MEDIA RELEASE

Bariatric surgery – not just weight loss

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Bariatric surgery can have a positive impact on sustained weight loss and improved liver function according to a study conducted by Dr Matthew Binks, unaccredited General Surgery Registrar at Nepean Hospital in New South Wales.

Dr Binks, who analysed data over a thirty-year period said there is a clear link between non-alcoholic fatty liver disease and bariatric surgery.

“We conducted a systematic review of bariatric surgery performed between 1986-2017. In addition to significant weight loss we also discovered a significant change in liver histology and serum biochemical markers following surgery,” Dr Binks said.

The study, which involved more than 2,000 patients, was followed up after 12 months. Results showed universal improvement in liver biochemistry, the incidence of non-alcoholic steatohepatitis was reduced by nearly two thirds and the incidence of fibrosis reduced by nearly a third.

The study confirmed bariatric surgery doesn't just help to control a person's weight it can also enhance other aspects of physical health and reduce comorbidities.

Dr Binks said bariatric surgery improves diabetic control with a significant rate of resolution beyond 12 months.

“We also reviewed studies of patients having undergone bariatric surgery since 2005 with regards to diabetic control. At a mean follow up duration of 22 months, we found that laparoscopic sleeve gastrectomy and roux-en-y gastric bypass resolved type 2 diabetes in 61.5 per cent of cases,” Dr Binks said.

In conjunction with Dr Jorgen Ferguson and Associate Professor Michael Talbot, Dr Binks will present their research at the Royal Australasian College of Surgeon’s 87th Annual Scientific Congress which is being held in Sydney between 7-11 May. The congress brings together some of the top surgical and medical minds from across New Zealand, Australia, and the rest of the world.

For more information about the Annual Scientific Congress please visit: https://asc.surgeons.org/

About the Royal Australasian College of Surgeons (RACS)

RACS is the leading advocate for surgical standards, professionalism and surgical education in Australia and New Zealand. The College is a not-for-profit organisation that represents more than 7000 surgeons and 1300 surgical trainees and International Medical Graduates. RACS also supports healthcare and surgical education in the Asia-Pacific region and is a substantial funder of surgical research. There are nine surgical specialties in Australasia being: Cardiothoracic surgery, General surgery, Neurosurgery, Orthopaedic surgery, Otolaryngology Head-and-Neck surgery, Paediatric surgery, Plastic and Reconstructive surgery, Urology and Vascular surgery.

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