

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

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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 ± 9.45 versus 30.16 ± 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 ± 28.0 vs. 77.2 ± 25.7 , $p= 0.687$), length of stay (4.5 ± 1.9 days vs. 3.9 ± 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.