



ROYAL AUSTRALASIAN COLLEGE OF SURGEONS

## MEDIA RELEASE

# New recommendations for adolescent bariatric surgery

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Adolescents should be at least 15 years of age and have a Body Mass Index greater than 40 if they are to be eligible for bariatric surgery, a perspective in the latest *ANZ Journal of Surgery* states. They should also have associated complications such as Type 2 diabetes and have persistent problems despite undertaking lifestyle programs.

These recommendations are part of a position paper launched at the World Congress of Internal Medicine in March 2010 for surgeons treating adolescents with bariatric surgery in Australia and New Zealand.

The position paper was put together by representatives from the Australian and New Zealand Association of Pediatric Surgeons, the Obesity Surgery Society of Australian and New Zealand (OSSANZ), and the Pediatrics and Child Health division of the Royal Australasian College of Physicians, after reviewing literature and considering the issue.

The perspective also recommends that given the lack of medical literature, a national registry be established to follow adolescent cases as part of National Bariatric Surgery Registry being developed by OSSANZ and the Royal Australasian College of Surgeons.

“We would encourage all bariatric surgeons and their multidisciplinary teams to read the position paper in full, particularly if they are already operating on adolescents or considering doing so,” co-author Lillian Kow said.

“Adolescents are not simply young adults, and bariatric programs should be skilled, flexible and responsive to the needs of these young people with a complex chronic illness.”

The *ANZ Journal of Surgery*, now in its 80<sup>th</sup> year and published by Wiley-Blackwell, is the pre-eminent surgical journal published in Australia, New Zealand and the South-East Asian region. The Journal is dedicated to the promotion of outstanding surgical practice, and research of contemporary and international interest.

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