



Title	Pharmacological and Surgical Treatment of Obesity. Residential Treatment of Severely Obese Children in Belgium
Agency	KCE, Belgian Federal Health Care Knowledge Center Résidence Palace, 10th floor, Wetstraat 155, Block A, BE-1040 Brussels, Belgium; Tel: +32 2 287 3388, Fax: +32 2 287 3385; http://kce.fgov.be
Reference	KCE reports vol 36, 2006. http://kce.fgov.be/index_en.aspx?SGREF=5211&CREF=7296

Aim

To assess pharmacological (orlistat, sibutramine, rimonabant) and surgical treatment of obesity, and to analyze long-term residential care for severely obese children in Belgium.

Conclusions and results

There is no evidence on the effectiveness of orlistat, sibutramine, and rimonabant in treating obesity. Bariatric surgery is more effective than nonsurgical treatment for long-term weight loss and control of some comorbid conditions, particularly diabetes, in severely obese patients. However bariatric procedures differ widely in terms of long-term effectiveness and safety, and important gaps in scientific knowledge exist in this field. Risks can be high. There is no evidence that gastric banding has a better risk/benefit ratio than the current standard Roux-en-Y. Only severe obesity can justify the risks and uncertainties associated with bariatric surgery. A volume-outcome relationship has been described for most bariatric procedures including gastric banding. Long-term residential care of severely obese children (on average, 1 school-year) is effective in the short-term, but is very expensive, might have some disadvantages (less family involvement), and no data exist to assess its long-term effectiveness.

Recommendations

Orlistat, sibutramine, and rimonabant are weight-loss drugs, but should not be promoted as a chronic treatment for obesity. In Belgium, bariatric surgery should be reimbursed only for patients with a BMI ≥ 40 , or BMI ≥ 35 with documented diabetes, and practice of bariatric surgery needs to be strictly limited to 'centers of excellence'. Long-term effectiveness of residential care for severely obese children should be documented and funding reassessed in 5 years pending the results of this study.

Methods

Systematic review of the literature.

Written by Lambert M-L, Kohn L, Vinck I, Cleemput I, Vlayen J, Van De Sande S, Ramaekers D, Beguin C, Gerkens S, Thissen J-P, and Thimus D, KCE, Belgium