

Standard Procedures for Asian Diabetes Surgery

Kazunori Kasama

Director, Weight loss and Metabolic Surgery Center, Yotsuya Medical Cube

Bariatric and Metabolic surgery arise even in Asia and is getting its popularity. More than 30,000 cases of bariatric/metabolic procedures were performed annually in Asia.

The most popular procedure in Asia is Sleeve Gastrectomy but its long-term results are still unclear for Asian. It is followed by Gastric bypass, including Mini-gastric bypass, and Adjustable Gastric Banding. Almost all surgery are done laparoscopically.

There is no gold standard procedure of bariatric surgery because each patient is not on the same level of obesity and /or metabolic disorders. Some may suffer from weight related problem and same may do from severe diabetes.

The single word “ Diabetes mellitus” covers various levels of severality of the disease. For example, one has DM history of 20 year with high dose of Insulin injection and some has just been diagnosed recently. Bariatric and metabolic procedures should be chosen depending on severality of DM.

Diabetes Surgery Score (ABCD score) is nice scoring system to reveal severality of DM and predictor of remission rate after surgery. Moreover DSS is one of the indicators of choice of the procedures. Bypass surgery revealed better outcome for low DSS patients than sleeve gastrectomy.

Gastric cancer after bariatric and metabolic surgery is one of the concerns in the country like Korea, China and Japan, which have high incident of gastric cancer. But both of Roux en Y Gastric bypass and Mini Gastric bypass have bypassed stomach that is not possible to be examined after the surgery. One of the advantages of sleeve gastrectomy is no bypassed stomach.

So that, the surgery with bypass effect and without bypassed stomach would be one of the option for Asian diabetic patients. We have started Laparoscopic sleeve gastrectomy with duodenal jejunal bypass and it reveals better metabolic outcome than sleeve gastrectomy alone especially for severe diabetes patients, also for non-morbid obese patients.