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EVALUATION OF FACTORS THAT MAY INFLUENCE IN THE INSUFFICIENT WEIGHT LOSS IN PATIENTS AFTER TWO YEARS OF ROUX-EN-Y GASTRIC BYPASS

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Introduction: Bariatric surgery is a favourable option for the treatment of obesity, resulting in long-term weight loss.

Objectives: To analyse whether feeding behaviour, evaluated by caloric intake, dietary preferences and tolerance, can be considered as a determinant factor from weight loss in obese patients subjected to Roux-en-y gastric bypass (RYGB).

Methods: Cross-sectional study of 105 patients with at least two years post RYGB surgery with a preoperative BMI of ≥ 35 kg/m² was done. Caloric intake was evaluated by 24-hour dietary recall and three-day dietary intake record dietary habits by a qualitative dietary frequency questionnaire, and food tolerance with a validated questionnaire was used. Multiple logistic regression was used for statistical analysis.

Results: The majority of the 105 participants were female (84%). The mean age was 43.3 ± 11.4 years in the success group (n=64), and 43.4 ± 10.7 years in the failure group (n=41). Preoperative BMI was not associated with the outcome. Mean caloric intake did not show significant difference between groups: 24 hours recall, p=0.27, three-day record, p=0.95. The frequency of weekly consumption of desserts was twice as high in the success group. Only two patients in the success group presented daily vomiting.

Conclusion: The factors that determine the failure of weight loss have not yet been fully elucidated. Caloric intake was not a determining factor of failure, and insufficient weight loss was more prevalent in patients who ceased to lose weight earlier.

Biography

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