K3.3. The safety and benefits of laparoscopic sleeve gastrectomy in elderly patients: a case-world study

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Background: The majority of older population suffers from multiple comorbid conditions including obesity. Surgical interventions seem to be the most promising solution for the obesity problem.

Objective: The aim of the study was to evaluate the safety and effectiveness of LSG in a cohort of patients over the age of 60 years compared with matched controls under 40 years old.

Methods: A retrospective review of a prospectively collected database was conducted of patients >60 years who underwent a LSG. 23 patients aged >60 years were matched 1:1 with patients aged <40.

Results: The mean postoperative BMI at 12 months after surgery was significantly higher in study group (36.38 kg/m\(^2\) ± 7.07 vs 33.10 kg/m\(^2\) ± 5.65, p= 0.004). At 24 months the mean BMI was still higher in elderly group but without statistical significance (32.57 ± 9.45 versus 30.16 ± 4.8, p=0.081). No significant differences were observed between the elderly and
control groups in terms of the mean operating time (82.1 ± 28.0 vs. 77.2 ± 25.7, p = 0.687), length of stay (4.5 ± 1.9 days vs. 3.9 ± 1.5 days, p = 0.047), 30-day mortality rate (0% in both groups). A trend toward higher rate of diabetes improvement was observed in study group (29.4% vs 17.7%, p = 0.127) at 12 months. A rate of hypertension improvement was comparable in both groups (64.7% vs 64.7%, p = 0.346).

**Conclusions:** This study suggests that laparoscopic sleeve gastrectomy is safe and effective in patients with age over 60.