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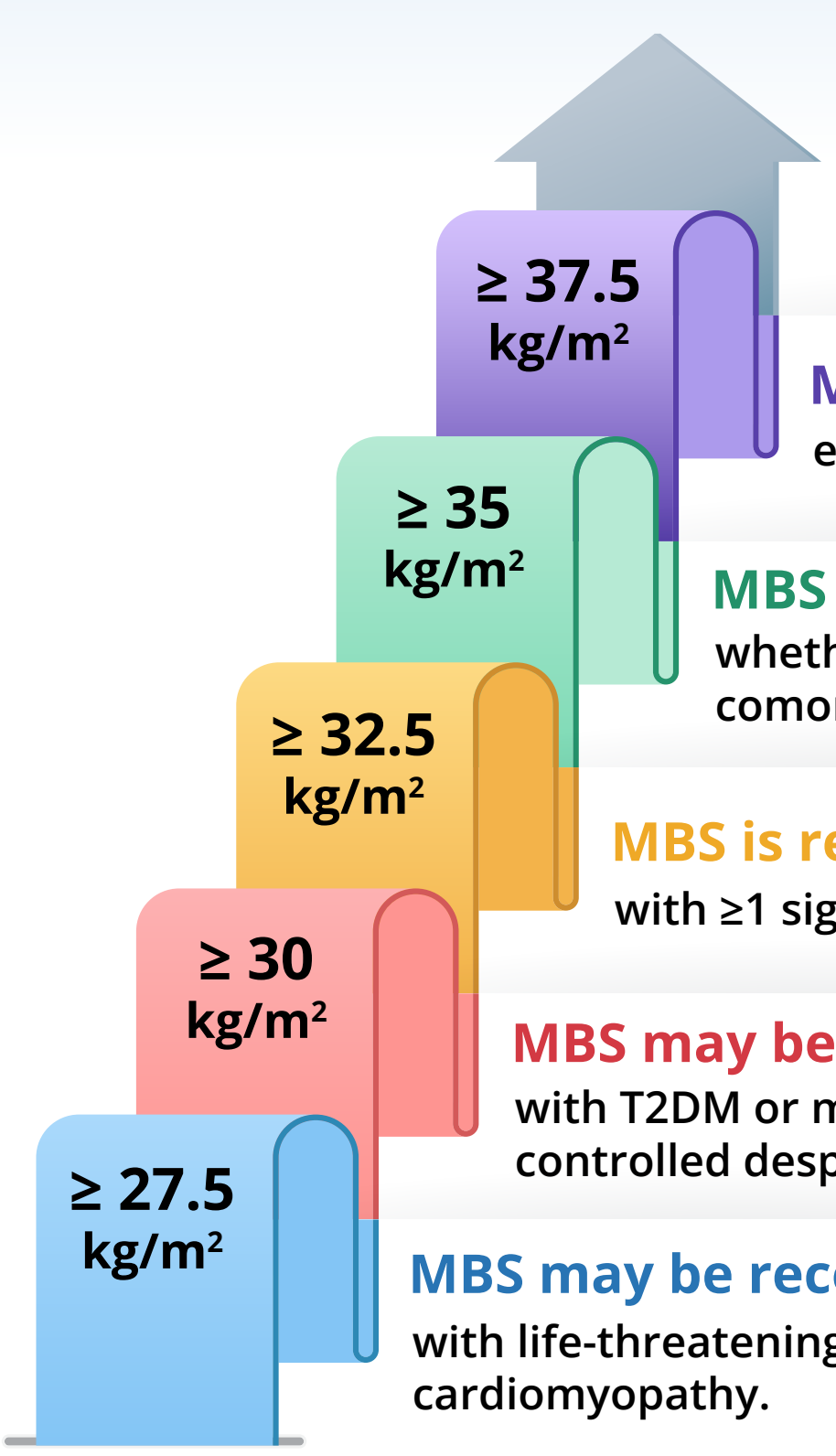
ObesiTalks

Understand. Assess. Act.

BARIATRIC SURGERY: INDICATIONS AND OUTCOMES

Who should be considered?

Based on BMI criteria and presence of comorbidities



MBS is strongly recommended
even in the absence of comorbidities.

MBS is highly recommended
whether there are obesity-related comorbidities or not.

MBS is recommended
with ≥1 significant obesity-related comorbidity.

MBS may be recommended
with T2DM or metabolic syndrome not adequately controlled despite appropriate management.

MBS may be recommended
with life-threatening disorders like T2DM, OSA or cardiomyopathy.

MBS: Metabolic and bariatric surgery; T2DM: Type 2 diabetes mellitus; OSA: Obstructive sleep apnea.

What can it achieve?



Weight loss



Glycemic management



T2DM remission



Improves cardiovascular disease risk factors



Reduced blood pressure



Improvement in OSA



Improves quality of life

References: 1. OSSI Guidelines for Bariatric and Metabolic Surgery. Internet. Available from: https://www.theossi.com/surgery-guidelines. 2. American Diabetes Association Professional Practice Committee for Diabetes*; 8. Obesity and Weight Management for the Prevention and Treatment of Diabetes: Standards of Care in Diabetes–2026. Diabetes Care 1 January 2026; 49 (Supplement_1): S166–82. 3. Dastjerdi P, Pourfaraji SM, Shayesteh H, et al. The role of bariatric surgery in hypertension control: a systematic review and meta-analysis with extended benefits on metabolic factors. BMC Cardiovasc Disord. 2025 Mar 24;25(1):213. 4. Alghamdi S, Mirghani H, Alhazmi K, et al. Roux-en-Y gastric bypass and laparoscopic sleeve gastrectomy effects on obesity comorbidities: A systematic review and meta-analysis. Front Surg. 2022 Dec 2;9:953804. 5. Bhandari V, Kosta S, Bhandari M, et al. Bariatric metabolic surgery: An effective treatment of type 2 diabetes. J Minim Access Surg. 2022 Jul-Sep;18(3):396-400.