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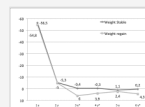
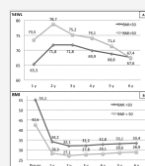
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## Surgery for Obesity and Related Diseases

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Original article

## Long-term results after laparoscopic sleeve gastrectomy in a large monocentric series

Giovanni Casella, M.D., Ph.D., Emanuele Soricelli, M.D., , Domenico Giannotti, M.D., Marco Collalti, M.D., Roberta Maselli, M.D., Alfredo Genco, M.D., Adriano Redler, M.D., Nicola Basso, M.D.

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## Abstract

## Background

Laparoscopic sleeve gastrectomy (SG) has gained great popularity as a stand-alone bariatric procedure because short- and mid-term outcomes in terms of weight loss and resolution of co-morbidities have been very positive. However, long-term results from large series still are sparse.

## Objectives

To evaluate the long-term clinical outcomes of SG in a large series of patients undergoing SG as a stand-alone procedure.

## Setting

University hospital in Italy.

## Methods

A retrospective analysis of prospectively collected data from 182 patients undergoing SG between 2006 and 2008 in the authors' institution. Long-term outcomes at 6 and 7 years were analyzed in terms of weight loss and co-morbidities resolution.

## Results

Mean initial body mass index (BMI) was  $45.9 \pm 7.3$  kg/m<sup>2</sup>. Major postoperative complications occurred in 8 patients (5.4%): 4 leaks, 2 bleeding, 1 abdominal collection, and 1 dysphagia. All complications were managed conservatively. One hundred forty-eight patients (81.4%) completed the 72-month (6-year) follow-up. Thirty-seven patients (25%) reached a follow-up of 84 months. At year 6 follow-up the mean BMI and the mean percentage of excess weight loss (%EWL) were 30.2 kg/m<sup>2</sup> and 67.3%, respectively. Mean total body weight loss was 44.9 kg, while a %EWL >50 was registered in 123 patients (83.1%). Preoperative BMI did not significantly influence postoperative %EWL. Remission of type 2 diabetes mellitus, arterial hypertension, obstructive sleep apnea syndrome, and gastroesophageal reflux disease symptoms occurred in 83.8%, 59.7%, 75.6%, and 64.7% of patients, respectively.

### Conclusion

%EWL and resolution of co-morbidities appear to be sustained 6 and 7 years after SG. Preoperative BMI is not predictive for weight loss outcomes.

### Keywords

Sleeve gastrectomy; Long-term results; Weight loss

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 Correspondence: Emanuele Soricelli, M.D., Department of Surgical Sciences, Policlinico Umberto I, "Sapienza" University of Rome, Viale Regina Elena 324, 00185 Rome, Italy.

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