



Title **Bariatric Surgery in Diabetic Type 2 Patients With CMI 30 kg/m²**
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www.sergas.es/Docs/Avalia-t/avalia-t200901-2-cirugiadiabetes.pdf

Aim

To evaluate the usefulness of bariatric surgery in treating type 2 diabetes mellitus.

Conclusions and results

A significant reduction in glycosylated hemoglobin (HbA_{1c}) concentration (%) was observed in nonobese diabetic patients versus controls when biliopancreatic diversion or gastric bypass (GB) procedures were used. Control (reduction in HbA_{1c} %) was successfully achieved in most patients using type I or II laparoscopic sleeve gastrectomy. In one study, laparoscopic GB reduced the HbA_{1c}% from 9.4% to 8.5%, although there was marked variability among patients. In another study, however, the mean HbA_{1c} value (%) was significantly reduced ($p < 0.001$). The LAP-BAND® procedure resulted in resolution in 50% of patients and improvement in the remaining 50%.

Recommendations

An intense debate surrounds the inclusion criteria for this surgery (with assessments of low methodological quality for diabetic patients with BMI ≤ 30 kg/m²), as opposed to the abundant literature addressing and assessing the safety, effectiveness, and cost effectiveness of other types of preventive and therapeutic interventions. Hence, it is essential to identify the inclusion criteria to be applied when using these techniques on nonobese diabetic subjects.

Methods

In February 2010, we conducted a systematic review of the literature using the following databases: Cochrane Library Plus; NHS Centre for Reviews and Disseminations; Health Technology Assessment (HTA); Database of Abstracts of Reviews of Effectiveness (DARE); NHS Economic Evaluation Database (NHSEED); Clinical Trials; MEDLINE; and EMBASE. Papers were selected on the basis of pre-established inclusion and exclusion criteria.

The information was summarized in evidence tables, and study quality was assessed using a specific scale.

Further research/reviews required

Further research on bariatric surgery is needed to establish the clinical usefulness of this technique.