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## 'Weight loss and follow up outcomes in an adolescent cohort after bariatric surgery in a single institution'

Category: Outcomes from Bariatric Surgery

Rachel Moore, Monica Wagenaar, Christine Skinner, Libby McBride, Margie Brooke, Michelle Graham, Vanessa Jenkin, George Hopkins  
*Obesity Surgery Brisbane, Brisbane, QLD, Australia*

### Background

The aim was to review weight loss and follow up in a cohort of adolescents that had undergone primary sleeve gastrectomy by a single surgeon in a single institution. This age group presents some potential concerns and special considerations for this type of surgery. To date there is little data for this cohort.

### Methods

A prospective bariatric database was analysed to review all patients aged between 13-19 years who underwent primary sleeve gastrectomy from December 2011 to June 2016. Weight, bloods and general progress were recorded. Other factors examined were patient's demographic location, method of dietitian follow up and family support.

### Results

A total of 22 adolescent patients (6 male: 16 female) underwent primary sleeve gastrectomy. The median BMI preoperatively was 44.5 kg/m<sup>2</sup> (34.2-56.5). The median %EWL at 4-6 weeks, 3, 6, and 12 months was 22%, 39%, 58% and 80%. These results are similar to the entire primary sleeve cohort. There was a drop in follow up rates from 89% at 4-6 weeks, to 50% at 6 months and 31% at 12 months.

### Conclusion

Weight loss results in this adolescent group is promising in comparison to our adult cohort, although the reduction in follow up in the first year is concerning. Sleeve gastrectomy requires patients to adhere to lifelong nutritional monitoring, diet and behaviour modification and nutritional supplementation. Adolescents have the added needs of growth and development which makes these considerations different. Barriers to follow up must be identified and addressed. Adolescents and their families need to be well informed about the importance of follow up before surgery is performed.