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METABOLIC SURGERY AND THE PROPOSAL FOR MIDAS – MINIMALLY INVASIVE DIABETES ALTERING STIMULATION OF BODY METABOLISM

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Bariatric surgery is an established therapy to induce durable and sustained weight loss in morbidly obese patients. Studies have proven that these patients also get their comorbidities resolved after a bariatric surgery. The fact that the resolution of diabetes, hypertension and dyslipidemia in these patients occurs earlier after surgery before the weight loss happens has invited research in this field. The concept of metabolic surgery was proposed by Rubino et al where he stated that the hormonal mechanisms stimulated after the surgery plays a significant role in affecting the metabolism of our body. Furthermore, it was also proposed that the concept of metabolic surgery can be applied even to those patients who are not obese. As the research work intensified in this angle, the surgical option was included in the standard treatment algorithm of type 2 diabetes after the international Diabetes Surgery Summit 2 held in 2016. While on one hand the resolution of diabetes seems promising after surgery ,on the other hand it is yet to be defined which population group will benefit the most. Also different type of procedures are being performed for metabolic reasons and claim to be superior. On this background , we propose to introduce the terminology – MIDAS which stands for Minimally Invasive Diabetes Altering Stimulation of body metabolism. MIDAS is a blanket terminology which will cover all the standard procedures including Roux en Y gastric bypass, Sleeve gastrectomy, Bilio pancreatic diversion, Ileal interposition along with the newer procedures like loop duodenal switch, SASI ,SADI etc.. MIDAS will provide a platform to enroll all type 2 diabetes patients irrespective of their BMI. The aim of MIDAS is to ensure that the data and reporting are standardized so that on analyzing the follow up data, the most beneficial population group and the best metabolic procedure can be identified.

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