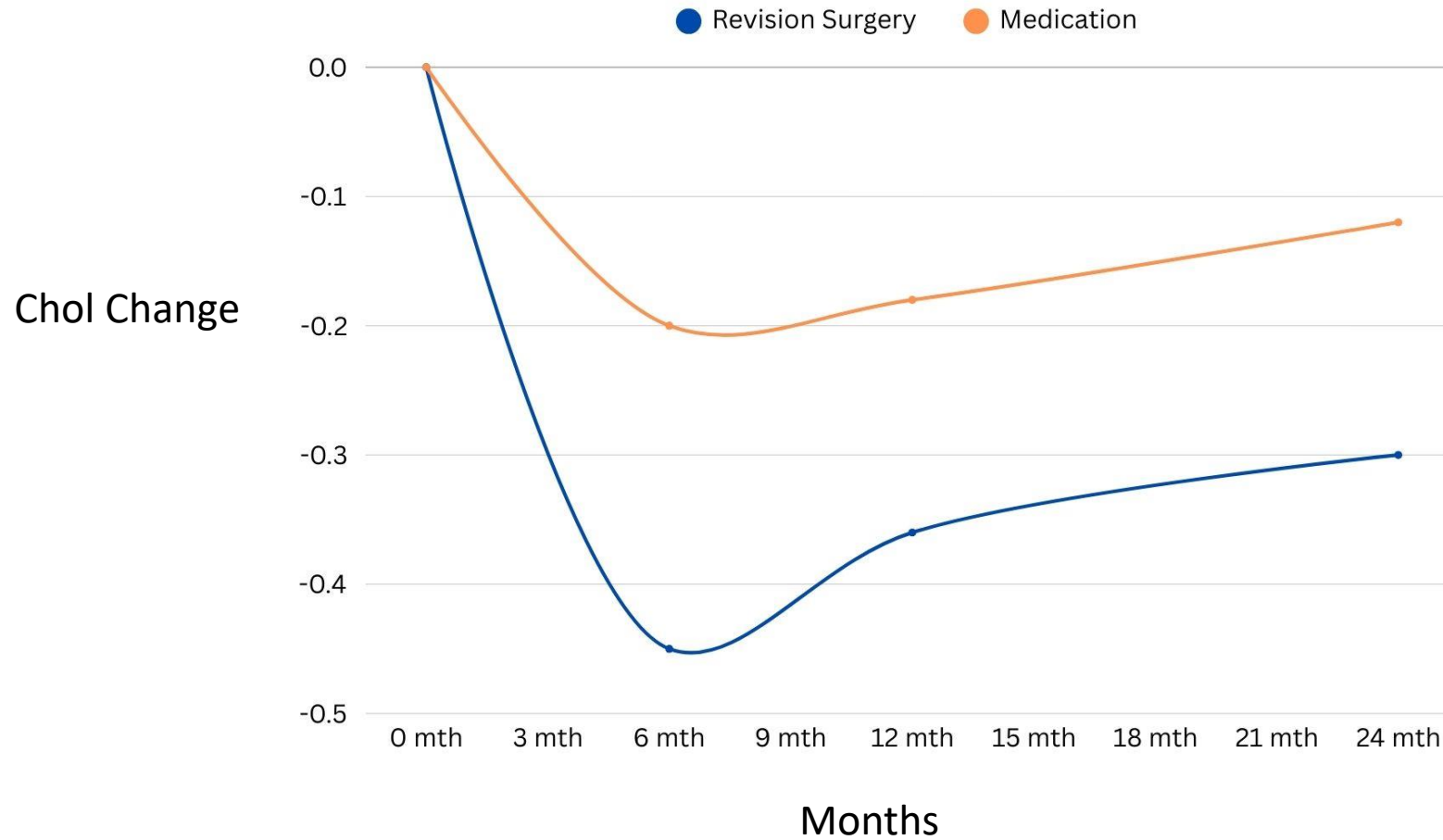
	Revisional Surgery	Medication	Total
Age	53 +/- 9.3	51 +/- 9.7	52 +/- 9.7
Gender	76% F	84% F	81% F
BMI	34 +/- 4.3	37 +/- 4.9	35 +/- 4.6
Number	91	144	245



# Hba1c - Revision Surgery vs Medication



# Chol - Revision Surgery vs Medication



# Results

	Overall change	Remission rate
<b>Hba1c</b>		
Revisional Surgery	-0.35 +/- 0.22	40% (4/8)
Medication	-0.15 +/- 0.12	20% (1/5)
<b>Chol</b>		
Revisional Surgery	-0.44 +/- 0.17	NA
Medication	-0.16 +/- 0.14	NA
<b>HTN</b>		
Revisional Surgery	NA	80% (8/10)
Medication	NA	50% (7/14)



# What Does the Literature Tell us so far?

- Revision Surgery effective for metabolic disease
- Medication following bariatric surgery probably less effective for metabolic disease
- Medication Literature on metabolic disease in post bariatric patients lacking
  - Studies are more focused on weight loss instead?
- Variability on reporting - How should we measure this data?
  - Diabetes - Remission rates (off medication) vs drop in Hba1c?
  - Same goes for HTN and Chol

# How's the Quality of Data?

- Lack of comparative studies – revision surgery vs medication benefits
- Not much long-term data
  - Lasting effects?
- Study quality still not adequate:
  - Mostly retrospective studies
  - Hard to run numbers for metabolic disease due to small patient cohort numbers



**Let's  
Collaborate!!**

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