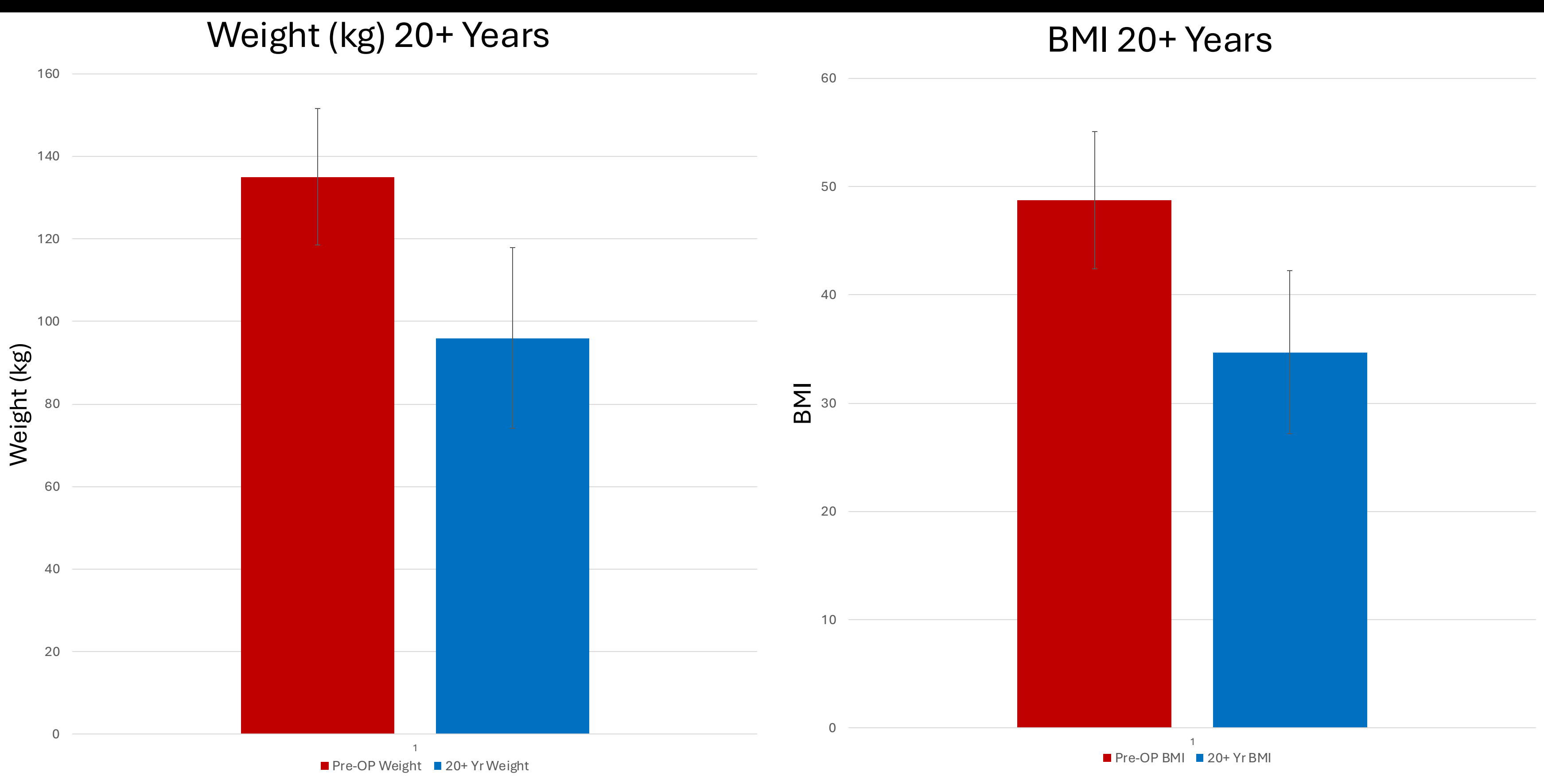
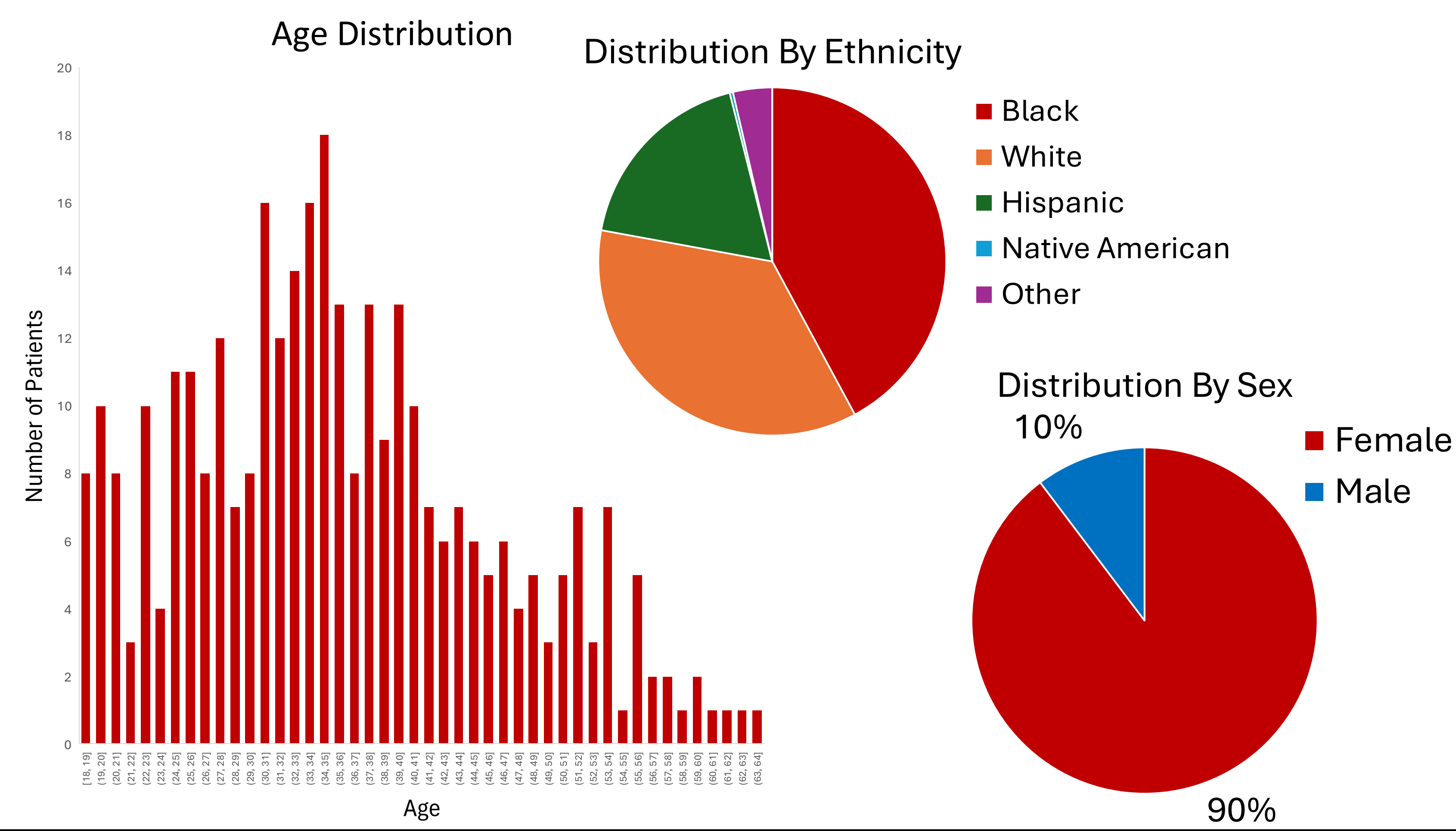


BACKGROUND

Laparoscopic Roux-en-Y gastric bypass (LRYGB) remains an effective bariatric surgery option for patients with morbid obesity. There is only very limited data regarding long-term follow-up in patients who underwent LRYGB over periods of 20 years and longer.

METHODS

This study reports on weight loss in patients who underwent primary LRYGB between August 2001 and August 2005, with follow-up through March 2026, amounting to 330 total cases. All patients underwent operations at a single center, performed by a single surgeon (PG) utilizing the same technique including 40 cm biliopancreatic climb, 150 cm alimentary limb, 15 mL proximal gastric pouch as well as the same clinical pathway. Prospective follow-up data was collected in a unified database for which 57 patients were available for 20-year or greater (up to 23 year) follow-up. Note that some patients did not have a data point available at 20 years but did follow-up beyond 20 years.



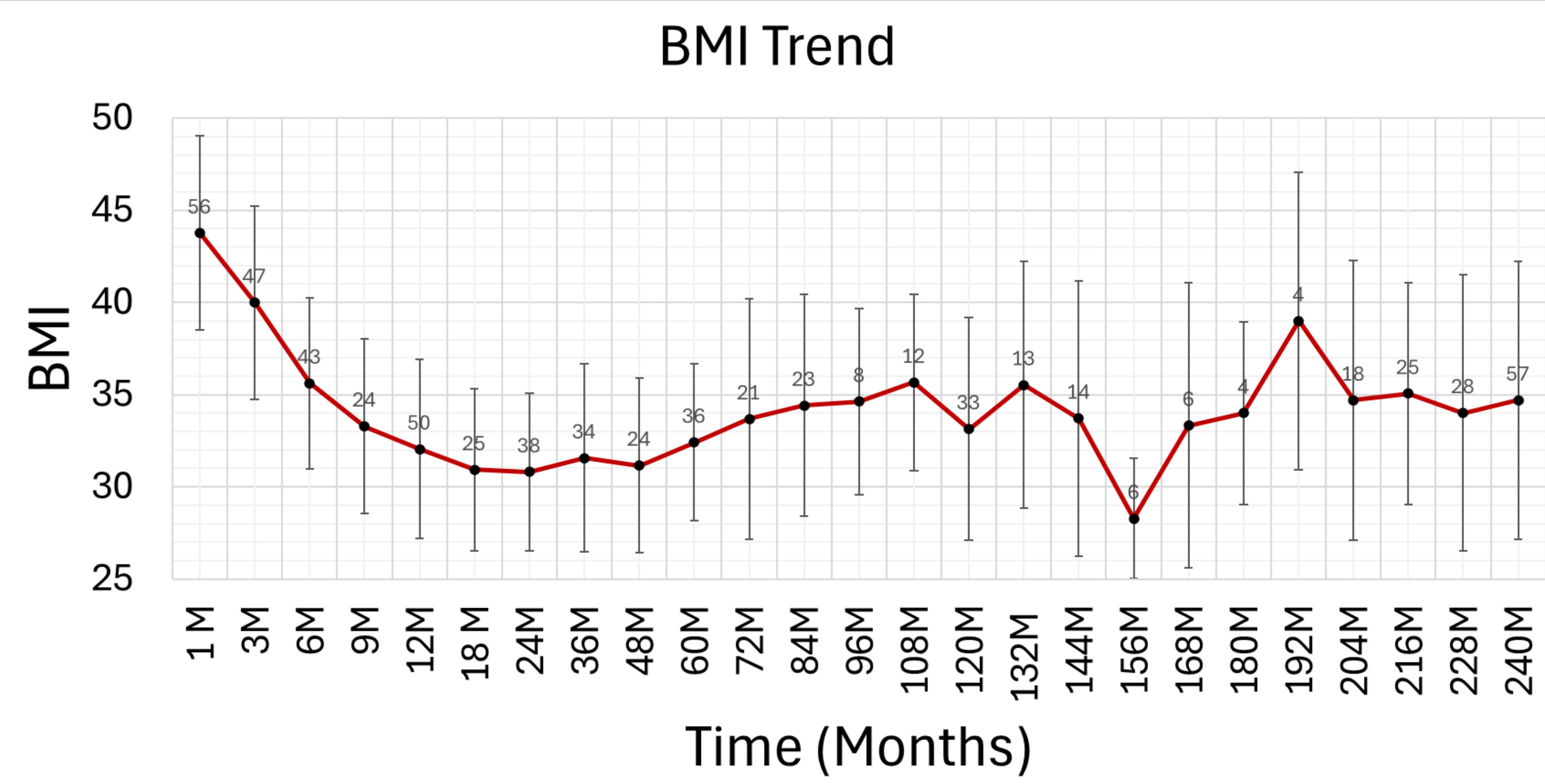
RESULTS

Mean pre-OP Weight = 135 ± 16.5 kg
Mean pre-OP BMI = 48.8 ± 6.36

Mean 20+ yr Weight = 96.0 ± 21.9 kg
Mean 20+ yr BMI = 34.7 ± 7.54

Mean Total Body Weight Loss = 39.0 ± 17.6 kg
Total % Weight Loss = 29.0 ± 12.8%

20+ Yr Follow-Up Rate By Sex
Females: 53 of 296 total = 17.9%
Males: 4 of 34 total = 11.8%



DISCUSSION

There were no revisions to a malabsorptive operation (eg distalization) and no peri-operative nor long-term mortalities related to post-operative complications. Seven patients were found to be deceased on follow-up due to unrelated causes. Three patients utilized glucagon-like peptide-1 (GLP-1) receptor agonists, indicated for Type 2 Diabetes Mellitus. Female patients were more likely to follow-up at 20 years or more than male patients.

CONCLUSION

LRYGB continues to show significant and sustained weight loss when compared to pre-surgical weight two decades after surgery. The procedure continues to be a safe and effective option for surgical weight loss. Given the low adjuvant use of newer GLP-1 agonist agents within the study group, LRYGB alone achieves excellent lasting weight-loss.