

3. ONE ANASTOMOSIS GASTRIC BYPASS: RESULTS IN THE FIRST 156 PATIENTS

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Background: Ideal weight loss surgery (WLS) is defined as: low risk, major weight loss, technically simple, short operative times, outpatient or short hospital stay, minimal blood loss and pain, and very high patient satisfaction. The present series aims to test if the One Anastomosis Gastric Bypass (OAGB, a modification of mini-gastric bypass described by Robert Rutledge) approached the definition of an ideal bariatric operation.

Methods: The laparoscopic procedure creates an ~ 25 ml vertical gastric pouch (parallel to the lesser curvature), which is anastomosed latero-laterally (Capella type) to a jejunal loop 2 m distal to Treitz' angle. The gastrointestinal anastomosis is a modification of the original Rutledge procedure developed by Carbajo and Garcia-Caballero.

Results: From July 2002 to November 2003, we operated on 156 patients: mean age 41 years (14-66); BMI 50 (39-86); and EBW 68 kg (45-125). In 20 patients, we performed a second procedure in the same operation (16 cholecystectomy and 4 ventral hernia), and in 28 patients an adhesiolysis for previous surgery was necessary. Mean operative time was 105 minutes (75-170). Mean hospital stay was 36h (20-86). The evolution of weight loss was: 1st month 20 kg (15-25); 3 months 30 kg (25-35); 6 months 40 kg (35-45); 1 year 50 kg (45-55); >1 year 55 kg (50-65). Complications (7/156 = 4.4%): 2 conversion to open both in the first 20 patients (hemorrhage and opening of gastric pouch staple-line); 4 anastomotic leakage treated conservatively (but 0 in the last 71 patients since Tissucol® is used prophylactically); 1 acute pancreatitis (conservative management). Mortality one (0.6%) from fulminant pulmonary thromboembolism (16-09-03) on 3rd postoperative day.

Conclusion: The complexity of morbidly obese patients necessitates the use of a surgery as simple as possible, with few long term complications or reconversions, and enough weight loss. The OAGB with only one anastomosis is an optimal solution for these patients.