

Similar resolution of weight and biochemical aberrations in the first 24 months despite different bariatric procedures

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Introduction: Malabsorptive operations (Scopinaro/SCOP and duodenal switch/DS) are considered more effective than Roux-en-Y gastric bypass (RYGB) for weight reduction and biochemical normalization, but comparative studies are not common. **Objective:** In a single-center prospective study, outcome in the first two years was comparatively monitored. **Methods:** Patients (N=41) were submitted to three interventions (SCOP, DS and RYGB) according to clinical criteria. There were no differences regarding age (44 ± 11 years), gender (83% females) or preoperative BMI or body weight (BMI 46 ± 5 kg/m²). Measurements included hematologic counts, iron, ferritin, triglycerides, total cholesterol and fractions, and glucose., which were documented preoperatively and 1, 3, 6, 12 and 24 months after surgery. **Results:** Patients submitted to the Scopinaro modality exhibited higher preoperative BMI (not statistically significant), but difference leveled off after 12 months. By the same token most biochemical variables normalized between 6 and 12 months, so that after two years the three populations displayed similar numbers for all documented variables. **Conclusions:** All three techniques were followed by adequate clinical and biochemical response. Scopinaro candidates were somewhat heavier but reached comparable BMI at the end of the study. Differences between the operations were not obvious during 24 months, and should probably require longer follow-up and superobese participants to be detected.