

## Experience of diabetes surgery in India

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### Abstract

Diabetes is believed to be a quintessential medical disease. The notion that surgery is effective and can lead to a virtual cure is a revolutionary concept that evolved when long term results of bariatric surgery started coming in. This led to a major shift in the goal of treatment from improving life with diabetes towards curing it. These reports have far reaching implications for a country like India which is the diabetic capital of the world. It is postulated that by 2025 there will be 57 million Indians suffering from type 2 diabetes mellitus. Almost 70% of the diabetics are overweight.

It is a well known fact that Asians have a higher body fat percentage as compared to their western counterparts. Asians are metabolically obese and tend to develop comorbidities like type 2 diabetes at a much lower weight. Visceral fat as measured by the waist circumference holds a lot more importance in Asians. In the wake of these observations 1<sup>st</sup> Asian consensus meeting on metabolic surgery was organized to contend the existing NIH criteria for defining obesity in the Asian perspective.

Presently laparoscopic roux-en-y gastric bypass (RYGB) and laparoscopic sleeve gastrectomy (LSG) are the most commonly performed bariatric procedures in India. Indian studies have shown about 98% resolution of type 2 diabetes after RYGB in morbidly obese. Recent reports suggest comparable results after LSG albeit it takes longer than after RYGB. Presently these procedures are being recommended for patients with a BMI of 32 and above with type 2 diabetes mellitus. It has also been recommended for patients with a BMI of 30 and above in conjunction with waist circumference and presence of comorbidities.

The contention is whether the same results can be simulated in diabetics who are not obese. Whether metabolic procedures like ileal transposition and duodenojejunal bypass will stand the test of time is yet to be seen. Trials are going on in various parts of the world. India has the biggest diabetic load and stands to benefit the maximum from any positive outcomes. There is immense hope riding on this concept as any positive results would prove to be a boon to the millions of diabetics who can then hope of a pill or insulin free life.