IFSO

XXIX IFSO World Congress

1-4 September 2026 | Toronto, Canada

TORONTO2026

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

ifso2026.org

IFSO

XXIX IFSO World Congress

1-4 September 2026
Toronto, Canada

"Give Me More" – Will Patients Expectation Change Our Procedure Choice?

Asim Shabbir

Associate Professor National University of Singapore

Immediate Past President IFSO APC

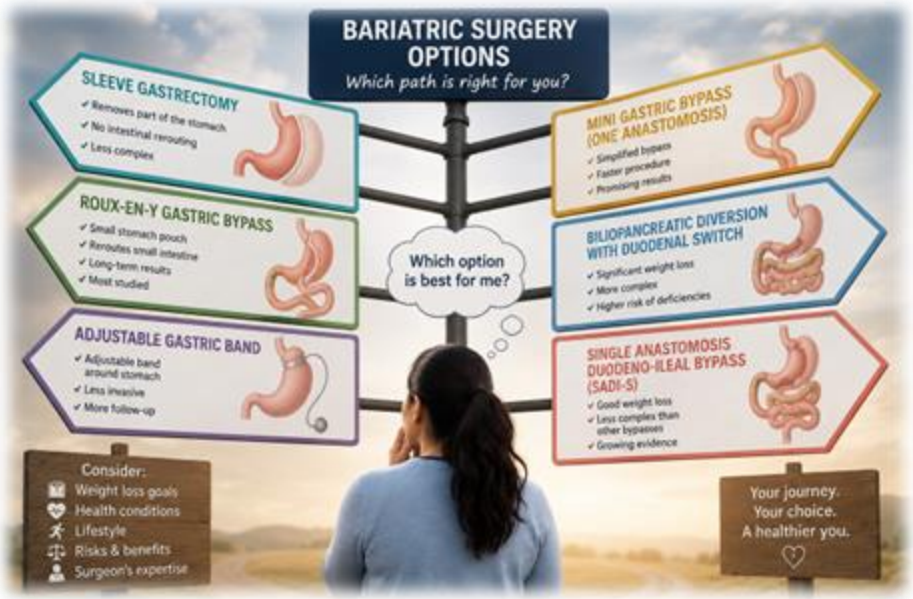
TORONTO2026 The Future of Obesity Management: From Weight Loss to Health Gain


Singapore’s First University Hospital

Disclosure Slide

✕	No, nothing to disclose
	Yes, please specify:

IFSO
XXIX IFSO World Congress
1-4 September 2026
Toronto, Canada



"Give Me More"
Will
Patients Expectation Change Our Procedure Choice?

Patient Autonomy – Shaped by

- Personal values
- **Knowledge** and understanding of the procedure
- Perceptions of **risks & benefits**
- Social support
- External influences shape a patient's decision-making

Roh SY et al. Ann Surg Treat Res. 2020;98:82–8.

Source of Information

- **Internet search**
- Friends
- Family
- Surgeon recommendations
- Pre-consultation educational seminars

Weinstein AL et al. Obes Surg. 2014;24:1933–9

Limitation of Information Gained

- Impact of internet information on healthcare
  - At a level **too difficult** for the general public to understand
  - **Not evidence-based**
  - Inaccurate & lacking professional input
  - **One-way exchange** of information

Meleo-Erwin Z et al. Health Promot Perspect. 2019;9:156–60

What is Important to Patient?

Disease	Comorbid	Therapies	Outcomes
Understanding obesity & Pathophysio	Comorbid illness remission rates	Rationale of surgery Surgical options Risks, benefits, complications	Post Operative life style Post Op Quality of life Regrets

What Do Patients Value?

- 815 patients
- Top drivers of choice
  - TWL
  - Resolution of associated illnesses
  - Out-of-pocket cost
  - Complication, risk & AE mattered
    - *but were weighted less heavily than efficacy & cost*

Rozier MD et al, JAMA Surg. 2019;154(1)

What Do Patients Value?

- 815 patients
- Three latent subgroups emerged
  - Benefit-focused (weight loss / comorbidity resolution)
  - Cost-sensitive
  - Procedure-focused (recovery / reversibility)

Rozier MD et al, JAMA Surg. 2019;154(1)

Obesity Surgery (2025) 35:2602–2608
https://doi.org/10.1007/s11695-025-07918-1

IFSO

RESEARCH

Check for updates

Freedom of Choice in the United States: Patient Autonomy Is Driving Decision-Making in Bariatric Surgery

Peter Habib[1] · Christen Chaconas[1] · Vadim Lyuksemburg[1] · Marc Sarran[1] · Francisco Quinteros[1] · Rami Lutfi[1]

Received: 2 September 2024 / Revised: 17 April 2025 / Accepted: 8 May 2025 / Published online: 31 May 2025

- 429 patients
- 74.1% had a predetermined surgical choice
- Internet searches influenced 67%
- 51% self-referred via online research

Obesity Surgery (2025) 35:2602–2608
https://doi.org/10.1007/s11695-025-07918-1

RESEARCH

Freedom of Choice in the United States: Patient Autonomy Is Driving Decision-Making in Bariatric Surgery

Peter Habib[1] · Christen Chaconas[1] · Vadim Lyuksemburg[1] · Marc Sarran[1] · Francisco Quinteros[1] · Rami Lutfi[1]

Received: 2 September 2024 / Revised: 17 April 2025 / Accepted: 8 May 2025 / Published online: 31 May 2025

XXIX IFSO World Congress
1-4 September 2026
Toronto, Canada

- Despite evidence-based recommendations - only 34% of T2DM patients changed their predetermined choice after consulting a specialist
- Patients who declined to comply - perceived safety superseded T2DM remission

Divergence of Expectations & Evidence

- “Maximal weight loss" & "comorbidity resolution" highly sort for
  - RYGB offers superior remission, but a majority of T2DM patients kept their SG preference even after seeing individualized remission-probability data
  - Majority still gravitate toward SG, which underperforms RYGB
- Expectations are shaped more by perceived invasiveness, reversibility, & online narrative than by procedure-specific outcome data

Practice Aid

- Physician Alignment
  - Expect most patients to arrive with a preformed choice
  - Anticipate this rather than treat it as unusual
- Use individualized, quantitative tools
  - MBS surgery remission scores vs generic risk & benefit lists
  - Personalized data has more power to shift decisions than general counselling

Practice Aid

- Frame the conversation around the actual trade-off patients care about
  - Weight loss and / or comorbidity resolution (favours RYGB) vs. procedural simplicity / lower late complications (favours SG) rather than "which is safer" alone
- Structured SDM pathways including PROMS, not just informed consent can measurably change procedure distribution & outcome alignment

Patient-Centred vs Patient-Directed

Say **NO** to

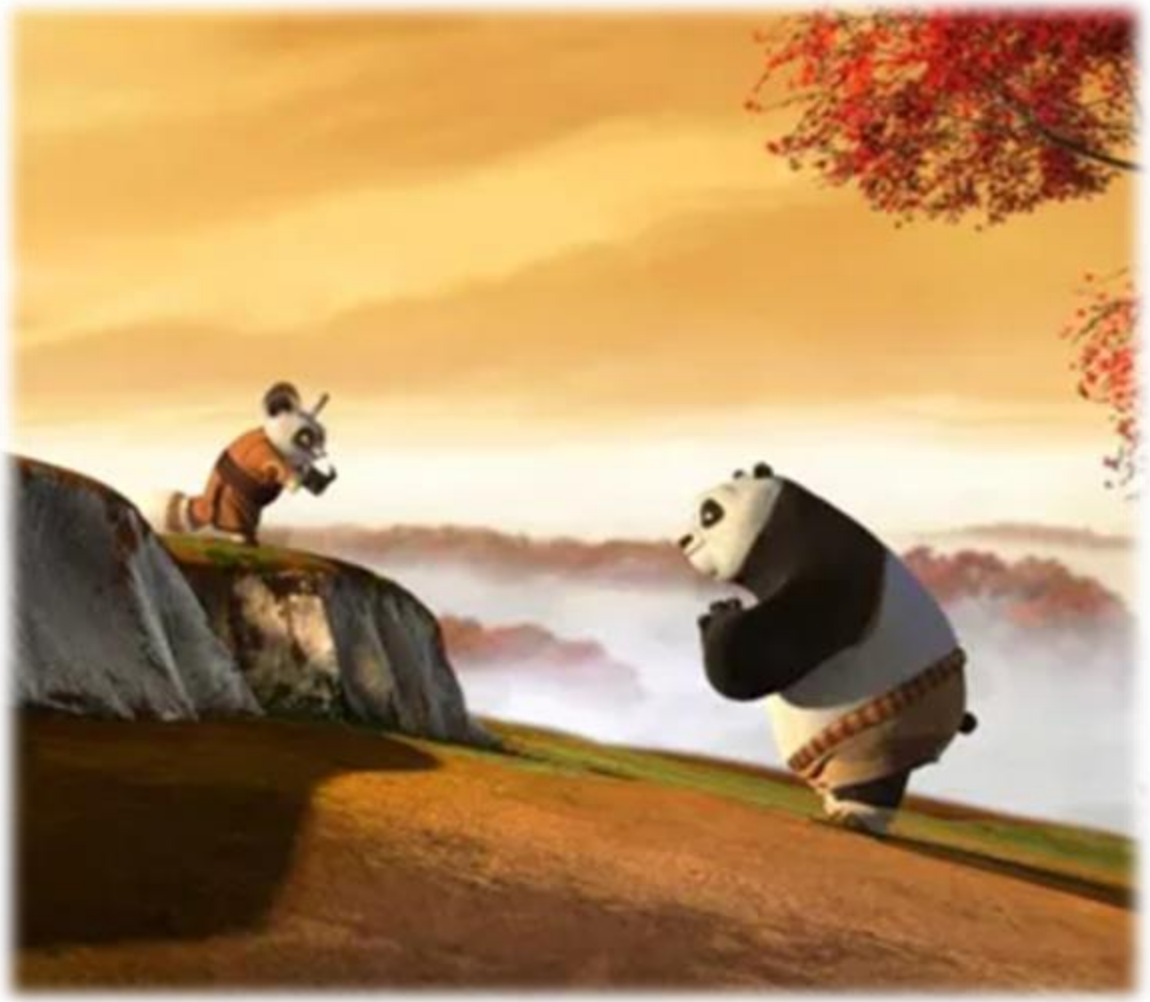
- Performing surgery simply because the patient demands it
- Procedure shopping
- Unrealistic weight-loss promises
- Choosing the highest-risk operation for maximum weight loss alone
- Ignoring GERD & nutritional risk

Patient-Centred vs Patient-Directed

Say **YES** to

- Shared decision-making
- Individual goals
- Quality-of-life priorities
- Cultural & dietary preferences
- Occupational & social needs
- Long-term treatment preferences

For Me……



The surgeon's responsibility is not to give the patient everything they ask for. It is to help them choose what they would actually need

Conclusion

- Patient autonomy is a dominant & not an incidental force in MBS procedure selection today

"Give Me More"
Will
Patients Expectation Change Our Procedure Choice?

The questions are

Whether that choice should stand

How successfully can we influence change

IFSO Asia Pacific Chapter

OBESITY & METABOLIC SURGERY SOCIETY OF SINGAPORE

SASO Singapore Association for the Study of Obesity

EMSS Endocrine & Metabolic Society of Singapore

10th IFSO APC Meeting & 11th OBES Congress

Reimagining Obesity: Advancing Science & Transforming Care

31 March – 2 April 2027 | Singapore

ifsoapc2027.com

IFSO Asia Pacific Chapter

OBESITY & METABOLIC SURGERY SOCIETY OF SINGAPORE

ASO Singapore Association for the Study of Obesity

EMSS Endocrine & Metabolic Society of Singapore

10th IFSO APC Meeting & 11th OBES Congress

31 March – 2 April 2027 | Singapore

ABSTRACT SUBMISSION IS OPEN

DEADLINE: 13 OCTOBER 2026

ifsoapc2027.com


UNIVERSITY
CULTURAL
CENTRE

Thank you