

## Evaluation of the effect of sleeve gastrectomy surgery on clinical results and anthropometric measurements in morbid obese diseases

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The aim of this study was to evaluate the effect of sleeve gastrectomy on the post-op body analysis and laboratory findings. During January 2016-2017, 101 morbid obesity patients (18-65 years) who underwent sleeve gastrectomy were evaluated in Nutrition and Support Unit. Clinical findings of patients were retrospectively analyzed, pre-op and post-op body analysis and laboratory findings were compared. Among the 101 individuals (82 female and 19 male), average age was 38.0±10.9 years. Pre-op weight and BMI values are average respectively 130.0±18.6 kg, 48.9±6.9 kg /m<sup>2</sup>; post-op average 115.8±18.3 kg, 43.4±6.8 kg/m<sup>2</sup> (p<0.05). Respectively, pre-op and post-op (0-3 months) body fat percentages are 29.8-55.9% and 24.1-51.7% of women, 32.6-45.4% and 20.4-41.4% of men (p<0.05). When pre-op and post-op biochemical findings were compared, blood glucose, total protein and albumin levels were decreased (p<0.05). While total cholesterol in blood lipids decreased in post-op period (p<0.05), there was no significant change in HDL and LDL. Post-op vitamin-mineral values was compared, the decrease in folate values was significant, the decrease in vitamin B12 levels wasn't significant. Although the decrease post-op iron levels and increase in calcium weren't significant, increase in phosphorus, sodium, potassium and chlorine values was significant. Changes in vitamin D levels weren't significant. Consequently, bariatric surgery is an effective method for achieving weight loss in morbid obese patients. It is important for the recommendation of supplements to prevent vitamin-mineral deficiencies and providing adequate and balanced nutritional behavior changes in the post-op period.

### Biography

Gul Eda Kilinc has graduated from Gazi University, Faculty of Health Sciences, Department of Nutrition and Dietetics in 2014. She has been working as a Research Assistant at Ondokuz Mayıs University, Faculty of Health Sciences, Department of Nutrition and Dietetics since 2016.

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