

Is Weight Loss Enough?

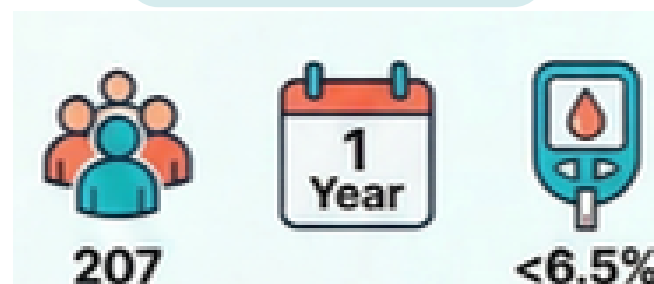
Predictors of Diabetes Remission After Sleeve Gastrectomy

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BACKGROUND

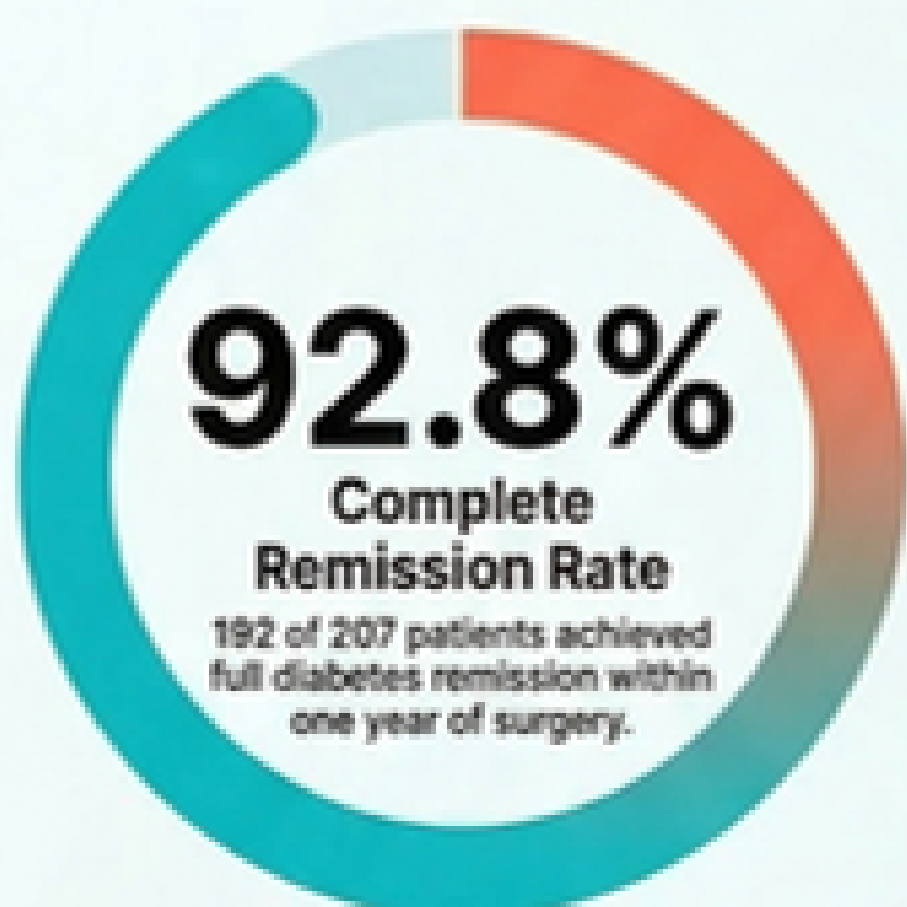
A study of 207 patients at Chularat 3 International Hospital, Thailand, examined T2DM remission one year after sleeve gastrectomy. Research highlights four specific preoperative and postoperative factors determining clinical success beyond simple weight loss.

METHODS



Defining Complete Remission:
Achieving HbA1c < 6.5% without anti-diabetic medications for at least six consecutive months.

RESULT



192 of 207 patients achieved full diabetes remission within one year of surgery.

Beyond Standard Weight Metrics:
Percent Excess Weight Loss (%EWL) was not a statistically significant predictor of remission.



Younger Age & Lower BMI

Younger patients and those with lower preoperative BMIs show significantly higher remission success.

Mean Age:
Remission Group: 37.84 Years
Non-Remission Group: 46.93 Years



Metabolic Baseline (Lower FBS)

Lower preoperative Fasting Blood Sugar was a top predictor of post-surgical success ($p=0.019$).

Median FBS:
Remission Group: 120.5 mg/dL
Non-Remission Group: 178 mg/dL



Total Weight Loss (%TWL)

Higher total weight loss at 12 months significantly correlates with achieving complete remission.

Mean %TWL:
Remission Group: 31.28%
Non-Remission Group: 23.81%

CONCLUSION



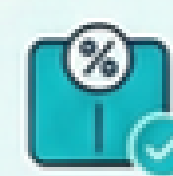
Youth



Low BMI



Low Fasting Blood Sugar



High total Weight loss

Successful diabetes remission following sleeve gastrectomy is strongly predicted by younger age, lower preoperative BMI, lower baseline fasting blood sugar, and higher total weight loss at one year. These factors offer crucial clinical insights for patient selection and post-surgical expectations.