ADEQUATE CALORIC INTAKE ASSOCIATED WITH INCREASED WEIGHT LOSS POST-BARIATRIC SURGERY

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Background

- There are no evidence-based consensus guidelines on optimal caloric intake post-bariatric surgery to enhance weight loss.
- Post-operatively, patients are encouraged to schedule follow-up appointments with registered dieticians to maximize weight loss and minimize complications.

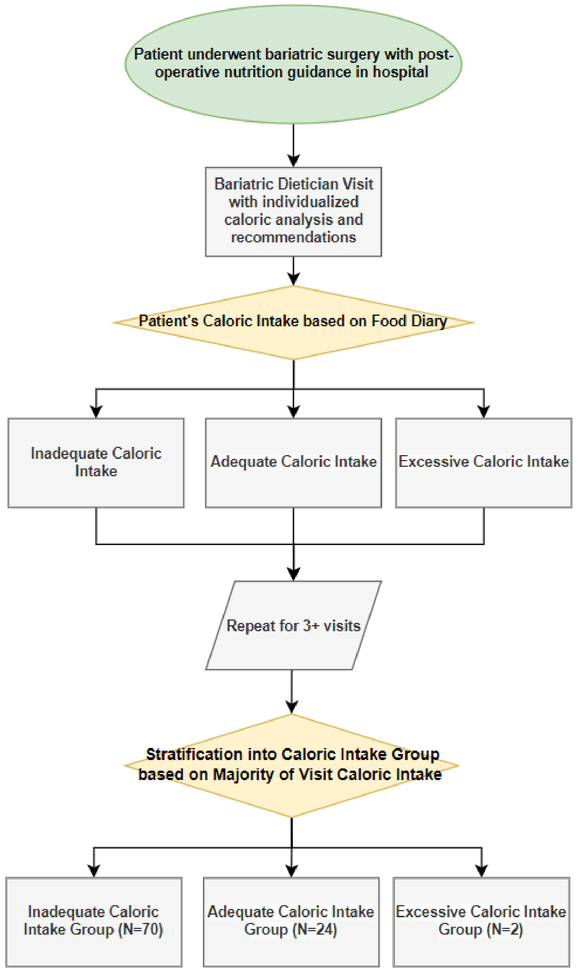
Aim

- To investigate if inadequate, adequate, or excessive caloric intake was associated with increased weight loss in patients receiving sleeve gastrectomy (SG) or Roux-en-Y gastric bypass (RYGB).

Conclusion

- Adequate caloric intake correlates with increased weight loss for both SG and RYGB by approximately 20 pounds when compared to inadequate caloric intake.

Methods



Results

Table 1. Summary statistics of patients' demographic and clinical characteristics

	N=96
Sex [AHRQ], N (%):	
Male	8 (8.33%)
Female	88 (91.7%)
Race, N (%):	
American Indian or Alaska Native	1 (1.05%)
Black or African American	20 (21.1%)
White	70 (73.7%)
Other	4 (4.21%)
Day of surgery BMI Median [25th;75th]	**45.2 [42.0;48.7]**
Surgical group, N (%):	
Bypass	64 (66.7%)
Sleeve	27 (28.1%)
Both	5 (5.21%)
Conversion/Revision? N (%):	
Yes	17 (17.7%)
No	79 (82.3%)
Post surgical complication? N (%):	
Yes	31 (32.3%)
No	65 (67.7%)

Table 2. Linear mixed effects model with post-surgery weight as the outcome

Characteristic	Beta	95% CI	p-value
Calorie Intake Level Group			
Inadequate	—	—	
Adequate	-20	-25, -15	**<0.001**
Excessive	-13	-29, 3.7	0.13