

Quality of life 1 year after bariatric surgery, comparison LSG vs LRYGB – meta-analysis



Grzegorz Torbicz ¹; Piotr Tylec ¹; Alicja Dudek ¹; Magdalena Mizera MD ¹; Natalia Gajewska ¹; Michael Su ¹; Tanawat Vongsurbchart ¹; Tomasz Stefura ¹; Magdalena Pisarska MD, PhD ¹; Mateusz Rubinkiewicz MD, PhD ¹; Piotr Małczak MD ¹; prof. Michał Pedziwiatr MD, PhD ¹; prof. Piotr Major MD, PhD ¹
¹ 2nd Department of General Surgery, Jagiellonian University Medical College, Krakow, Poland

Introduction

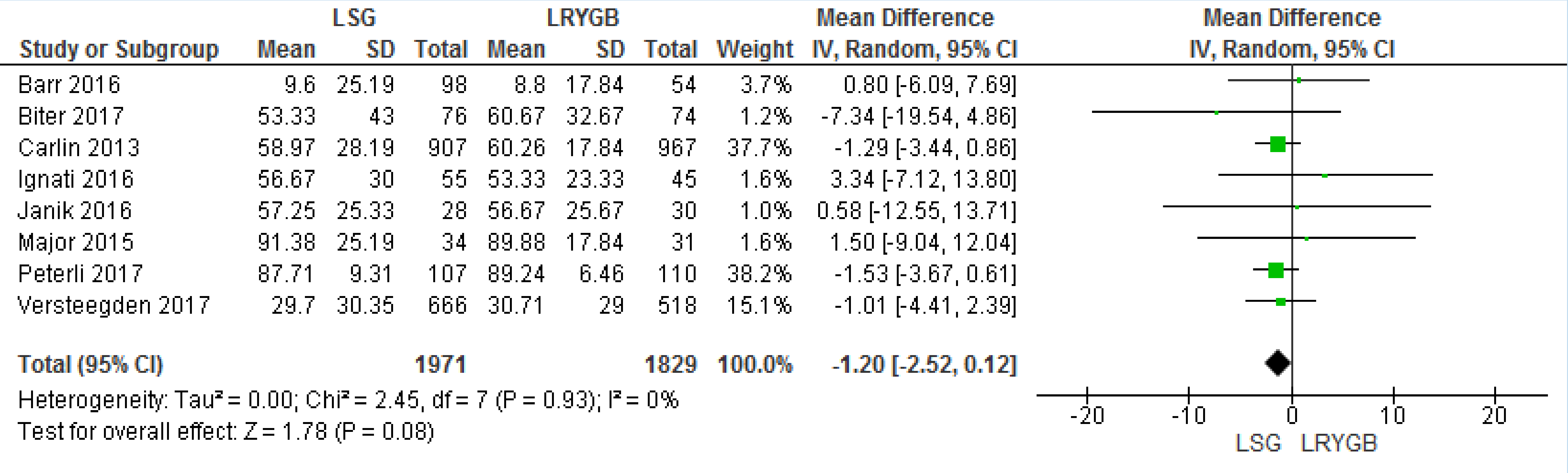
Bariatric surgery is considered when all other obesity treatments have failed. It most effectively achieves weight loss. The success of bariatric surgery is not solely based on how much weight the patient loses but also on improvements in quality of life. The aim of this study was to review systematically the literature comparing quality of life one year after bariatric procedure between laparoscopic sleeve gastrectomy (LSG) and laparoscopic Roux-en-Y gastric bypass (LRYGB).

Material and methods

We performed a systematic review and meta-analysis according to the PRISMA guidelines. Inclusion criteria were: LSG vs LRYGB and assessment of the quality of life one year after surgery. Primary outcomes of interest were quality of life one year after bariatric procedure. The following aspects of quality of life were analyzed: physical, emotional, general health, role physical, social, mental, and bodily pain.

Results

An initial reference search yielded 5636 articles. Eight studies were evaluated, involving a total of 1971 patients in the LSG group and 1829 patients in the LRYGB group. There were no statistically significant differences in total score of quality of life between groups, MD -1.20 95% CI -2.25-0.12, p=0.08.



Pic.1. Forest plot of comparison: Quality of life, total points QoL.

Table. 1. Quality of life 1 year after LRYGB and LSG		
Quality of life, aspects:	Mean Difference (MD)	CI 95%
physical	-2.13	-4.64; 0.38
emotional	0.66	-4.10; 5.43
general health	-1.06	-3.47; 1.35
role physical	-2.66	-7.48; 2.16
social	-0.10	-3.35; 3.14
mental	-0.59	-2.71; 1.52
bodily pain	-0.29	-3.54; 2.96

Conclusion

This meta-analysis revealed no different in quality of life 1 year after bariatric procedure between LSG and LRYGB.