

Shrinking Waistlines, Growing Options

AOMs Post-Bariatric Surgery

Dr. Cate Varney, DO, ABOM, FAAFP

Obesity Medicine Director, UVA Health

August 18, 2023



Disclosures

No relevant financial relationships to disclose

Objectives

- Identify the Who, What, When, Where and How of prescribing AOMs following bariatric surgery
- Describe current and upcoming AOM options following bariatric surgery
- Discuss common patient FAQs

Who

- Those at greatest risk for inadequate weight loss in the first 24 months
 - **Surgery Type**
 - **Age, Sex, Race**
 - **BMI**
 - **Comorbid conditions**

Who

- Longitudinal Assessment of Bariatric Surgery
 - 1406 patients, 5+ year follow up
 - Median 26.8% regain of max weight loss at 5 years
- Swedish Obese Subjects (SOS)
 - 2010 patients
 - Max weight loss at 1-2 years
 - Gradual regain of 8-13% by 8-10 year

Who: Surgery Type

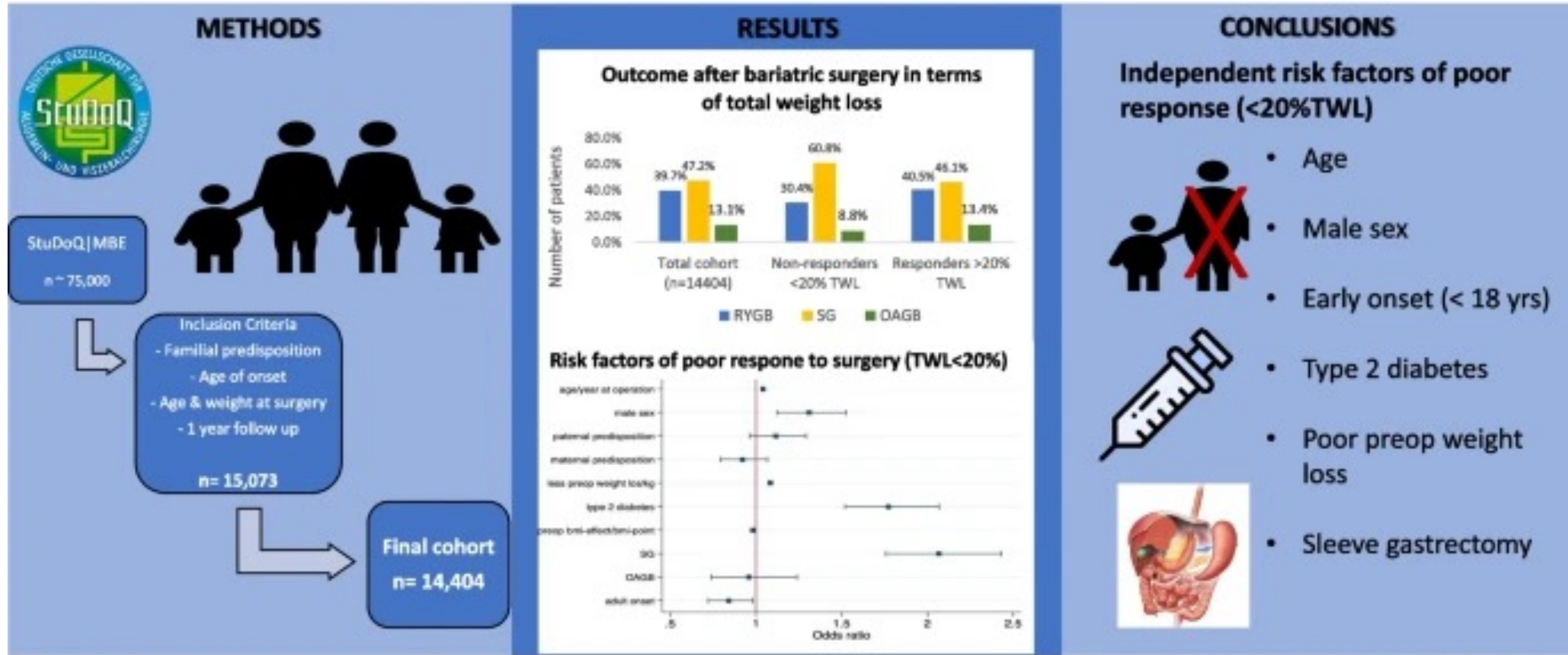
- Indian Surgical Centers
 - 9617 patients, 26 centers
 - Mean weight regain, 6-22%

OAGB: 1% to 3%

RYGB: 5%-14.6%

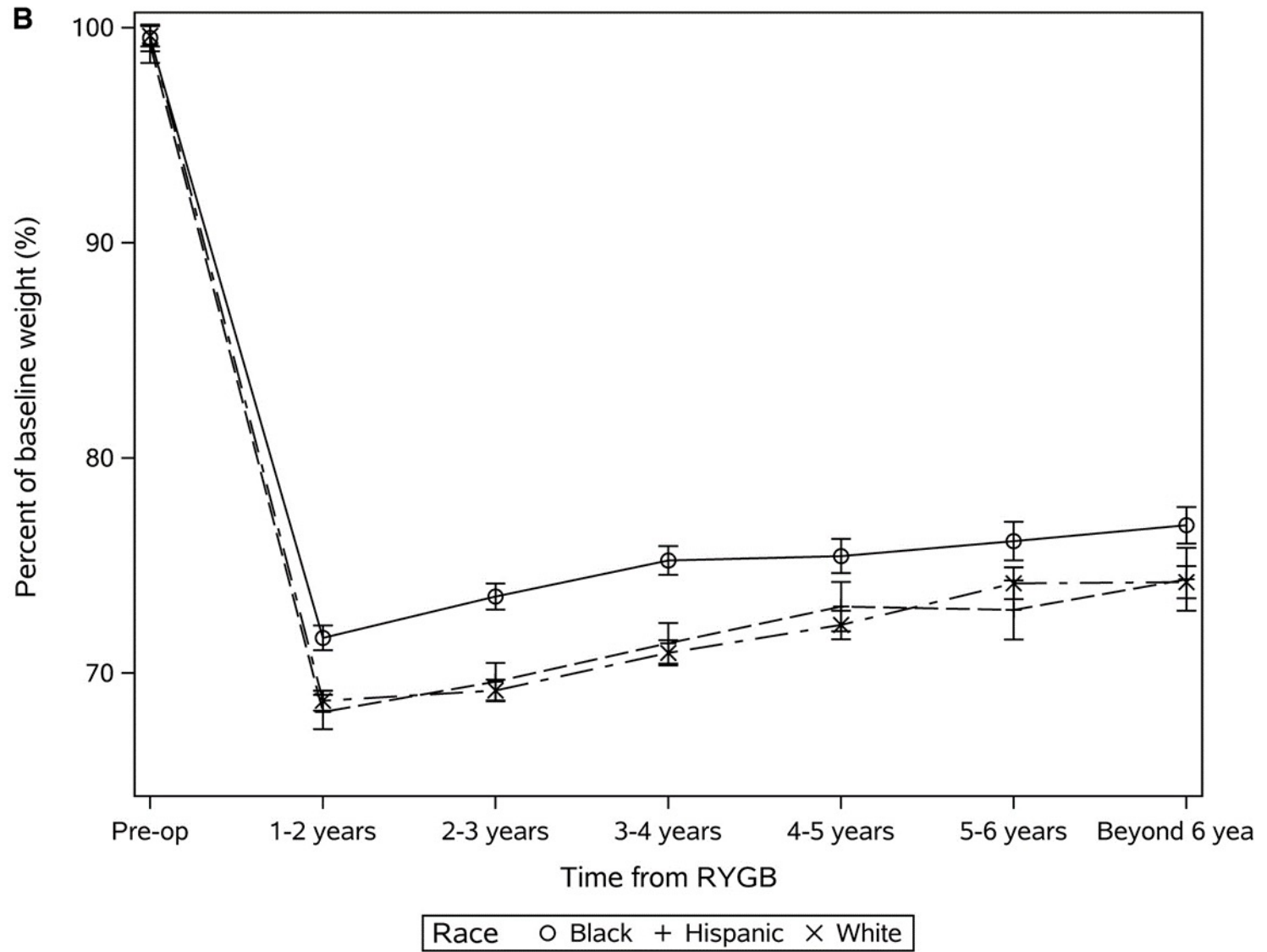
SG: 15.9%-35.1%

Who; Age, Sex, Race



Fink, M., Herrmann, S., Fink, J., Lässle, C., Marjanovic, G., Fagnocchi, L., Pospisilik, JA., Fichtner-Feigl, S., Seifert, G.





Who; BMI

- BMI $>50 \text{ kg/m}^2$
 - End with higher BMI regardless even if $>0\%$ weight loss
 - Baseline BMI largest impact (Roux en Y)
 - The just need more weight loss!

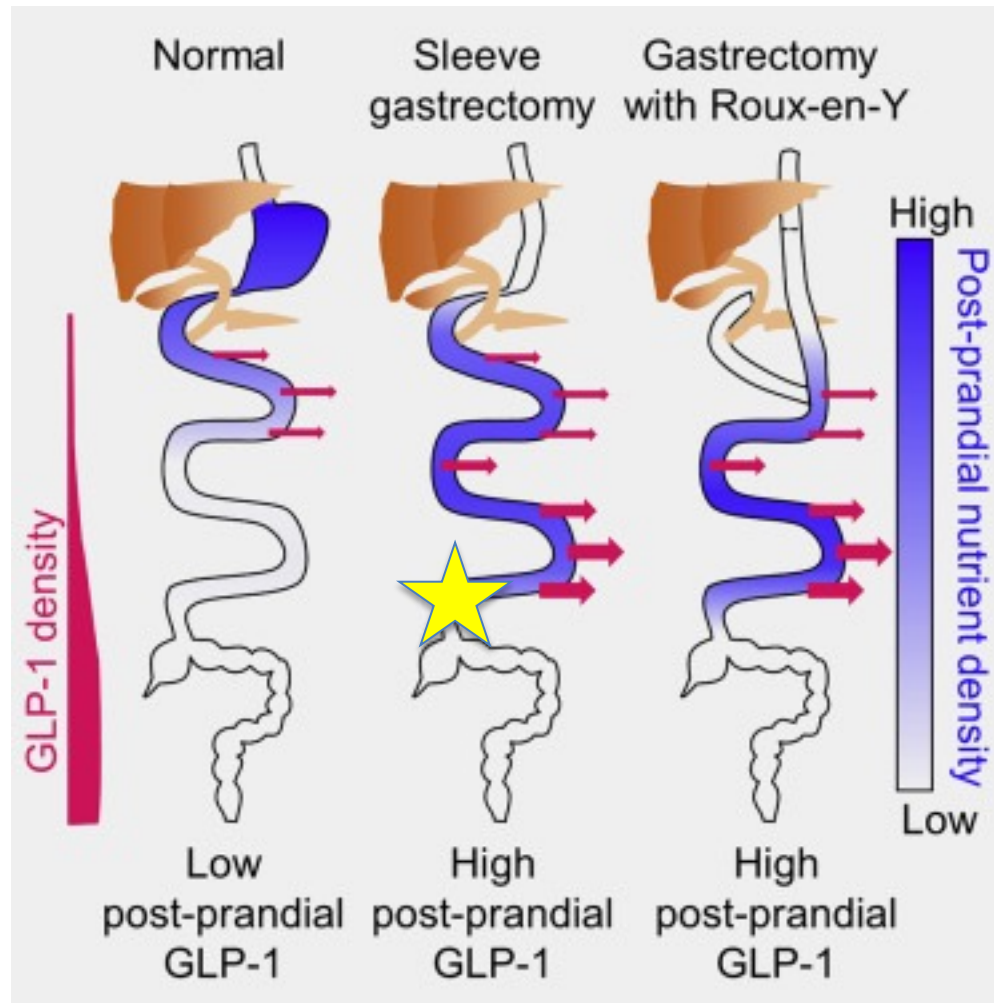
Who; Comorbid conditions

- DM2

When

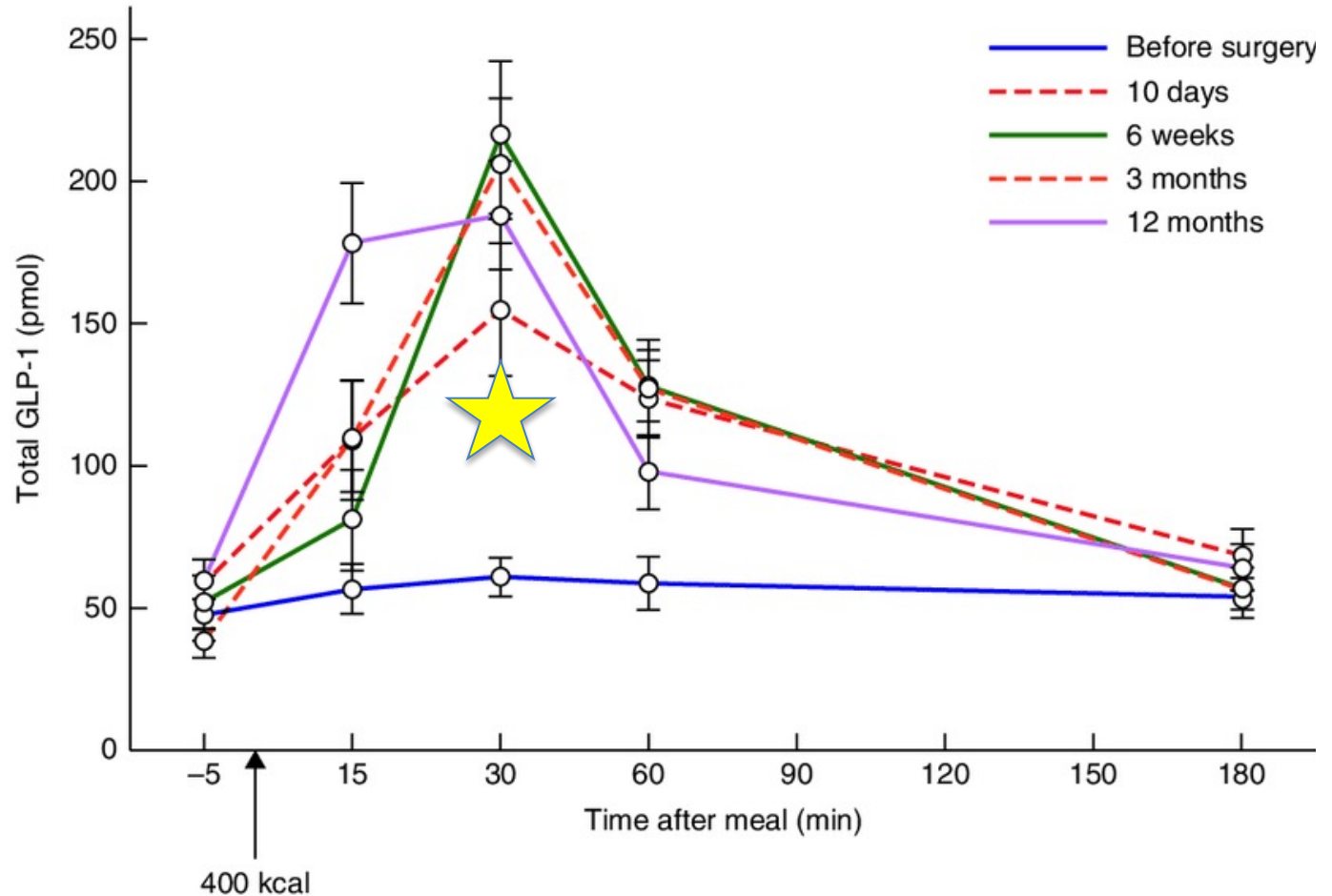
- Timing
 - >5% off ASMBS weight loss trajectory
 - 3 months post op
 - Hormonal changes

Hormonal changes

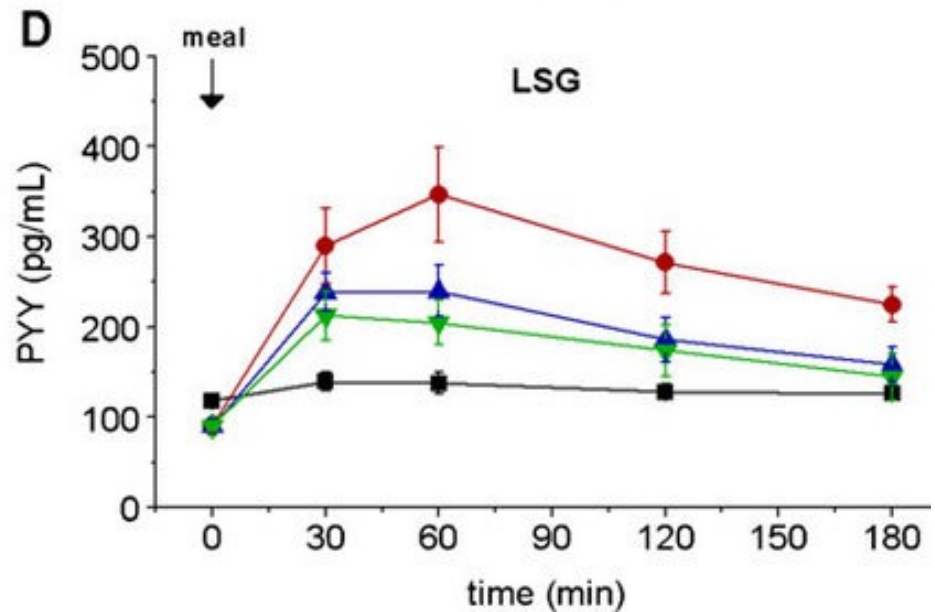
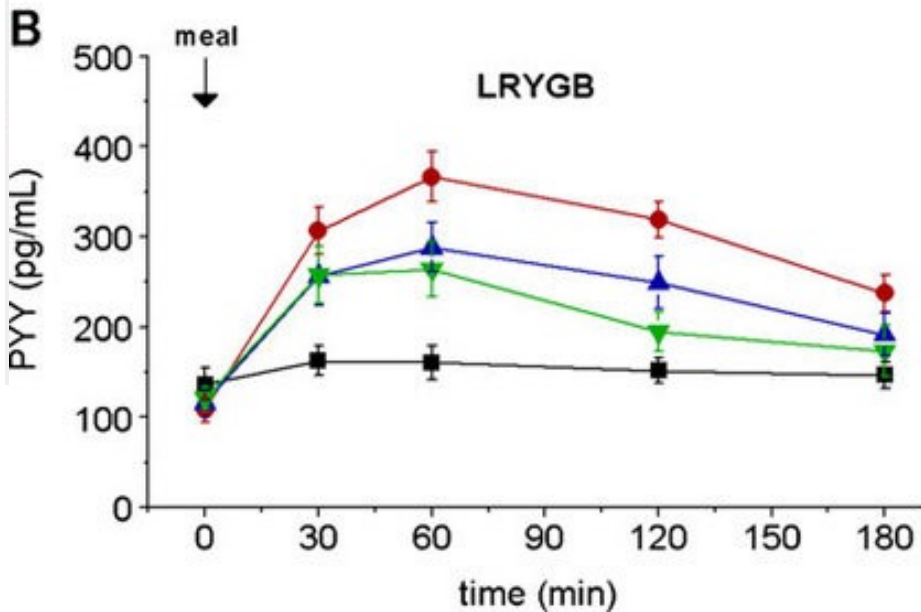
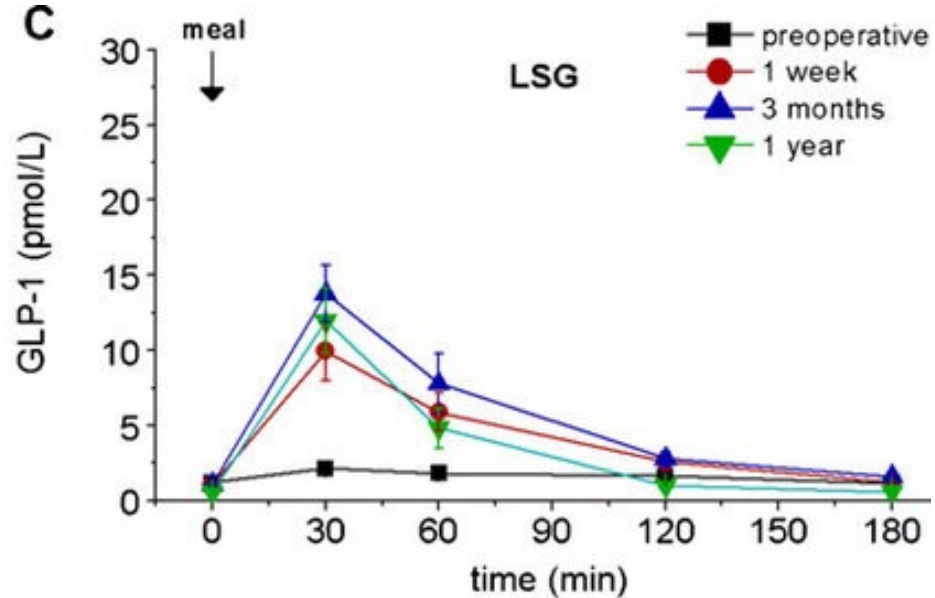
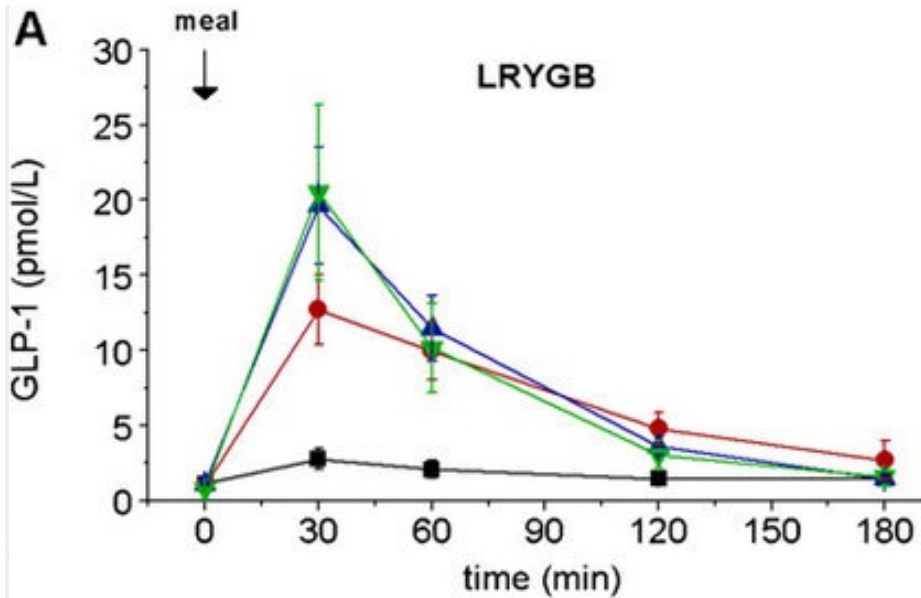


Hormonal changes

a Postprandial total GLP-1 response



Hormonal changes



What

- **Intensive Lifestyle Modification**
 - Something to learn from SURMOUNT-3 run-in period?
- **AOM options**
 - Phentermine, Phendimetrazine
 - Phentermine/Topiramate
 - Liraglutide
 - Semaglutide
 - COMING SOON: Tirzepatide (12/2023, or sooner?!?)
 - In a galaxy far, far away...Retatrutide; phase 3 TRIUMPH (12/2025)

Where

- Bariatric surgery clinic, where else?
 - Surgeons were the first obesity specialists
 - Hire APPs and Obesity Med exclusively for your post op referrals to manage AOM, lab monitoring
 - Keeps YOU in OR and everyone working to highest level of degree/skillset
- Engage the PCP and teach them the way
 - Comprehensive management
 - If starting AOM, automatic referrals to XYZ
 - XYZ=RD, psychologist/psychiatrist/LCSW

How

- Identify candidates early with "future considerations" in comprehensive plan
 - Semaglutide MACE data, 8/2023
- Address common FAQs
 - When to stop:
 - Pre-op
 - Pregnancy
 - OCP consideration
 - Pancreatitis, Thyroid CA, Gastric "paralysis", AKI

Summary

- Patients to consider early intervention
 - Age >45 yo with PMH of DM2
 - Black, Man or Woman
 - Pre-op BMI >50 kg/m²
 - Undergoing SG

References

1. Longitudinal Assessment of Bariatric Surgery (LABS) Consortium; Flum DR, Belle SH, King WC, Wahed AS, Berk P, Chapman W, Pories W, Courcoulas A, McCloskey C, Mitchell J, Patterson E, Pomp A, Staten MA, Yanovski SZ, Thirlby R, Wolfe B. Perioperative safety in the longitudinal assessment of bariatric surgery. *N Engl J Med*. 2009 Jul 30;361(5):445-54. doi: 10.1056/NEJMoa0901836. PMID: 19641201; PMCID: PMC2854565.
2. Sjöström L. Review of the key results from the Swedish Obese Subjects (SOS) trial - a prospective controlled intervention study of bariatric surgery. *J Intern Med*. 2013 Mar;273(3):219-34. doi: 10.1111/joim.12012. Epub 2013 Feb 8. PMID: 23163728
3. Goel R, Nasta AM, Goel M, Prasad A, Jammu G, Fobi M, Ismail M, Raj P, Palaniappan R, Aggarwal S, Bindal V, Katakwar A, Vennapusa A, Bhasker AG, Peters A, Goel D, Bedi D, Palep J, Kona L, Mehrotra M, Baijal M, Bhandari M, Dukkipati N, Wadhawan R, Baig S, Pattanshetti S, Ugale S. Complications after bariatric surgery: A multicentric study of 11,568 patients from Indian bariatric surgery outcomes reporting group. *J Minim Access Surg*. 2021 Apr-Jun;17(2):213-220. doi: 10.4103/jmas.JMAS_12_20. PMID: 32964881; PMCID: PMC8083745.
4. Gonzalez-Heredia R, Patel N, Sanchez-Johnsen L, Masrur M, Murphey M, Chen J, Elli E. Does Age Influence Bariatric Surgery Outcomes? *Bariatric Surg Pract Patient Care*. 2015 Jun 1;10(2):74-78. doi: 10.1089/bari.2015.0004. PMID: 26155435; PMCID: PMC4491147.
5. Park JY. Weight Loss Prediction after Metabolic and Bariatric Surgery. *J Obes Metab Syndr*. 2023;32(1):46-54. doi:10.7570/jomes23008; older age less weight loss success.
6. Ochner CN, Teixeira J, Geary N, Asarian L. Greater short-term weight loss in women 20-45 versus 55-65 years of age following bariatric surgery. *Obes Surg*. 2013 Oct;23(10):1650-4. doi: 10.1007/s11695-013-0984-1. PMID: 23700235; PMCID: PMC3772952.
7. Thomas, D.D., Anderson, W.A., Apovian, C.M., Hess, D.T., Yu, L., Velazquez, A., Carmine, B. and Istfan, N.W. (2019), Weight Recidivism After Roux-en-Y Gastric Bypass Surgery: An 11-Year Experience in a Multiethnic Medical Center. *Obesity*, 27: 217-225.
8. Pierre Larraufie et al. *Cell Reports*. Elsevier. 5 February 2019
9. Peterli, R., Steinert, R.E., Woelnerhanssen, B. et al. Metabolic and Hormonal Changes After Laparoscopic Roux-en-Y Gastric Bypass and Sleeve Gastrectomy: a Randomized, Prospective Trial. *OBES SURG* 22, 740–748 (2012).

