

Case Control Study

Comparative study of outcomes following laparoscopic Roux-en-Y gastric bypass and sleeve gastrectomy in morbidly obese patients: A case control study

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Abstract

AIM

To compare the impact of laparoscopic Roux-en-Y gastric bypass (LRYGB) and laparoscopic sleeve gastrectomy (LSG) on weight loss and obesity related comorbidities over two year follow-up *via* case control study design.

METHODS

Forty patients undergoing LRYGB, who completed their two year follow-up were matched with 40 patients undergoing LSG for age, gender, body mass index and presence of type 2 diabetes mellitus (T2DM). Data of these patients was retrospectively reviewed to compare the outcome in terms of weight loss and improvement in comorbidities, *i.e.*, T2DM, hypertension (HTN), obstructive sleep apnea syndrome (OSAS), hypothyroidism and gastroesophageal reflux disease (GERD).

RESULTS

Percentage excess weight loss (EWL%) was similar in LRYGB and LSG groups at one year follow-up (70.5% *vs* 66.5%, $P = 0.36$) while it was significantly greater for LRYGB group after two years as compared to LSG group (76.5% *vs* 67.9%, $P = 0.04$). The complication rate after LRYGB and LSG was similar (10% *vs* 7.5%,