

Abstract

Introduction: Obesity is a chronic metabolic disease that is often associated with a number of serious health complications such as DM2, cardiovascular disease, certain cancers, hypertension and many others. In order to treatment of obesity is successful a comprehensive and individualised approach is required. Bariatrics is currently considered the most effective method of treating obesity and associated comorbidities such as diabetes mellitus.

Objective: The aim of the bachelor thesis was to evaluate the average weight loss one year after surgery, to evaluate the average weight loss from maximum weight, to compare the changes weight loss in men and women and the same in diabetic and non-diabetic patients.

Method: The study sample consisted of 38 patients of the Obesity Center of the 3rd Internal Medicine Clinic of the VFN in Prague. Patients underwent bariatric surgery during 2019-2022. I retrospectively collected data from medical evidence about the weight development of patients from their maximum weight to one year after surgery.

Results: The mean EWL of the patients one year after surgery was $30,39 \pm 16,96$ %. The patients reduced their maximum excess weight (EWMAX) by $50,65 \pm 26,52$ and the maximum BMI decreased from $51,1 \pm 7,987$ (obese class III) to $36,93 \pm 7,623$ (obese class II). After 12 months men and women had reduced an average of 29.97 ± 23.54 kg and 21.72 ± 11.49 kg ($p=0,19$), respectively. Diabetic patients and non-diabetic patients reduced weight by 22.42 ± 22.67 kg and 28.96 ± 14.91 kg on average ($p = 0,3$).

Conclusion: Bariatrics plays an irreplaceable role in the treatment of obesity. The results of this bachelor thesis demonstrated its efficacy although higher weight loss could be expected. On the other hand patients were able to reduce weight significantly before surgery by conservative treatment which in some cases was supplemented with antiobesity drugs.

Key words: obesity, weight change, bariatric surgery, reduction, treatment of obesity