

WEST CHINA HOSPITAL, SICHUAN UNIVERSITY

**SHORT-TERM WEIGHT LOSS
OUTCOMES AND PREOPERATIVE
LIVER HISTOLOGY IN
METABOLICALLY HEALTHY VS.
UNHEALTHY OBESITY FOLLOWING
METABOLIC BARIATRIC SURGERY**



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Nothing to disclose



Diagnostic criteria recommended by the Chinese Diabetes Society (CDS):

1.Overweight and/or obesity: Body Mass Index (BMI) \geq 25.

2.Hyperglycemia: Fasting plasma glucose (FPG) \geq 6.1 mmol/L (110 mg/dl) and/or 2-hour plasma glucose (2hPG) \geq 7.8 mmol/L (140 mg/dl), and/or previously diagnosed diabetes under treatment.

3.Hypertension: Systolic/diastolic blood pressure \geq 140/90 mmHg, and/or previously diagnosed hypertension under treatment.

4.Dyslipidemia: Fasting triglycerides \geq 1.7 mmol/L (150 mg/dl), and/or fasting HDL-C $<$ 0.9 mmol/L (35 mg/dl) in men, $<$ 1.0 mmol/L (39 mg/dl) in women.

Diagnosis of Metabolic Syndrome: Presence of 3 or more of the above 4 components



Table 1. Patients' demographic comparison between MUO and MHO

	MUO (n=119)	MHO (n=45)	p-value
Gender, female	63 (52.9%)	36 (80.0%)	0.0020
Age, y	33.5 ± 9.1	30.2 ± 7.5	0.0290
Height, cm	167.0 ± 8.9	165.2 ± 7.6	0.1914
Weight, kg	105.8 ± 19.4	96.9 ± 16.0	0.0036
BMI, kg/m²	37.7 ± 5.5	35.5 ± 4.1	0.0064
Blood pressure			
SBP, mm/Hg	133.0 ± 17.1	121.8 ± 11.5	0.0000
DBP, mm/Hg	90.4 ± 12.9	78.9 ± 7.6	0.0000
Glucose level			
FBG, mmol/L	6.8 ± 2.5	5.5 ± 0.7	0.0000
2h-BG, mmol/L	10.6 ± 4.8	7.4 ± 1.5	0.0000
HbA1c, %	6.5 ± 1.6	5.5 ± 0.4	0.0000
Dyslipidemia			
TG, nmol/L	2.4 ± 3.5	1.1 ± 0.3	0.0001
HDL, mmol/L	1.1 ± 0.2	1.3 ± 0.2	0.0000



Table 1. Patients' demographic comparison between MUO and MHO

	MUO (n=119)	MHO (n=45)	p-value
Fat distribution			
VAT	223.0 ± 80.9	182.0 ± 77.3	0.0048
SAT	444.8 ± 146.0	414.9 ± 130.4	0.2227
Liver pathology	n=108	n=37	
NAS	3.7 ± 1.4	3.6 ± 1.4	0.6390
Not NASH	17 (15.7%)	7 (18.9%)	0.6683
Borderline	64 (59.3%)	22 (59.5%)	0.9733
Definite	27 (25.0%)	8 (21.6)	0.7438
Fibrosis			
<F2	82 (75.9%)	26 (70.3%)	0.7444
≥F2	26 (24.1%)	11 (29.7%)	0.5508

**Table 2. Intraoperative and postoperative comparison between MUO and MHO**

	MUO (n=119)	MHO (n=45)	p-value
Surgery duration, min	99.3 ± 29.4	103.0 ± 26.1	0.4494
Postoperative LOS, d	4.4 ± 1.8	4.1 ± 1.0	0.2217
Postoperative ICU	4 (3.3%)	0	0.2187
30-d readmission	0	0	-
Postoperative 1-year weight, kg	72.0 ± 13.9	67.9 ± 11.7	0.0587
Postoperative 1-year BMI, kg/m²	25.7 ± 3.6	24.8 ± 3.4	0.1550
Postoperative 1-year %TWL	31.4 ± 9.2	29.6 ± 8.0	0.2190



Conclusion:

- Despite more adverse baseline metabolic profiles, MUO patients achieved equivalent short-term weight loss and exhibited similar preoperative liver disease severity compared to MHO patients.
- These findings suggest that traditional metabolic health status does not significantly impact short-term weight loss efficacy or preoperative hepatic pathology, though its role in long-term metabolic and hepatic outcomes warrants further investigation.

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Thank You