

**Laparoscopic Vertical banded gastroplasty  
Versus laparoscopic adjustable gastric  
Banding for the treatment of morbid obesity**

**Thesis**

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surgery

By

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## **SUMMARY AND CONCLUSION**

The Modifications in the original procedures and the development of new techniques led to 3 basic concepts for bariatric surgery which are Restrictive, Malabsorptive and Mixed procedures.

Laparoscopic adjustable gastric banding is a purely restrictive operation that relies on decreased amount of intake as the mechanism of weight loss, and less risk of malnutrition than with diversionary or bypass procedures.

Another example of gastric restrictive procedures is the vertical banded gastroplasty which is a purely restrictive procedure limiting the amount of solid food intake which leads to caloric deficit. The laparoscopic technique with proven efficacy and safety.

The present study aimed at comparing the feasibility, effectiveness and safety of vertical laparoscopic gastroplasty versus laparoscopic adjustable gastric banding for the treatment of morbid obesity.

Two groups were included in the study recruiting 20 patients with morbid obesity: The first group (A) comprised 10 patients who were operated upon by laparoscopic adjustable gastric banding and the second

group (B) consisted of 10 patients who were operated upon by laparoscopic vertical banded gastroplasty.

We were able to detect a statistically significant difference between both groups as regarding the operative time (  $P=0.01$  ) in favor of group (A).

In conclusion, both laparoscopic vertical banded gastroplasty and laparoscopic adjustable gastric banding are feasible, relatively safe and effective surgical therapies in terms of weight reduction for the treatment of morbid obesity with superiority of laparoscopic adjustable gastric banding in regarding its lower rate of morbidity and its lower revision rate with shorter operative time and shorter postoperative hospital stay.

However, due to the relatively small number of patients and short follow up periods, further studies are needed to assess the long term efficacy of the procedures and to define their merits relative to the comparator procedures.