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Ghrelin levels and bariatric surgery: A systematic review

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Obesity is a serious Health issue that affects many millions of people worldwide and is considered one of the most severe epidemics of the 21st century. Bariatric surgery is one of the most effective therapies for the tackle of obesity leading to a vast weight loss with many benefits for the Health of the patient. A range of bariatric procedures are in common use, including gastric banding, sleeve gastrectomy and the roux-en-Y gastric bypass. Several hormones involved in hunger, satiety and energy balance are affected by bariatric surgery, with the alteration in hormonal milieu varying by procedure. More specifically, ghrelin serum levels have been found to be affected by the different bariatric surgeries in many ways. Ghrelin, a peptide secreted primarily by the fundus cells of the stomach, has been found to impact body weight by its influence on appetite and food intake. Many studies through the years have tried to investigate the correlation between the bariatric surgery and the change of the serum ghrelin levels, yet there is not a clear view regarding this amount of change. In this systematic study, an extensive bibliographic search was implemented through the search databases Medline, Scopus, Cinahl and Pubmed with key words: Obesity, Roux-en-Y gastric bypass, Adjustable gastric band, Sleeve gastrectomy, Biliopancreatic diversion–pancreatic switch, Bariatric surgery, Weight loss, Ghrelin between 2007-2017. The majority of the studies showed that there was a decrease in postoperative serum ghrelin levels after different bariatric procedures at different follow-up times. In some of the studies, inverse relationship was found between the postoperative change in ghrelin and change in BMI, meaning that serum ghrelin levels increased after some specific bariatric surgeries. Moreover, a small number of studies found that there was no significant statistical change in postoperative serum ghrelin levels following the different bariatric procedures. Future studies are required in order to clarify the postoperative role of serum ghrelin in the reduction of BMI of obese patients.

Biography

Anastasia P Papachristou has completed her studies in the Kapodistrian University of Athens in the field of Robotic Surgery and in the Management & Administration of Health Units. Her field of expertise is International Medicine and Health Crisis management. She has participated in numerous missions with international organizations globally and she has been granted several awards both for her academic and humanitarian action.

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