



ROYAL AUSTRALASIAN COLLEGE OF SURGEONS

MEDIA RELEASE

Laparoscopic Adjustable Gastric Banding: Is it safe and does it work?

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The safety and effectiveness of Laparoscopic Adjustable Gastric Banding (LAGB) has been examined in a presentation to delegates at the Royal Australasian College of Surgeons' 79th Annual Scientific Congress (ASC).

Geelong based general surgeon, Mr George Kiroff, told delegates that as a treatment for obesity LAGB had several key advantages. It is minimally invasive, easily learnt, adjustable and reversible.

While most of the published data from Australia on the procedure comes from surgeons working in dedicated bariatric surgical centres, Mr Kiroff sought a case series from outside these centres, with a view to assessing the long term safety and efficacy of the procedure and identifying the pre-operative patient factors that might have an impact on the likelihood of its success.

Three hundred and fifty seven patients (287 female, 70 male) who underwent a total of 372 LAGB procedures over a period of nine years from June 2000 to June 2009 were analysed. The mean age was 45 years (ranging from 18 to 68 years), mean preoperative weight was 125 kg (ranging from 82 kg to 212 kg) and mean preoperative body mass index (BMI) was 44.3 kg/m² (ranging from 33.5 to 73.9 kg/m²).

There was no mortality, while morbidity included an intraoperative complication rate of 0.6 per cent, early complication rate of 2.5 per cent and late complication rate of 18.2 per cent. The reoperation rate was 14.6 per cent. The mean post-operative BMI reached a minimum of 35.3 kg/m² at 36 months and thereafter increased to 36.8 kg/m² at 72 months. Thirty three per cent of patients achieved greater than 50 per cent mean percentage excess weight loss (>50 per cent EWL), while 25 per cent of patients did not achieve 25 per cent EWL.

“This case series illustrates that the LAGB procedure is safe but only moderately successful in terms of sustainable weight loss,” Mr Kiroff said. “With regard to predicting the chances of the procedure’s success, the series indicates that it is most likely to be effective for females aged under 50 years with a BMI below 50 kg/m².”

Mr Kiroff’s presentation is one of hundreds at this year’s ASC, covering all surgical specialties and aspects of surgical history and education. Nearly 2,000 delegates are expected to attend the ASC, which runs from 4 to 7 May and is being held at the Perth Convention Exhibition Centre. The ASC program is available online at www.surgeons.org

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