The Evolution of Bariatric Surgery
Past, Present and Future

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Goals and Objectives

By the end of this presentation you will have been:
- Reminded of the success of Bariatric Surgery
- Warned about the “Sine Wave” of New Technology
- Provided with some illustrations of historical and current procedures
  - without getting too technical...
- Shown examples of novel procedures that may or may not stand the test of time
Conflict of Interest

I am 7 months retired from surgery and do not perform or assist in surgical procedures (the Minister of Labour does not allow...)

Before that I was wined, dined, golfed by instrument manufacturers

I was never paid as a consultant by industry, nor gave industry sponsored talks
The Sine Wave of New Technology

Best thing since sliced bread

Wouldn’t do it to a cat...

Good for the right patient....

Examples:
• Nissen fundoplication
• Knee arthroscopy
• Lasik eye surgery
• Screening for breast & prostate ca
  the promise of eradication of cancer
  potential for harms through over diagnosis & treatment
History of Bariatric Surgery – The Past

10th Century
King D Sancho of Leon couldn’t ride a horse or carry a sword. In Cordoba had his lips sewn shut, survived on a liquid diet. After 50% weight loss he returned home and regained his throne

1954 Kremen University of Minnesota
Jejunoileal bypass. Malabsorbative
Major metabolic consequences

1966 Mason University of Iowa
Horizontal gastric resection with ileal loop
Restrictive & hormonal
Severe reflux
History of Bariatric Surgery – The Past

1960’s Open (1993 laparoscopic Roux en Y Gastric Bypass
Restrictive, malabsorptive & hormonal
Obstruction, marginal ulceration

1982 Vertical Band Gastroplasty
Restrictive & hormonal
Strictures, stomach returning to normal

1986 Open Adjustable Gastric Band
Restrictive
Reflux, obstruction
History of Bariatric Surgery – The Present

1992 Laparoscopic Adjustable Gastric Band
Restrictive 1 million inserted worldwide
Reflux, obstruction, 50-100% ultimate removal rate

1993 Marceau Laparoscopic Sleeve Gastrectomy
Restrictive and hormonal
Originally part of the Duodenal switch operation
Commonest laparoscopic bariatric procedure today
Easier than a bypass
History of Bariatric Surgery – The Future
Be very very skeptical – the first 100 patients great success, next three died!
Await quality literature from reputable centres
   There are a lot of cowboys out there with $$$ in their eyes!

Gastric Balloon

Aspireassist

Vbloc

Highly experimental clinical trials recruiting

12 deaths since 2016!

111 patients reported on...
Summary
Bariatric surgery has been around for over 60 years
Several surgeries have stood the test of time
  - gastric bypass
  - sleeve gastrectomy
No surgery is without complication
  - the more complex - the higher the chance of complication
Surgeons (and investors) will always seek new and exciting techniques
  - The promise of the “next best thing” is a strong motivator for those wanting to make money...

Until there is a pill or vaccine, bariatric surgery is the most effective approach to weight and adverse obesity outcomes
“Surgery is scheduled six weeks from today. Don’t eat anything before then.”