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CHANGE YOUR MIND!

OMM FIRST IN CASE OF RECURRENT WEIGHT GAIN

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the**Alfred**

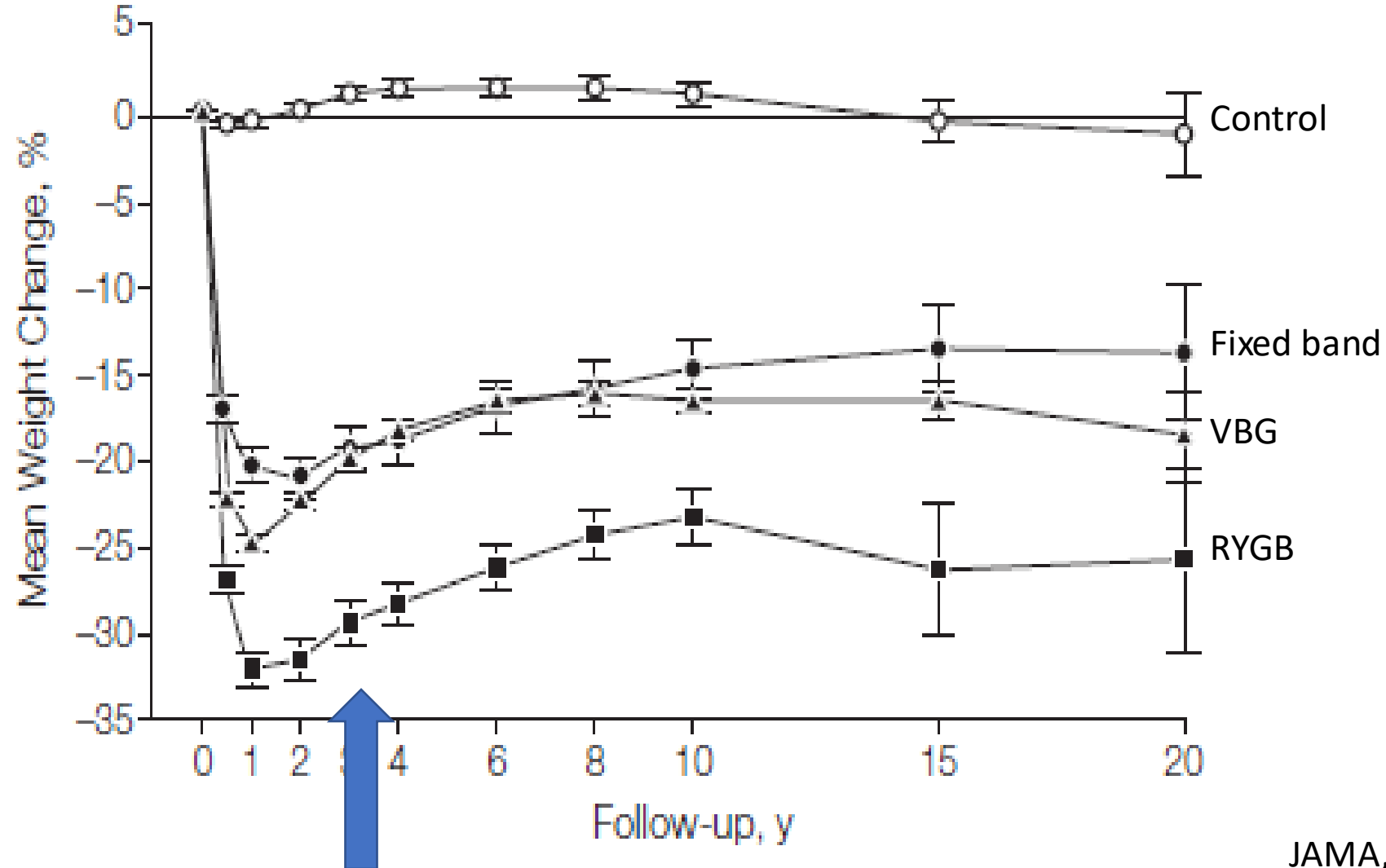
Funding disclosures:

The Bariatric Surgery Registry receives funding from the Commonwealth Government of Australia as well as our industry partners:



Professor Brown has received speakers or advisory board fees from Novo Nordisk, Gore and Merck Sharpe and Dohme

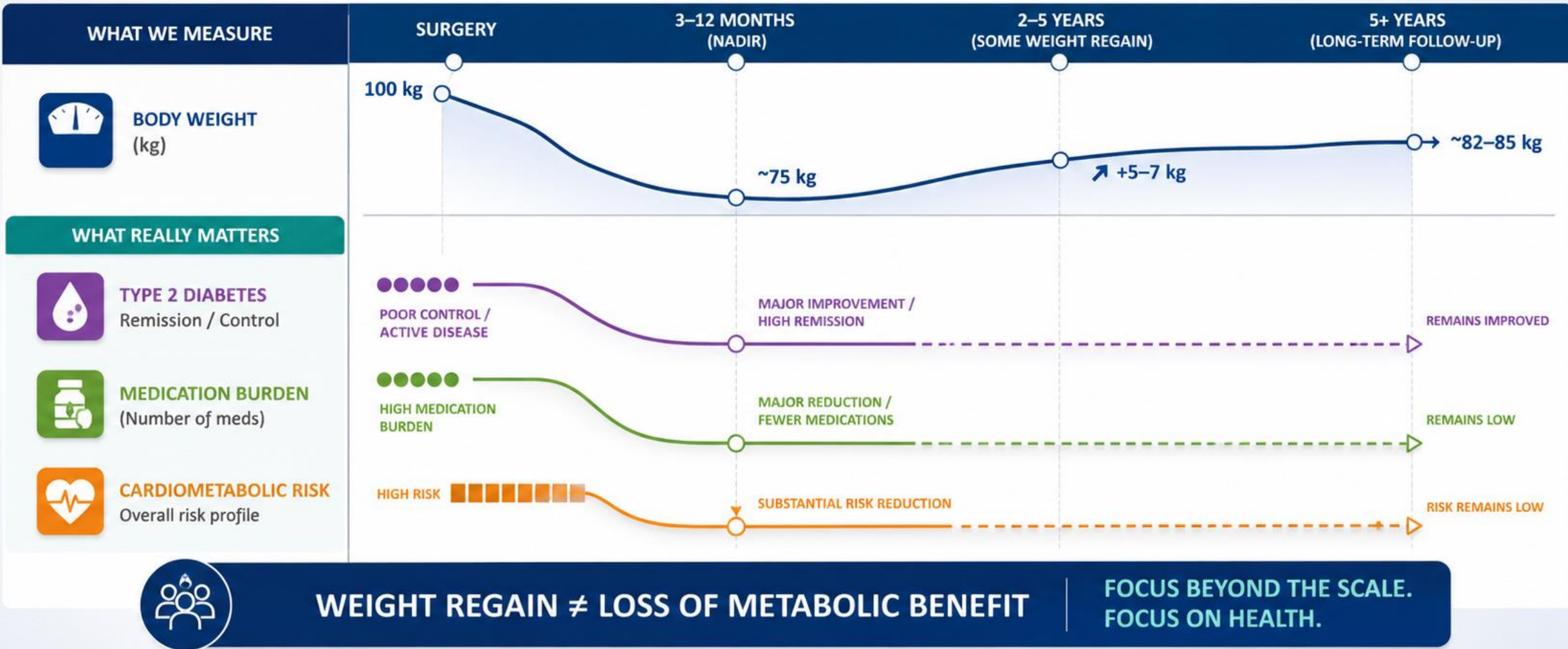
SOME REGAIN OF WEIGHT INEVITABLE AFTER MBS



JAMA, 2012.307:56-65

THE SCALE MOVES BACK. THE BIOLOGY **DOESN'T** NECESSARILY FOLLOW.

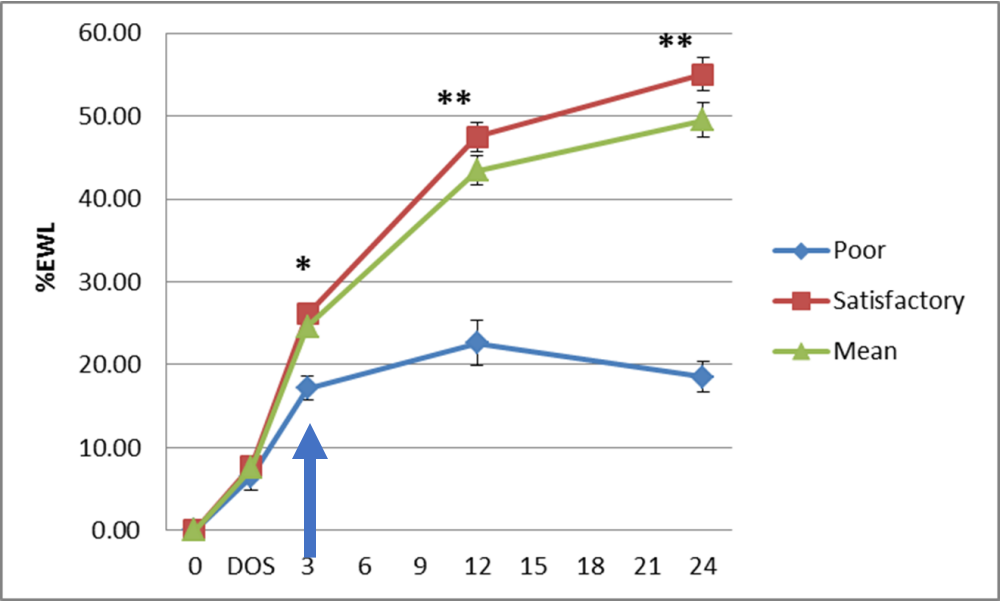
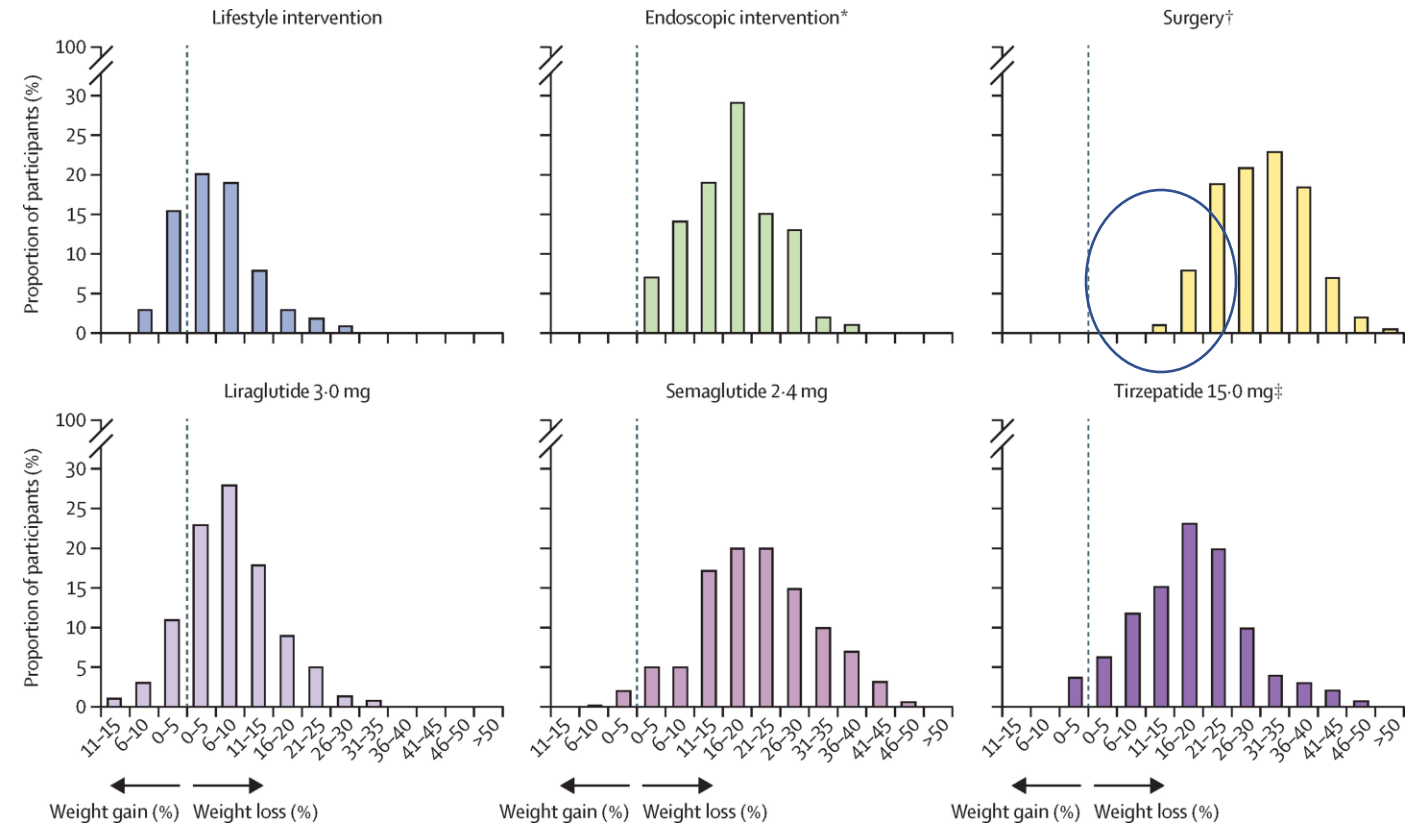
Modest weight regain after metabolic surgery does not necessarily mean reversal of its health benefits



Multiple long-term studies demonstrate sustained remission of type 2 diabetes, reduction in cardiovascular risk, and mortality benefit despite modest weight regain.

SURGICAL NON-RESPONDERS

A DIFFERENT COHORT



REVISIONAL SX IS EXPECTED



130,778
patients



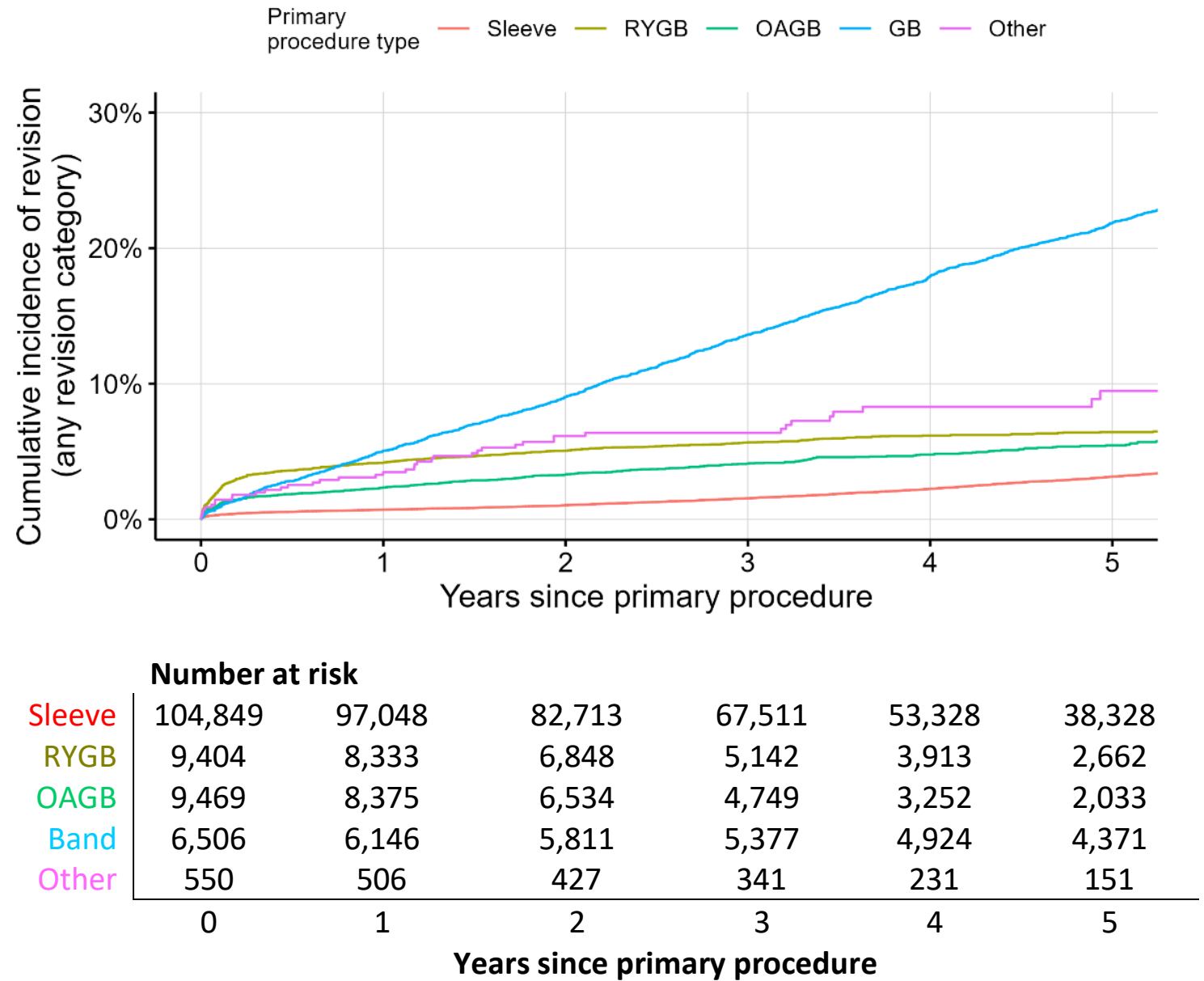
29,950
revisional
bariatric procedures



127
sites



193
surgeons



RISK OF CONVERSION



130,778
patients



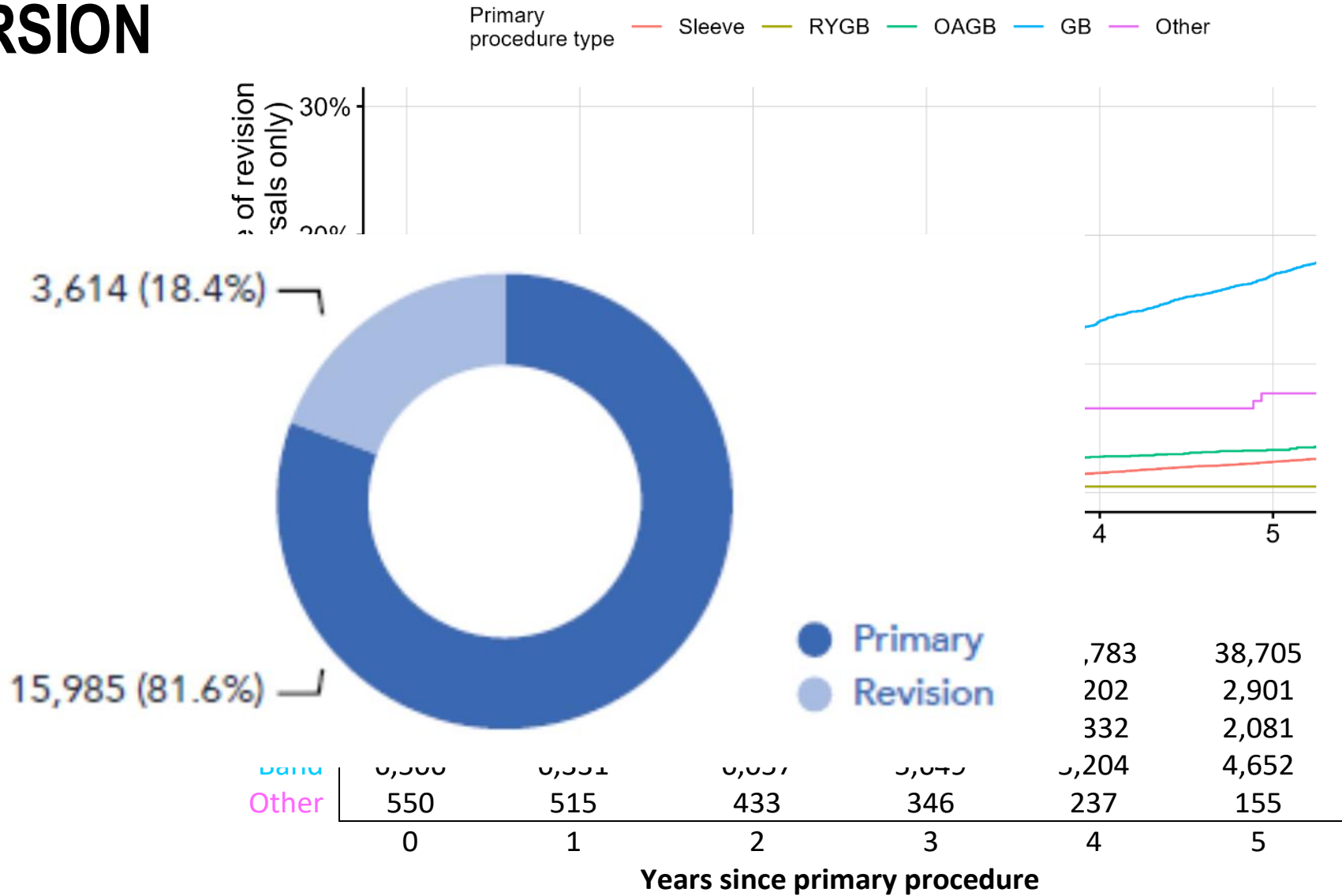
29,950
revisional
bariatric procedures



127
sites



193
surgeons



REVISION SURGERY COMPLEX – ↑RISK

Australia



Primary	128	17	179
Revision	345	16	104

Any AE

Primary 2.0%

Revision 10.4%

Aotearoa NZ



Primary	24	1	28
Revision	29	0	29

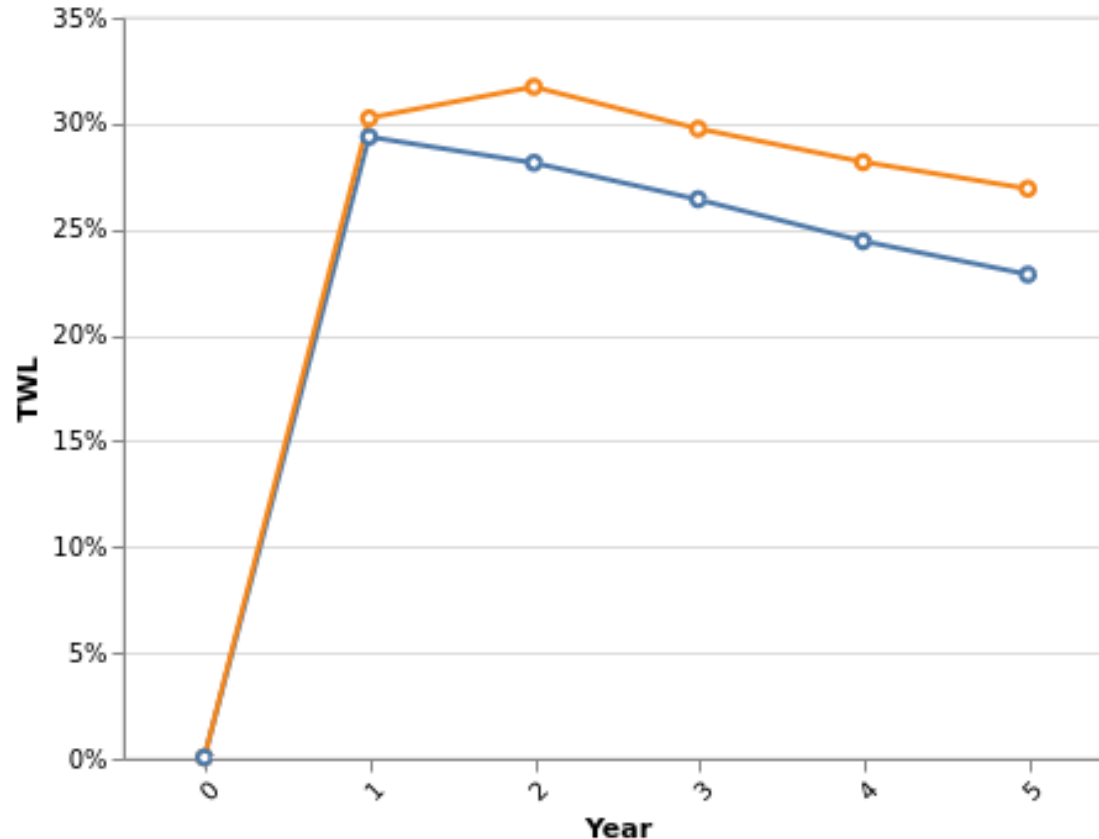
Any AE

Primary 5.0%

Revision 36.7%

Not easy to provide at scale

LESS WEIGHT LOSS AFTER CONVERSION FOR RGW



Cohort

- Sleeve converted to GB
- Sleeve no revision

RESULTS

28 observational studies (n=2,213 patients) were included

Meta-analysis:

%TWL = 27.2 (95%CI 23.7 to 30.6)

Drop in BMI = 10.2 kg/m² (95%CI -11.6 to -8.7)

%EWL = 54.8 (95%CI 47.2 to 62.4)

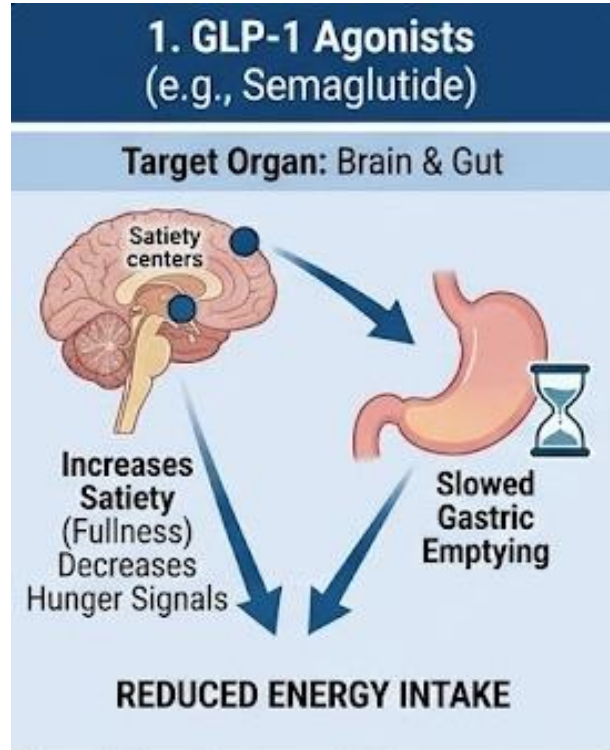
%EBMIL = 37.1 (95%CI 19.95 to 54.3)

%EWL outcome – high risk of publication bias

High heterogeneity in all meta-analyzed outcomes

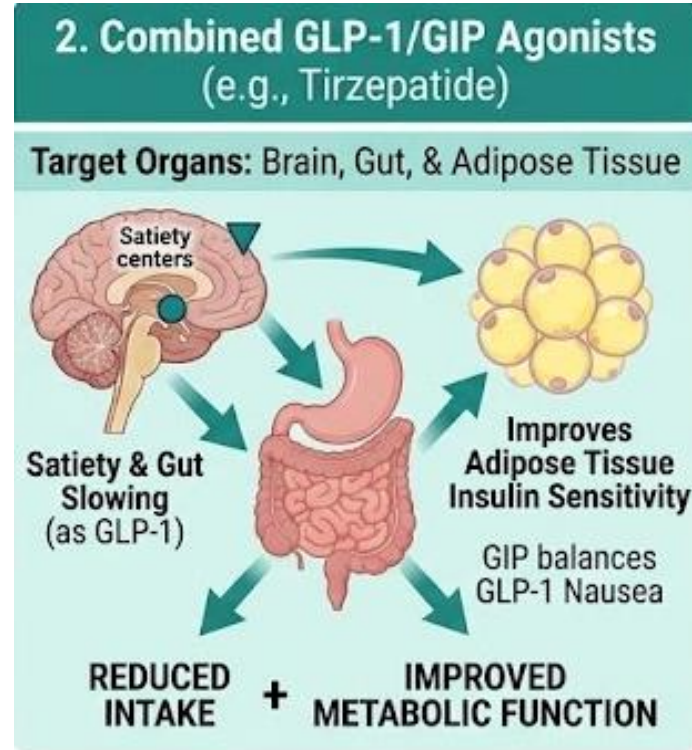
GRADE: **Very low certainty of evidence**

OBESITY MANAGEMENT MEDICATIONS

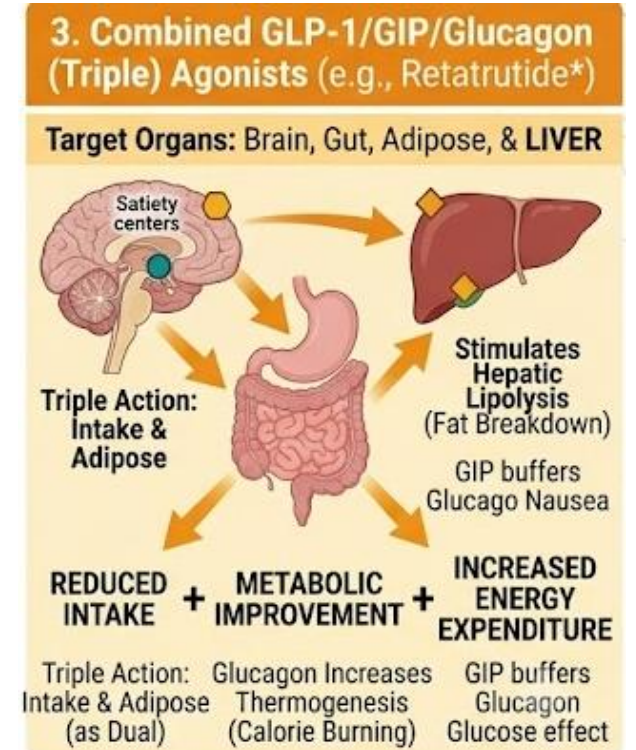


10-20% TBWL

Liraglutide 3.0 mg



20-25% TBWL

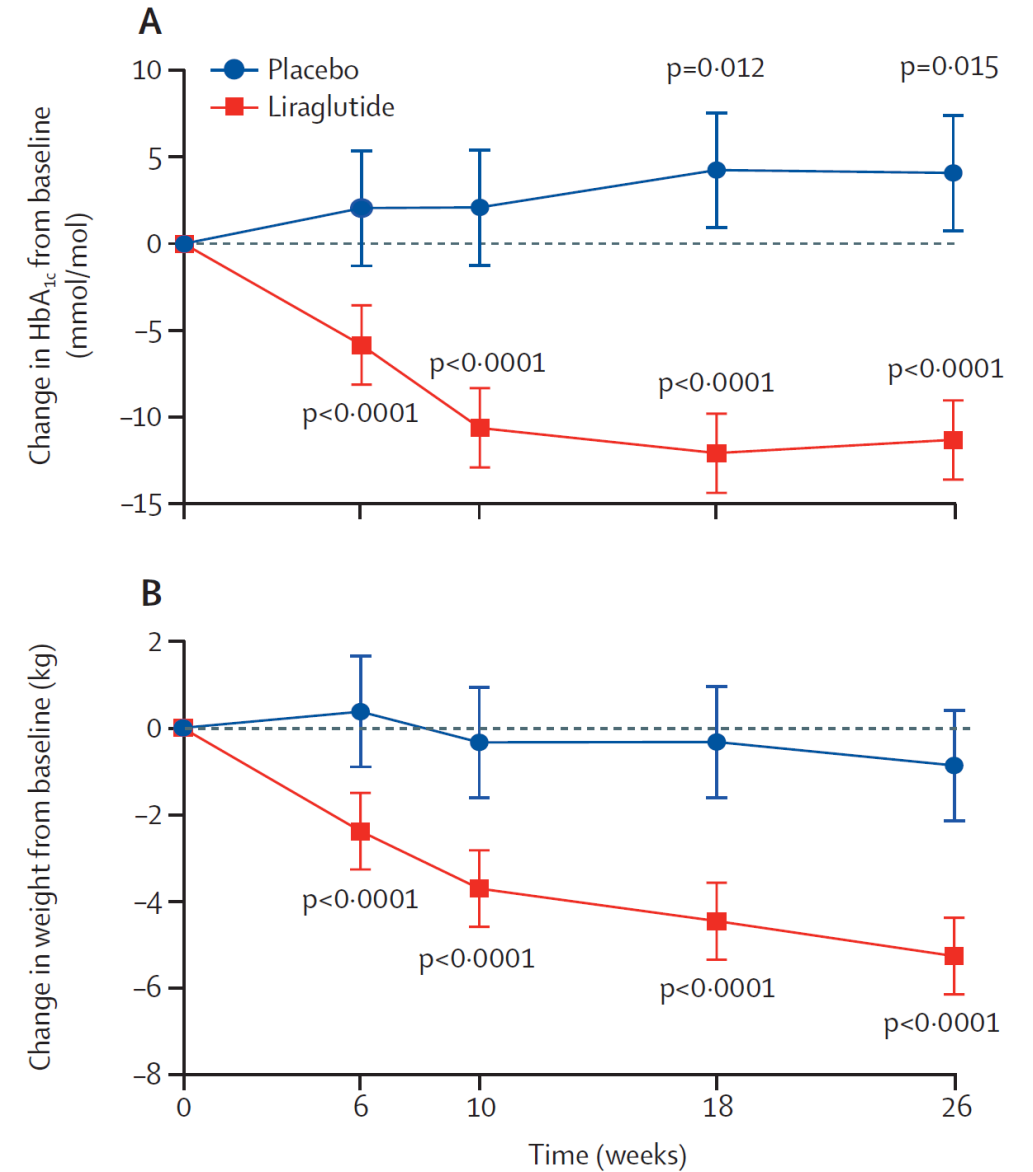
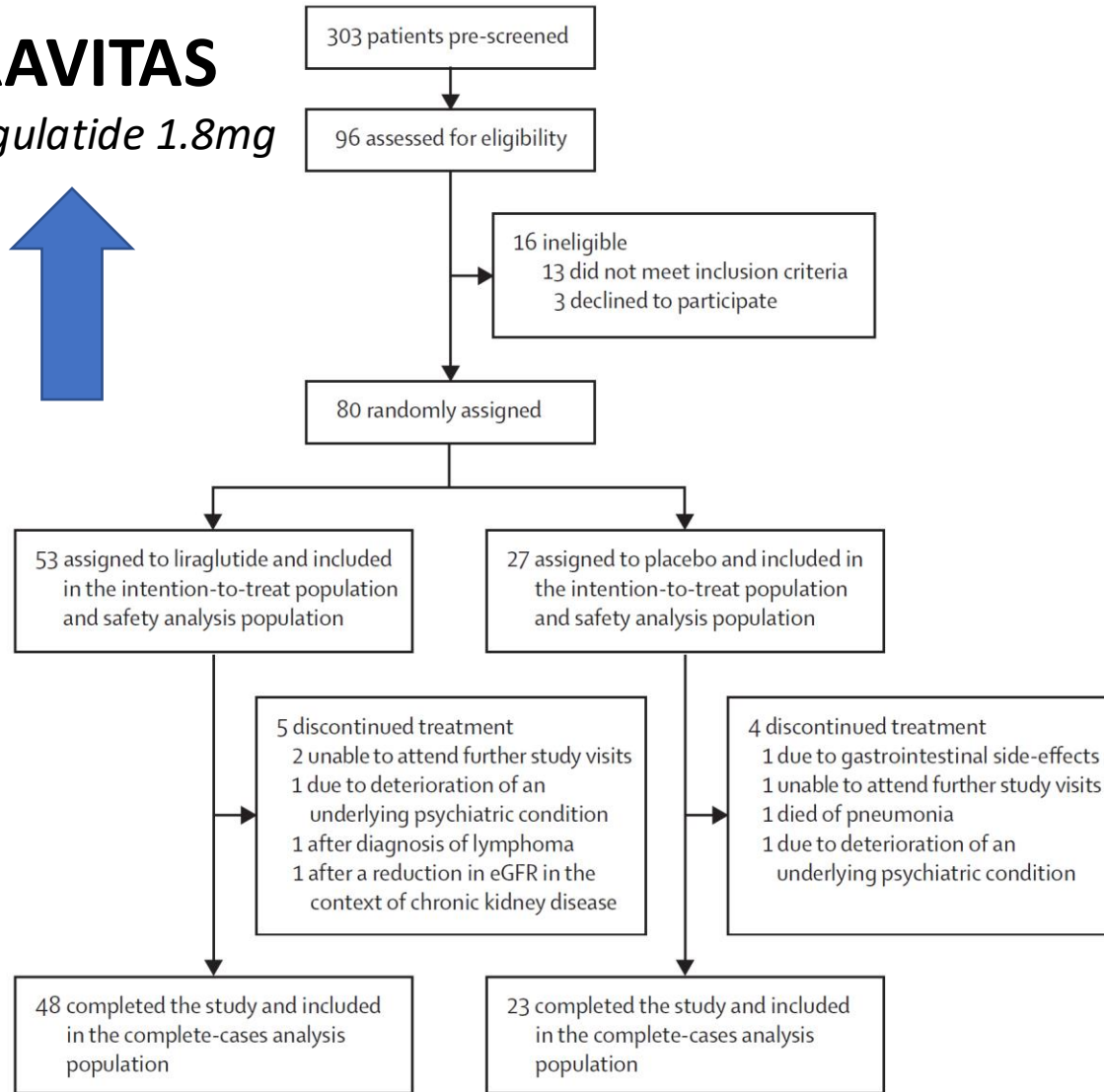


>30% TBWL

*Currently in Clinical Trials

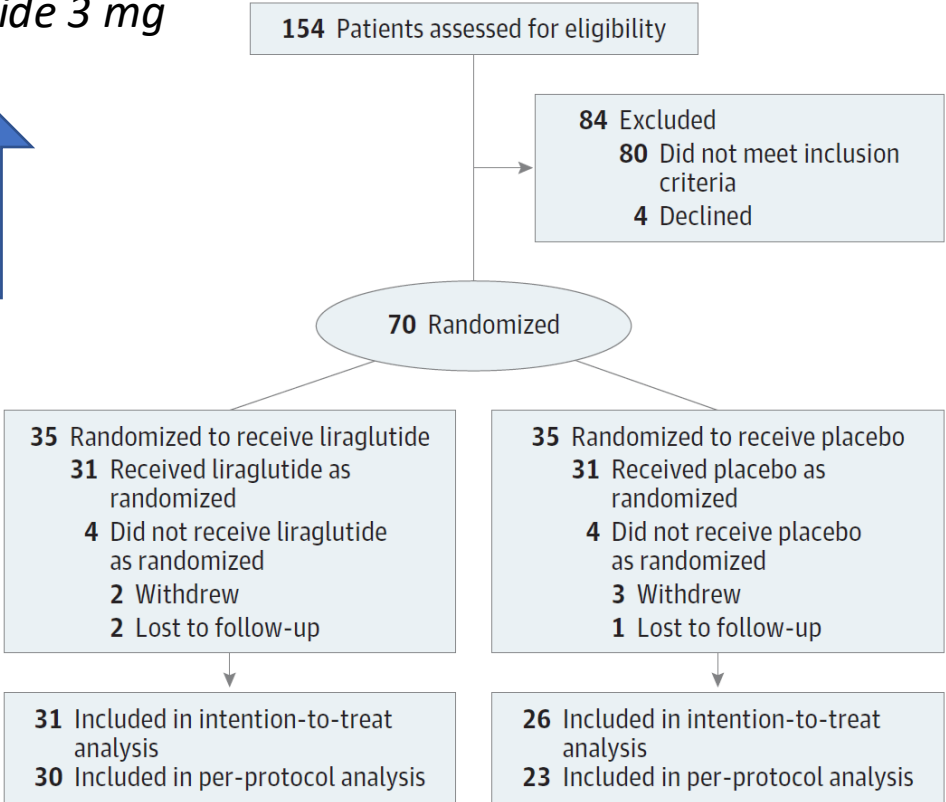
GRAVITAS

Liraglutide 1.8mg



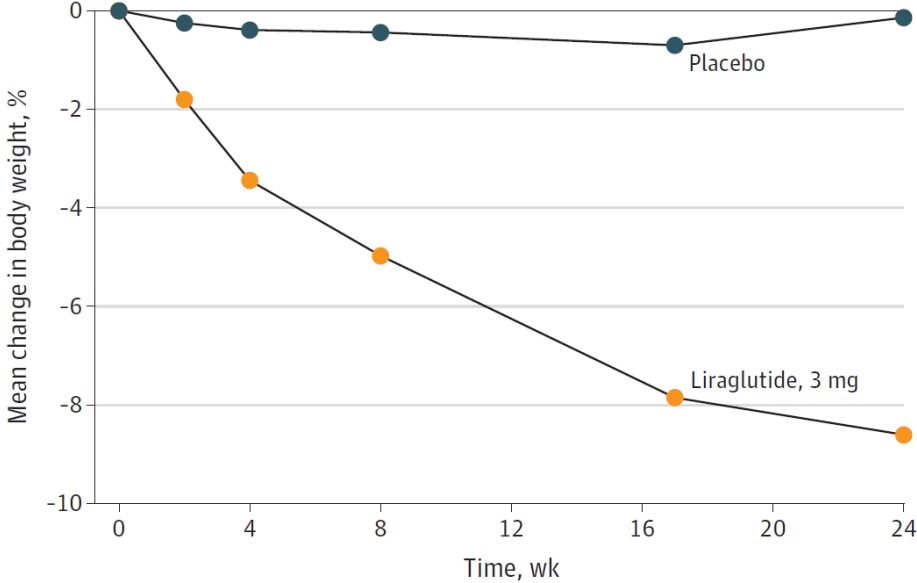
Bari-OPTIMISE

Liraglutide 3 mg

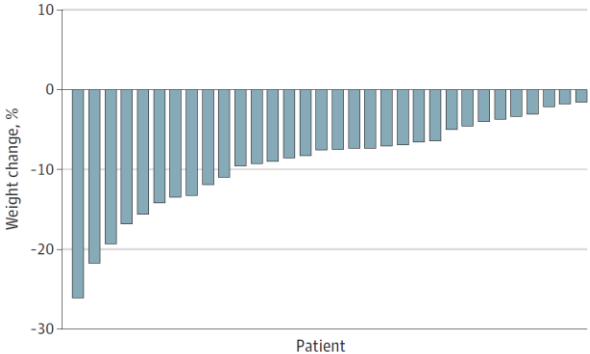


Because of lockdown measures due to COVID-19, some participants were unable to attend the clinic for their final weight measurements. One participant in the liraglutide group and 7 in the placebo group self-reported their final body weight.

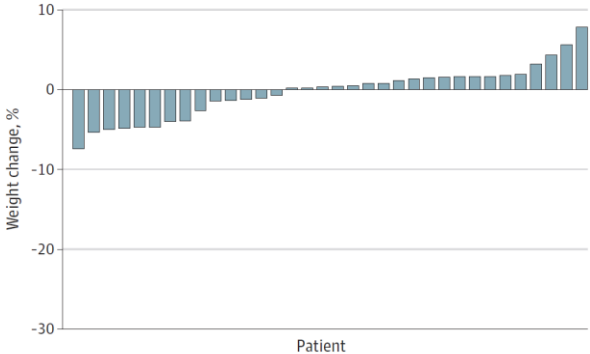
A Change in body weight from baseline



B Liraglutide group (n = 32)

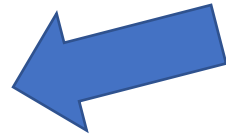


C Placebo group (n = 34)

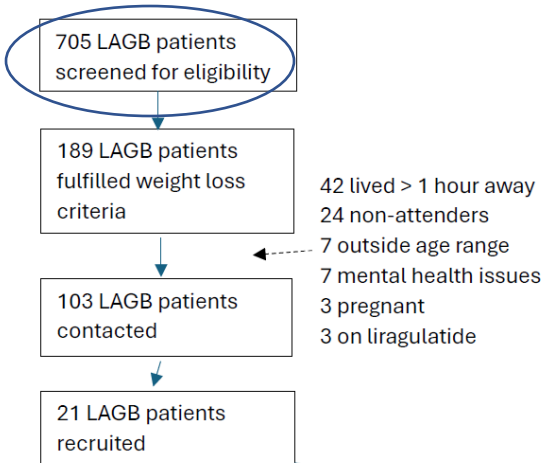


LAMBS trial

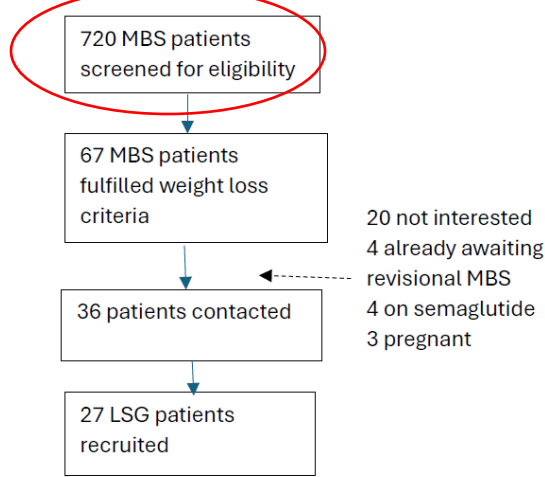
Liraglutide 3 mg vs Placebo



Recruitment January 2019 – March 2020



Recruitment October 2022 – June 2023



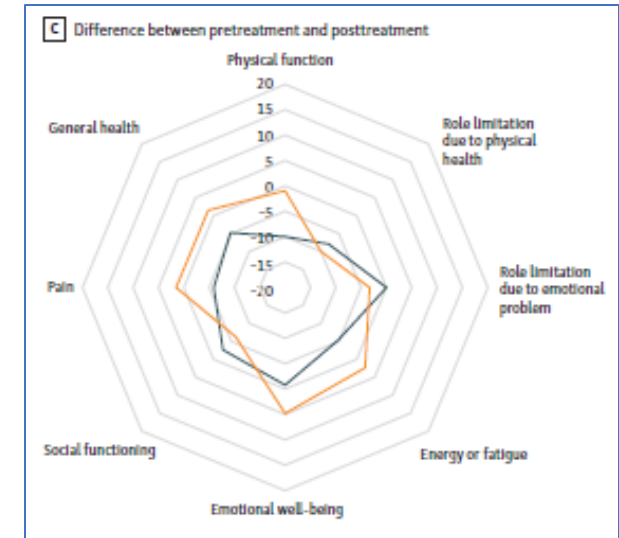
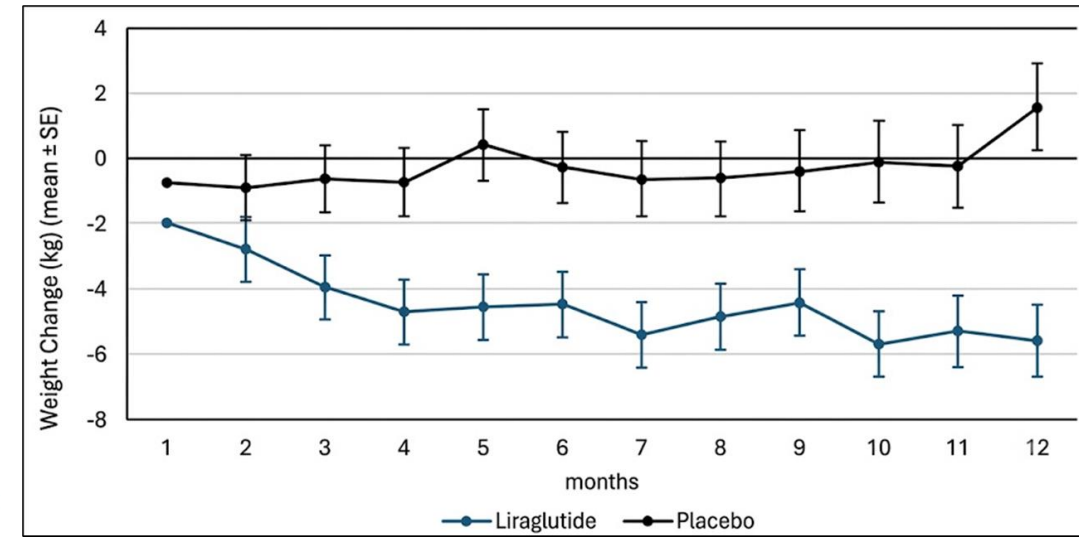
48 randomised



Mean dose 2.43 (0.65) mg

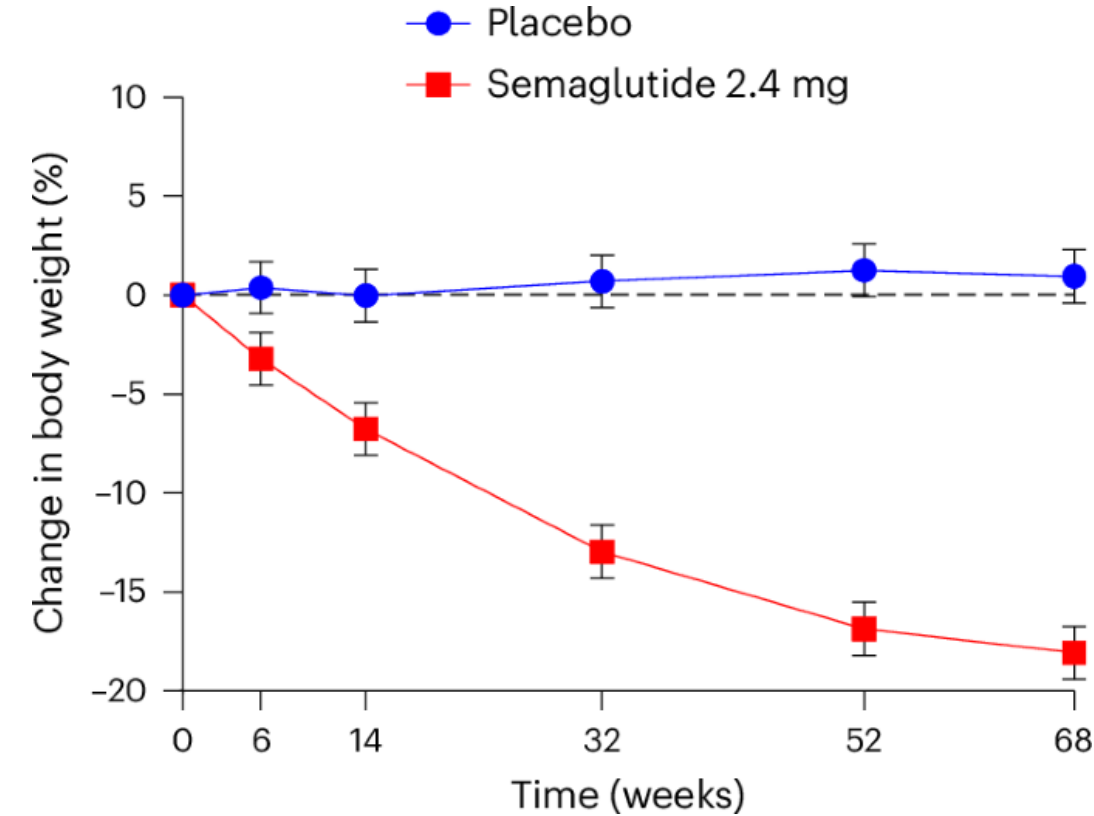
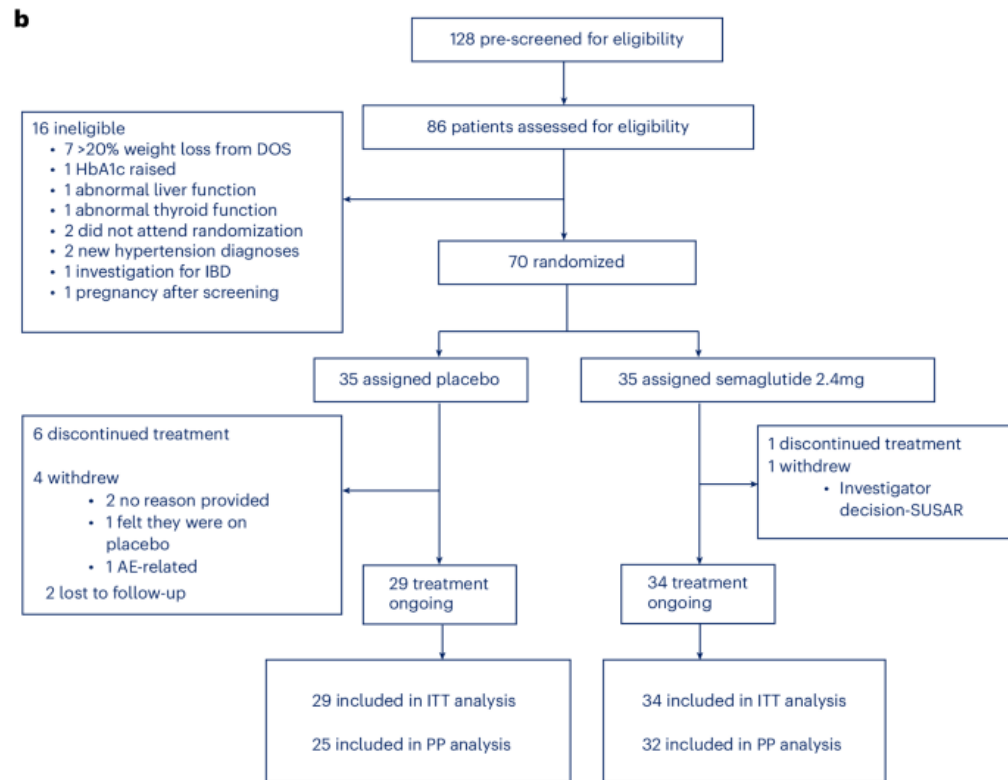
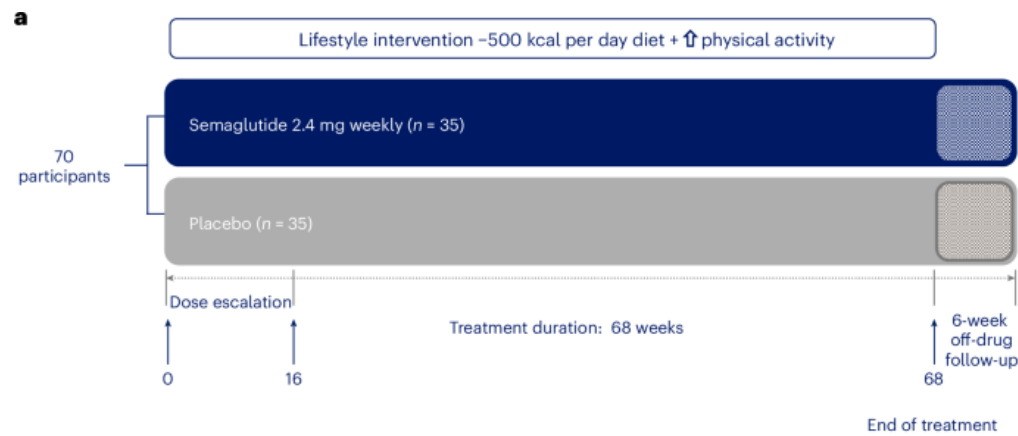


30% reached full 3mg dose



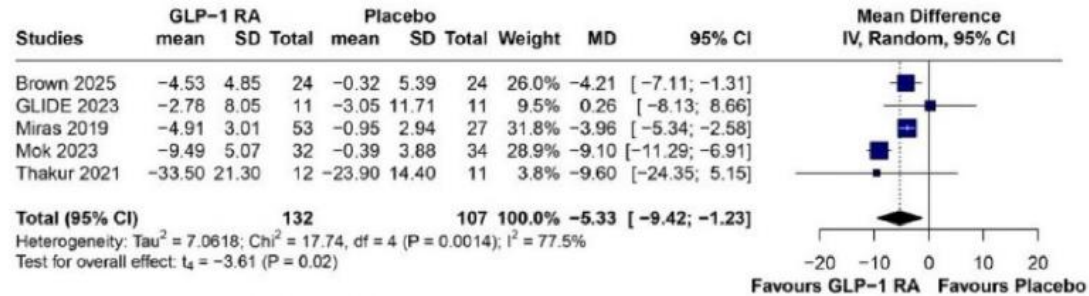
BARI-STEP

2.4 mg semaglutide

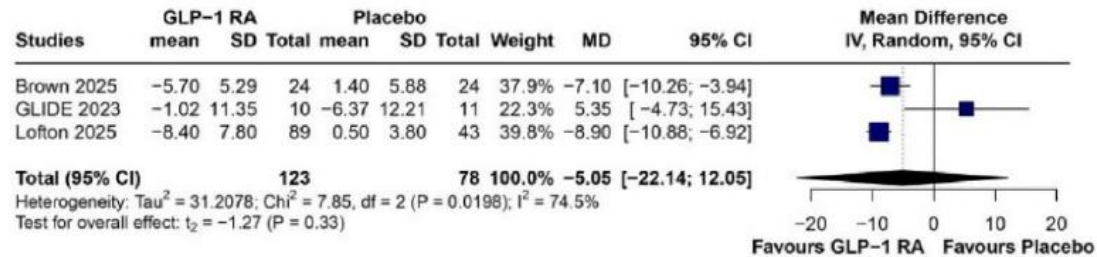


COMBINING OMM & MBS

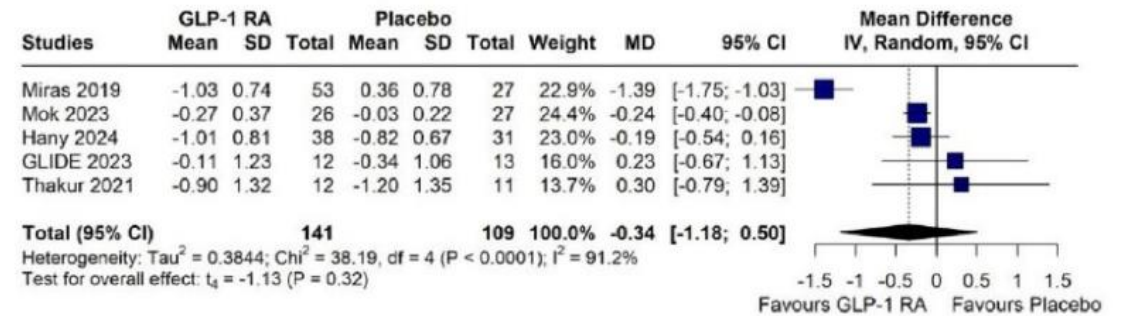
(A) change in body weight (kg) at 6 months.



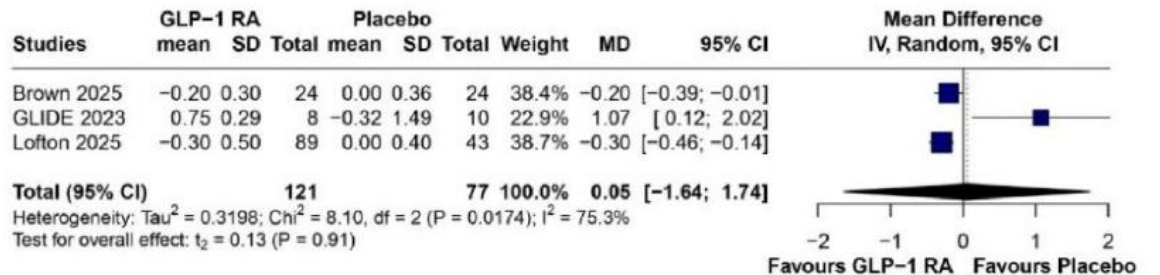
(B) change in body weight (kg) at 12 months.



(C) change in HbA1c (%) at 6 months.



(D) change in HbA1c (%) at 12 months.



Acta Diabetol (2026). <https://doi.org/10.1007/s00592-026-02730-4>

FUTURE DIRECTIONS



- More effective OMM for regain of weight
 - *Better definition of OMM dosing*
 - *Combination OMM*
- Avoid regain of weight all together
 - *Start before sub-optimal weight loss*
 - *Define biomarkers/other predictors*
 - *Commence when weight trajectory or health indices change*
- Still a role for MBS but more selective

OMM FIRST FOR RECURRENT WEIGHT GAIN AFTER MBS!



Revisional MBS

- Technically complex
- Limited scalability
- Risky
- Less effective
- Impact on QOL

VS

YES



OMM

- Safe
- Effective
- No adverse impact on QOL
- Additive effect with MBS = lower dose

Acknowledgements

BSR Steering Committee

Chair Prof Ian Caterson

ANZMOSS Prof Wendy Brown (Clinical Director), A/Prof Andrew McCormick (Clinical Lead NZ), Dr John Copp, Dr Nick Williams, Dr Jason Free

RACS Ms Meron Pitcher

AANZGOSA Mr Ross Roberts

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