

Weight Regain 3-5 years post Bariatric and metabolic surgery from a Multidisciplinary team approach in Australia. Can age and gender support differences in long term outcomes. With focus on behavioral and psychosocial determinants.

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What are we looking at today

- Can gender and age support differences in long term outcomes?
 - Weight re gain 3-5 years post operatively.
 - Behavioral and psychosocial determinants.



Questionnaires

Personal experiences of bariatric surgery.

Were there expectations met?

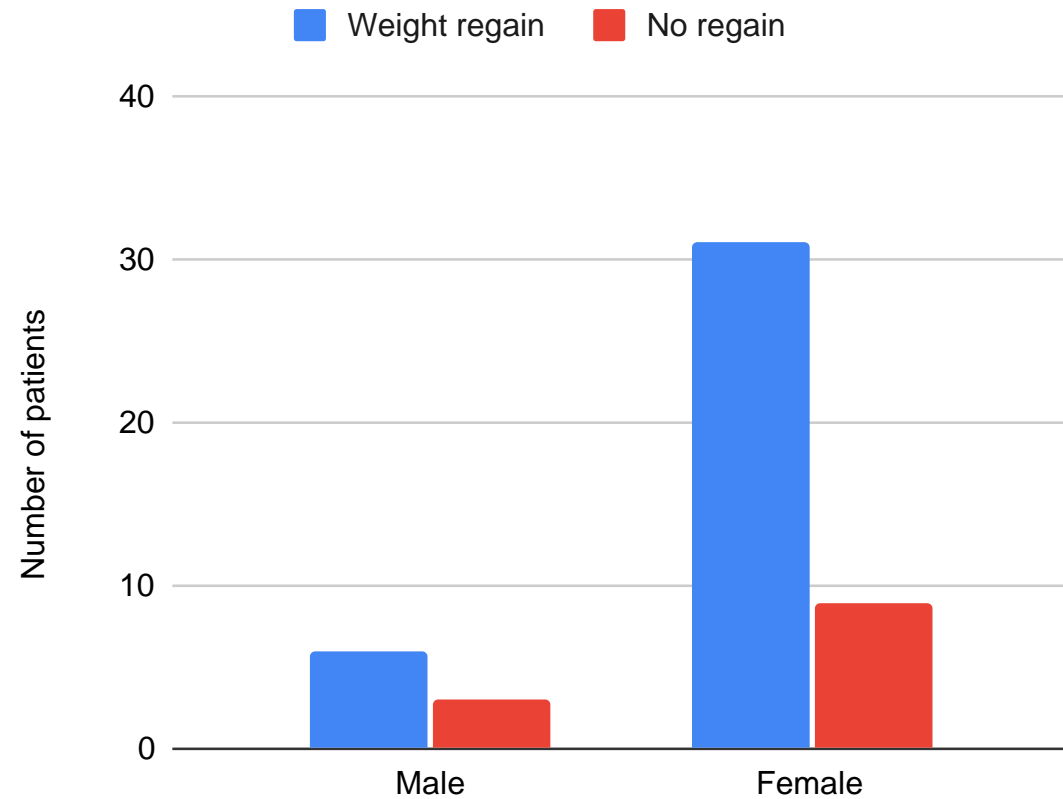
What were the the factors that made it difficult to maintain weight?



Patient cohort:

- 58 total patients
- 13 male
- 45 female
- 9 lost to follow-up
 - 4 male
 - 5 female
- Median age:
 - Male 46 years
 - Female 51 years

Weight regain and No regain



Personal experiences of bariatric surgery.



Initial fear
Feelings of regained confidence (invincible)
3 years post op life got harder again



What were patient expectations of Bariatric Surgery?.



- Improvement of quality of life
- Reduction in medications
- Fear of the unknown



What were the the factors that made it difficult to maintain weight loss.



- Stress
- Anxiety
- Work life balance
- Fear of failure
- Appetite returning
- Inadequate follow up or lost to follow up
- Maladaptive lifestyle





Gender break down

Females

- Stress /Anxiety
- Fear of failure

Males

- Increased appetite and return of ghrelin
 - Maladaptive lifestyle



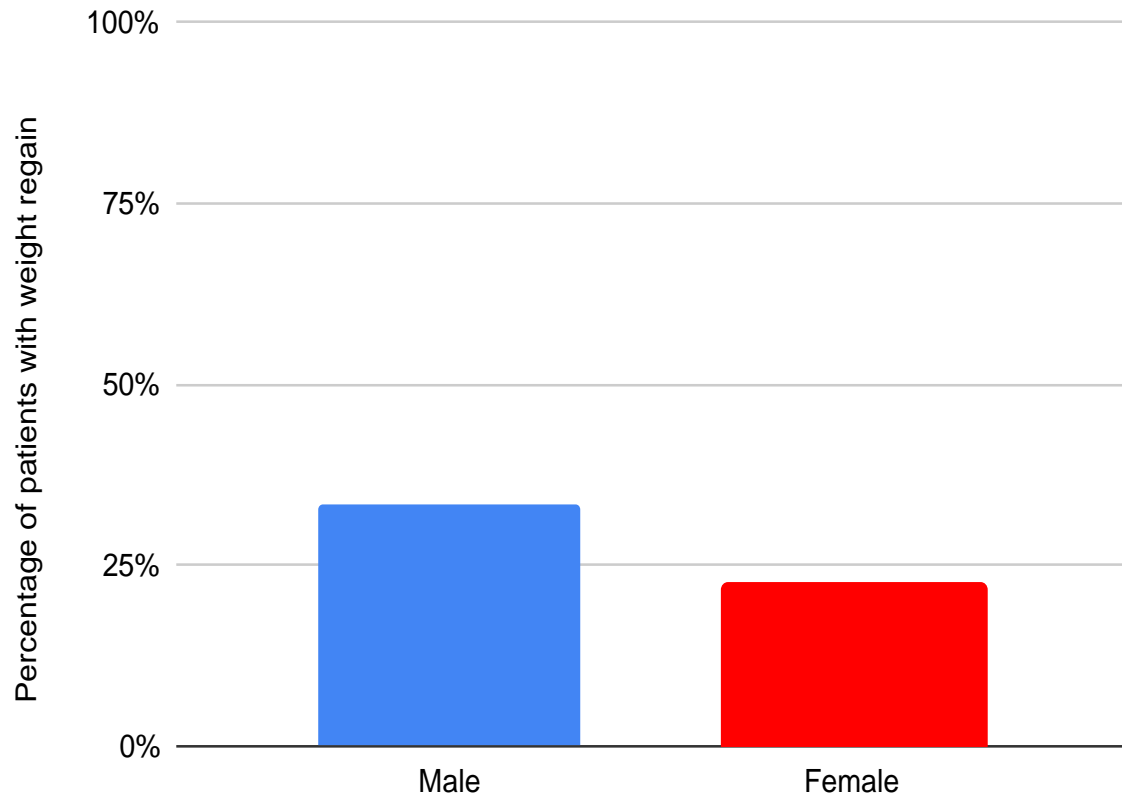


Lost to follow up and embarrassment to return

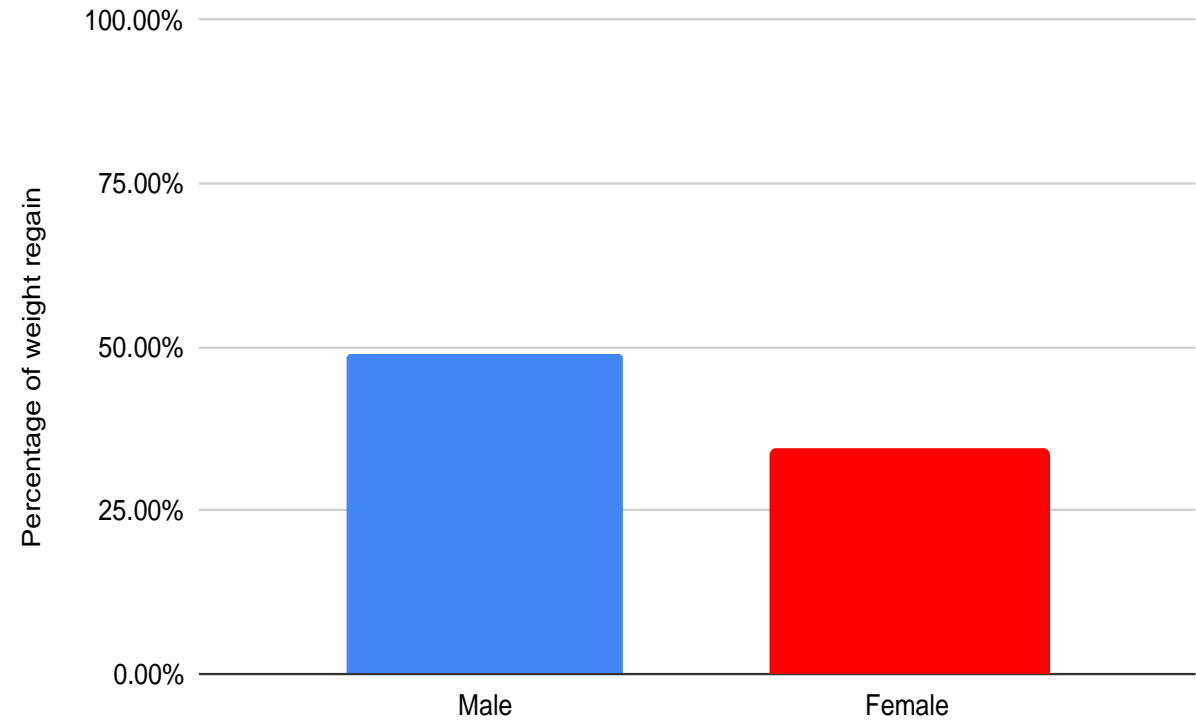
- Return when needing help
- Feeling embarrassed about weight regain



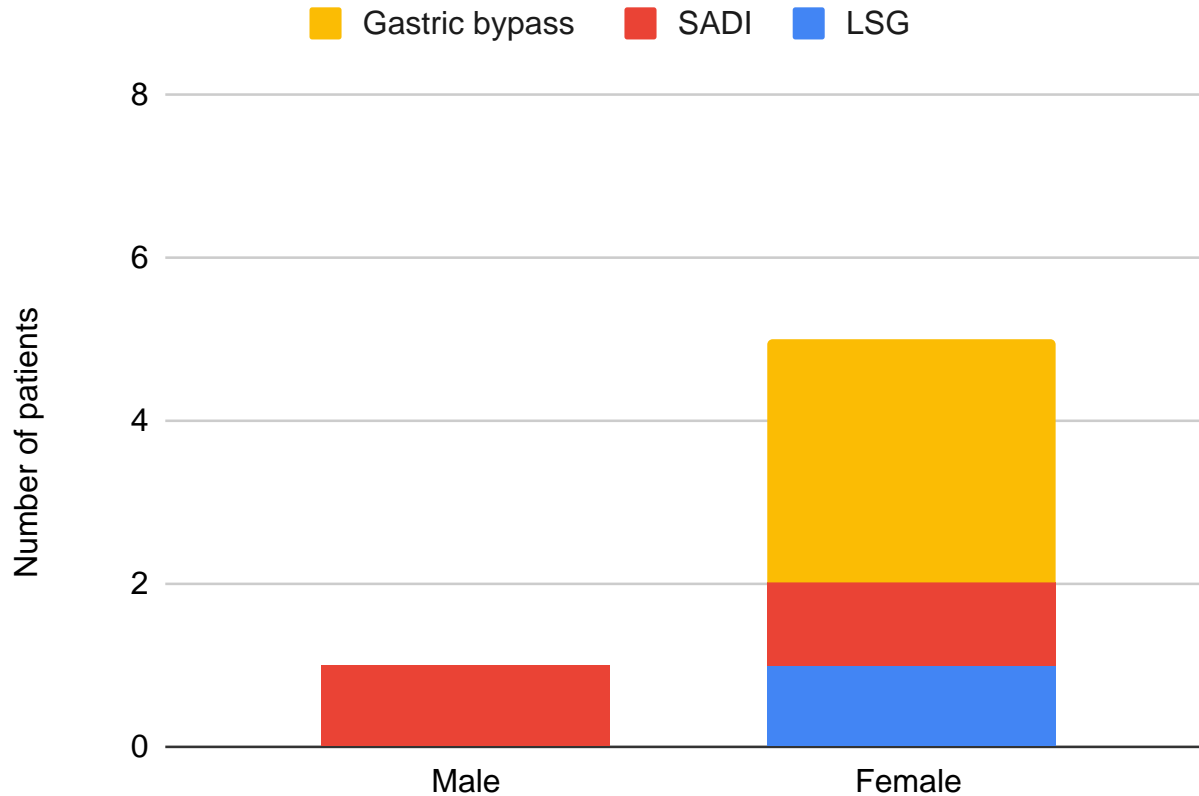
Percentage of patients with weight regain by gender



Average weight regain (percentage of weight lost)



Revisional surgery by gender

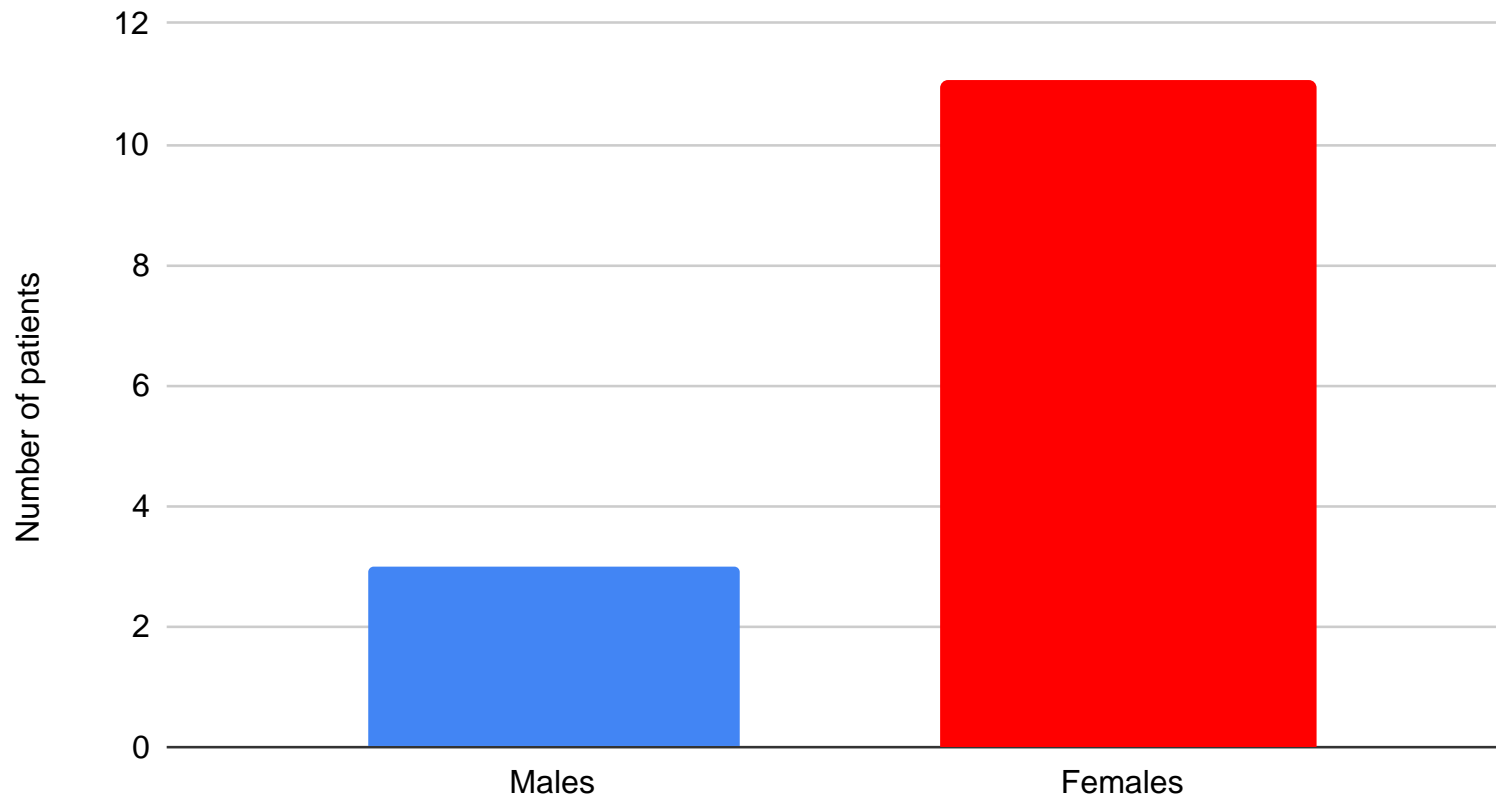


- **Outcomes also noted**
- **1/6 male patient with regain had revisional surgery**
- **5/31 female patients with regain had revisional surgery**
- **Roughly similar rates of revision between genders**





Medical management



- 3/6 male patients with regain commenced medical management
- 11/31 female patients with regain commenced medical management





In conclusion

Although similar studies have been done and reviewed extensively on weight regain post Bariatric surgery, our results show a larger cohort than most in a private hospital setting.

Slightly higher weight gain in females 3 years

Males 5 years