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Evolution of type 2 diabetes mellitus in patients undergoing vertical sleeve gastrectomy or Roux-en-Y gastric bypass

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Introduction: Diabetes is common in obese patients in Mexico. Risk factors affecting the distribution and frequency of type 2 diabetes mellitus (T2DM) and their complications are well known. It is often associated with overweight or obesity, which in turn can cause insulin resistance and elevated blood glucose levels.

Objective: The objective of the study is to determine if there is remission of T2DM in patients undergoing vertical sleeve gastrectomy (VSG) or Roux-en-Y gastric bypass (RYGB) and, if so, after which one is greater.

Methods: Descriptive, observational, longitudinal and retrospective analysis of data from 33 patients with T2DM and obesity who underwent vertical sleeve gastrectomy or Roux-en-Y gastric bypass, preoperatively and at 12-month follow-up was done. Diabetes remission was defined as glucose below the diagnostic thresholds for T2DM (HbA1c < 6%, fasting glucose < 100 mg/dl if HbA1c was not available) and absence of active hypoglycemic medication.

Results: Thirty-three patients with diagnosis of obesity and T2DM were divided into two groups: 8 patients, 1 man (3.03

%) and 7 women (21.21 %), VSG; and 25 patients, 6 men (18.18 %) and 19 women (57.50 %), RYGB. After 1 year of follow-up, there was remission in 7 (21.21 %) of 8 patients in the VSG group and in 24 (72.72 %) in 25 (93.93 %) patients in the RYGB group.

Conclusion: Bariatric/metabolic surgery can reverse or improve T2DM in obese patients, and is more effective than medical interventions and lifestyle modifications for weight loss, glycemic control, remission of T2DM, improvements in other cardiovascular risk factors and the decrease of cardiovascular diseases.

Speaker Biography

César Antonio Martínez-Ortiz attended the MD program at National Autonomous University of Mexico School of Medicine, and both the General Surgery Residency Program and Bariatric/Metabolic Surgery Fellowship at the National Medical Center of the Mexican Social Security Institute, where he is currently Senior Surgeon and Professor both in the Department of Surgery and in the Obesity and Metabolic Diseases Clinic. He also obtained the Master's degree in Health Directive Management at the University of the Valley of Mexico, Laureate International Universities. He is a young Surgeon, interested in clinical and surgical practice, education and research, and hopes to stand out internationally.

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