

### **K3.3. The safety and benefits of laparoscopic sleeve gastrectomy in elderly patients: a case-world study**

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**Kategoria tematyczna:** K3. Chirurgia patologicznej otyłości / Techniki i metody terapii endoskopowej w chorobach przełyku / Pathological obesity surgery / Techniques and methods of endoscopic therapy in diseases of the esophagus

**Background:** The majority of older population suffers from multiple comorbid conditions including obesity. Surgical interventions seem to be the most promising solution for the obesity problem.

**Objective:** The aim of the study was to evaluate the safety and effectiveness of LSG in a cohort of patients over the age of 60 years compared with matched controls under 40 years old.

**Methods:** A retrospective review of a prospectively collected database was conducted of patients >60 years who underwent a LSG. 23 patients aged >60 years were matched 1:1 with patients aged <40.

**Results:** The mean postoperative BMI at 12 months after surgery was significantly higher in study group ( $36.38 \text{ kg/m}^3 \pm 7.07$  vs  $33.10 \text{ kg/m}^3 \pm 5.65$ ,  $p= 0.004$ ). At 24 months the mean BMI was still higher in elderly group but without statistical significance ( $32.57 \pm 9.45$  versus  $30.16 \pm 4.8$ ,  $p=0.081$ ). No significant differences were observed between the elderly and

control groups in terms of the mean operating time ( $82.1 \pm 28.0$  vs.  $77.2 \pm 25.7$ ,  $p= 0.687$ ), length of stay ( $4.5 \pm 1.9$  days vs.  $3.9 \pm 1.5$  days,  $p=0.047$ ), 30-day mortality rate (0% in both groups). A trend toward higher rate of diabetes improvement was observed in study group ( $29.4\%$  vs  $17.7\%$ ,  $p=0.127$ ) at 12 months. A rate of hypertension improvement was comparable in both groups ( $64.7\%$  vs  $64.7\%$ ,  $p= 0.346$ ).

**Conclusions:** This study suggests that laparoscopic sleeve gastrectomy is safe and effective in patients with age over 60.