

GLP-1 RECEPTOR AGONISTS AS PREHABILITATION TO ENABLE DEFINITIVE GYNAECOLOGICAL SURGERY IN SEVERE OBESITY DISEASE

Authors: Abdelrahman Alsharif, Hywel Room, Osamah Niaz, Ballari Ghosh, Vigyan Jain, Rebecca Drane, Gina Moss, Laura Falvey, Claudia Ashton, Vithian Karunakaran, Zeenat Banu, Cleverly Fong, Gabriella Miller, Felicity Burden, Morgan Serres, Daniela Alves, Caroline McArthur, Chetan Palmar



Nothing to disclose

 IFSO
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TORONTO2026 **The Future of Obesity Management:**
From Weight Loss to Health Gain



Can GLP-1-based therapy re-open the surgical window?



Retrospective observational cohort

18 consecutive women	10 AEH / early EC	8 benign / other
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Outcomes

Total weight loss • Discontinuation • Intended gynaecological goal achievement

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Clinically meaningful weight loss

233 days

Median exposure

9.5%

Median Total Weight
Loss%

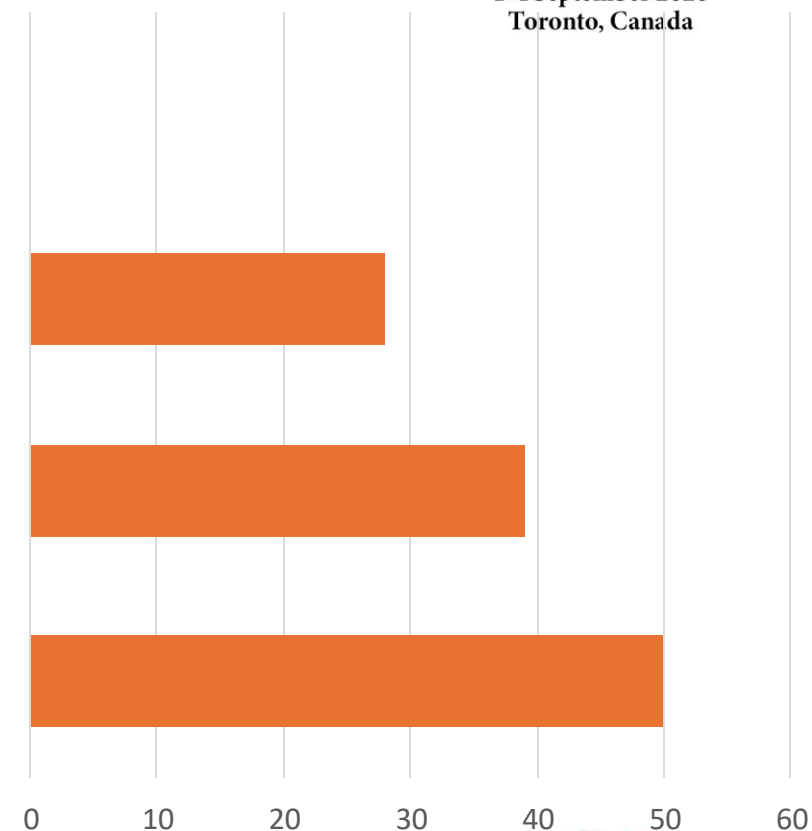
Exposure IQR 167–302 days | TWL% IQR 0.6–19.9%

12 Tirzepatide | 6 Semaglutide
1/18 discontinued - cholecystitis
No other discontinuations recorded

≥20% TWL

≥15% TWL

≥10% TWL



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Weight loss translated into Gynaecological pathway progress

9 / 18

50%

ACHIEVED THEIR INTENDED
GYNAECOLOGICAL GOAL

Goal = Definitive management
completed or scheduled,
or surgery no longer required

AEH / ENDOMETRIAL CANCER SUBGROUP

n=10 | concurrent progestin

5/10 Hysterectomy completed
or planned

Histological outcomes

- AEH 4/4 achieved normal histology
- EC 4/6 complete or partial response
- No documented progression or upstaging

Treating obesity may unlock definitive gynaecological care

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Early single-centre observational data
- prospective validation required



THANK you!

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