

GASTROPLASTY FOR OBESITY - ONE THOUSAND PATIENT EXPERIENCE

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Over the past six years, one thousand high gastric reduction operations have been performed by this surgeon, in the treatment of gross obesity. A computerised record system was used to store information on these patients and annual contact was made to follow their progress. These numbers offer a welcome opportunity to examine the success of this technique, especially with regard to long-term weight loss.

The 1000 patients in this series (925 women and 75 men) had all undergone a high gastric reduction type of gastroplasty in which a linear stapler is used to form a 60 ml upper gastric pouch, drained by a 1.2 cm stoma. The stoma is reinforced by three encircling sutures to prevent dilatation. Operative mortality was nil, with 4 later deaths (0.4%) from causes unrelated to the surgery.

One hundred and two patients (10%) underwent revisional surgery, with 72 (7%) requiring this to continue weight loss, 34 (3%) to decrease vomiting and 10(1%) for both reasons. Complete reversal was carried out in 11 cases (1%).

The weight loss results are presented for 835 patients, excluding those who underwent revisions or those who had been previously operated on by other surgeons. Figures are presented to show yearly progress post-operatively. Ideal body mass was taken from the Metropolitan Life Insurance Company Tables (1959), and calculations were made for body mass index ($BMI = \text{body mass}/\text{height}^2$), for the percentage over the ideal body mass (PEW) and for the percentage of the extra body mass lost (PEWL).

Years Post-Operation	No. of patients	Body Mass (kg)	PEW (%)	PEWL (%)	BMI
0	835	106.2	79.0	0.0	39.1
1	609	73.6	24.4	73.0	27.2
2	350	73.1	23.3	73.5	26.8
3	234	77.3	30.6	64.1	28.8
4	132	77.4	30.8	63.3	28.9
5	44	80.8	35.3	59.7	29.5
6	1	64.0	7.5	93.6	24.0

Initially patients presented at a mean body mass of 106.2 kgs, corresponding to a mean of 79% over their ideal body mass and a body mass index of 39.1. Most weight loss occurred during the first year post-operatively, with patients losing a mean of 32.6 kg or 73% of the extra body mass. During the next 5 years, there appears a trend to regain some of this lost weight but to retain a loss of approximately 60% of the extra body mass. At this point, despite the loss of weight, the mean BMI of patients is still above that recommended as the normal range (20-25).

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Metropolitan Life Insurance Company, (1959), Statistical Bull.