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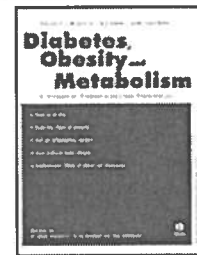


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ORIGINAL ARTICLE

Metabolic risk factors in formerly obese women – effects of a pronounced weight loss by gastric band operation compared with weight loss by diet alone

M. Ritt¹, H. Piza², M. Rhomberg², F. Aigner³ and M. Lechleitner^{1*}

Aim: The aim of the present study was to evaluate differences in the metabolic risk profile in formerly obese women, in whom a significant weight loss was obtained by Swedish adjustable gastric band (SAGB) operation or by diet alone.

Methods: A total of 40 patients (24 after SAGB and 16 after diet) participated in the study. Clinical data, including body mass index (BMI), waist-to-hip ratio, body fat content and blood pressure values, as well as laboratory results [fasting glucose, insulin, homeostasis model assessment (HOMA) index, leptin, lipid values and markers of subclinical inflammation] were evaluated before a planned abdominoplastic operation.

Results: Patients in the SAGB group had lost a significantly greater amount of weight (52.7 ± 10.0 kg) compared with the diet group (20.0 ± 11.5 kg; $p < 0.001$), and the percent excess weight loss was 69.1 ± 11.4 in the SAGB group and 54.5 ± 17.7 ($p < 0.040$) in the diet group. Before the abdominoplastic operation neither the mean BMI nor the percentage of fat mass revealed a significant difference between the groups. Fasting insulin (6.1 ± 3.0 μ U/ml) and the HOMA index (1.4 ± 0.7) as a measure of insulin resistance were significantly lower in the SAGB than in the diet group (fasting insulin: 8.2 ± 3.8 μ U/ml; $p < 0.048$; HOMA index: 2.0 ± 1.0 ; $p < 0.031$). Swedish adjustable gastric band patients showed significantly lower plasma leptin levels (9.4 ± 10.8 ng/ml) than the dietary-treated patients (13.9 ± 9.6 ng/ml; $p < 0.014$), while tumour necrosis factor-alpha serum levels were increased in the SAGB group (17.6 ± 7.3 pg/ml) compared with the diet group (11.9 ± 0.49 pg/l; $p < 0.048$).

Conclusions: The extensive weight loss in formerly obese women after SAGB operation was paralleled by a favourable metabolic profile

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Authors:

- M. Ritt
- H. Piza
- M. Rhomberg
- F. Aigner
- M. Lechleitner
- _____

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Affiliations

- ¹Department of Internal Medicine, University of Innsbruck, Innsbruck, Austria
- ²Department of Plastic Surgery, University of Innsbruck,

indicating a higher degree of insulin sensitivity than in women after a successful, but less pronounced weight loss by diet alone.

References

Full Text Article

PDF [93KB]

Innsbruck, Austria
³Department of Surgery,
University of Innsbruck,
Innsbruck, Austria

Correspondence

*Monika Lechleitner, MD,
Department of Internal Medicine,
University of Innsbruck,
Anichstrasse 35, A-6020
Innsbruck, Austria.

E-mail:

monika.lechleitner@uibk.ac.at

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