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Dr Winnie Mathur

Bariatric Program Director- Research Associate
Sri Aurobindo University, Indore
MOHAK Bariatric and Robotic Surgery
Indore, India

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The Future of Obesity Management:
From Weight Loss to Health Gain



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Digital Tracking After Bariatric Surgery

Improving Long-Term Follow-Up with Wearables and
Mobile Applications





**SRI AUROBINDO
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IRCAD-INDIA@INDORE

**MOHAK BARIATRIC AND ROBOTIC
SURGERY CENTER INDORE, INDIA (MBRSC)**



The operation is not the end of care.

Long-term success depends on what happens between clinic visits.

01

PHYSICAL ACTIVITY

Daily movement to preserve weight loss and lean mass.

02

DIETARY COMPLIANCE

Nutrition and caloric goals to limit weight regain.

03

REGULAR MONITORING

Early recognition of deficiencies and plateaus.

The gap: episodic follow-up cannot see daily behavior.

THE IDEA

Evaluate feasibility, patient adherence and clinical impact of integrating wearable-based activity tracking and a customised bariatric mobile application into long-term postoperative bariatric follow-up.

Turn follow-up from episodic → continuous.

Wearables + a mobile app create an always-on feedback loop.



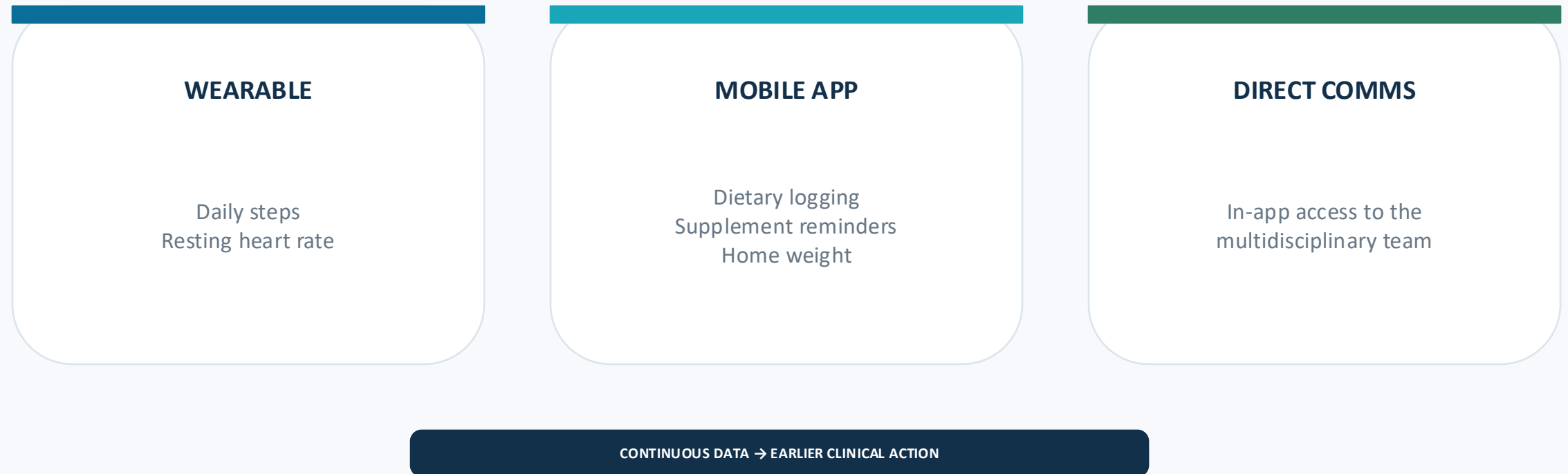
150 patients. 12 months. One digital pathway.

Post-metabolic bariatric surgery follow-up from onboarding to long-term maintenance.



Three inputs. One clinical view.

The system captured behavior, adherence and communication—not just body weight.



Follow-up Adherence



The integration of digital tools significantly improved overall follow-up adherence compared to traditional methods, representing a major victory in continuous care.



Daily Steps Comparison



The digital cohort vastly outperformed the control group ($8,400 \pm 1,200$ vs $5,900 \pm 1,100$; $p < 0.01$), highlighting the motivational power of quantified self-tracking.



Dietary Accountability

82%

Logging Compliance

Consistent Nutrition Tracking

Dietary logging compliance reached an impressive 82%, allowing dietitians to monitor nutritional intake closely and prevent habits that lead to weight regain.



Tracking mattered because it changed care.

Digital follow-up supported weight outcomes and earlier intervention.

32.1 ± 7.2%

mean total weight loss at 12 months

>50%

reduction in early weight-regain incidence vs traditional follow-up

18%

of cases received timely targeted intervention after early plateau detection

From “see you at the next visit” to “we can act when the trajectory changes.”

Key Takeaways



Enhanced Adherence

Digital tools successfully combat the steep drop-off in post-op engagement.



Better Monitoring

Wearables provide objective, actionable data for both patients and clinicians.



Early Detection

Algorithmic alerts enable proactive care, stopping weight regain in its tracks.



A Scalable Strategy

- Digital tracking represents a highly scalable strategy for modern healthcare systems.
- It transitions bariatric care from reactive, episodic visits to continuous, data-driven management.
- Ultimately, this patient-centered approach maximizes the long-term ROI of surgical intervention.



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