

Do preoperative dietary or psychological behaviors influence weight loss after sleeve gastrectomy?

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Background: Assess whether the dietary and psychological preoperative profile influence the results of the Sleeve Gastrectomy (SG).

Methods: Retrospective study of patients undergoing SG between January 2010 and October 2012, with a multidisciplinary follow-up year. Patients were classified according to the preoperative profile. Positive profile: Performs 4-6 intakes daily, no snacks, no sweet eating, not food compulsion, no history of strict diets, or high body dissatisfaction. Negative profile: Perform less than 4 intakes daily, snacks, sweet eating, history of strict diets, food compulsion or body dissatisfaction.

Results: A total of 86 patients, 64 females and 22 males, were studied. Mean age 39.5 years (18-73), preoperative BM 42.7 (33.3 to 69.4). They have been organized into 4 groups according to profiles. Group 1: negative dietary and psychological profile (n = 19). Group 2: positive dietary and psychological profile (n = 28). Group 3: positive psychological profile and negative diet profile (n = 21). Group 4: negative psychological profile and positive dietary profile (n = 18). There were no significant differences between the groups with regard to %EWL. A clear trend toward greater weight loss at the Group 1 (83.7 %EWL) and the less weight loss was the Group 3 (73.6 %EWL). The 28% of patients improved their eating habits and 24.5% emotional relationship with food.

Conclusions: 1º: The dietary and psychological preoperative profile does not affect the result of weight loss after SG. 2º: The SG, associated with multidisciplinary treatment improves dietary and psychological profile of patients.