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CLINICAL, NUTRITIONAL AND WEIGHT REGIMEN PROFILE OF PATIENTS SUBMITTED TO ROUX-EN-Y GASTRIC BYPASS AT HOSPITAL DAS CLÍNICAS IN THE STATE OF ACRE

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Introduction: Obesity is a global epidemic of chronic condition and multifactorial etiology whose treatment involves different approaches. Objective: To analyze the clinical, nutritional and weight profile of women submitted to Roux - en - Y gastric bypass according to the time of surgery.

Methods: 93 women undergoing Roux-en-Y gastric bypass between 2008 and 2017 at Hospital das Clínicas in the state of Acre, Brazil. Divided according to the postoperative time: up to two years - G1 (n = 37); from two to four years - G2 (n = 20); over four years - G3 (n = 36); Preoperative and postoperative clinical variables (presence of comorbidities, use of medications, physical activity practice), anthropometric variables (BMI, ideal weight, percentage of excess weight loss, basal metabolic rate, % body fat, waist circumference and weight reacquisition) and dietary variables through a 24-hour recall.

Results: The mean postoperative time was 16.9 ± 7.9 months in the first group; 33.9 ± 9.2 months in the second group and 75.3 ± 19.1 months in the third group. The mean preoperative BMI found was 47.2 ± 4.9 kg / m². In the postoperative period, there was no significant reduction in BMI values, with a mean of 31.1 ± 4.0 kg / m². The mean percentage of excess weight loss was $66.1 \pm 15.4\%$. 67% of the patients evaluated presented weight reacquisition. It was observed that the weight reacquisition was proportional to the postoperative time (p 0.001). The dietary survey (R24hs) indicated average daily energy consumption of 1262.75 ± 424.11 kcal. The macronutrient percentage distribution showed a mean intake of $59.25 \pm 8.33\%$ for carbohydrates, $24.26 \pm 6.90\%$ for lipids and $17.12 \pm 6.68\%$ for proteins. Although the macronutrient intake was not significant between the groups, the mean protein intake was lower in group 01 (16.09 ± 6.23) and that of lipid showed a slight increase over time.

Conclusion: Bariatric surgery had a significant impact on the reduction of comorbidities, the use of medications and the loss of excess weight, but sixty - seven percent of the patients evaluated presented weight reacquisition. The highest incidence of weight reacquisition was identified in the group with more than two years of surgery.

Biography

Romeu Paulo Martins Silva holds a degree in Physical Education from the University Center of Triângulo (2003). Specialist in Exercise Physiology from Universidade Veiga de Almeida, UVA / RJ (2003/2005). Master's degree in Genetics and Biochemistry, Federal University of Uberlândia (2007). PhD in Genetics and Biochemistry (2011). Professor of Human Anatomy I and Human Anatomy II, Human Physiology I, Human Physiology II, Physiology of Exercise and Biochemistry in the Nursing, Biology, Physical Education and Medicine courses at the Federal University of Acre since 2010. He has experience in Human Anatomy, Biomechanics, Biochemistry, Kinesiology, Human Physiology, Exercise Physiology, Measurement and Human Assessment. With emphasis in Anatomy, Biochemistry and Physiology, working mainly in the following subjects: fatigue, biomarkers, resistance exercise and diabetes.

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