Long-term outcome of laparoscopic adjustable gastric banding (LAGB): results of a Swiss single-center study of 405 patients with up to 18 years' follow-up

Fabrizio Vinzens, Ashley Kilchenmann, Valentin Zumstein, Marc Slawik, Martina Gebhart & Ralph Peterli

BACKGROUND
In the past, laparoscopic adjustable gastric banding (LAGB) seemed to be a promising bariatric procedure. However, many studies showed high rates of reoperation due to complications or insufficient weight loss. There is a lack of long-term studies with follow-up beyond 15 years.

OBJECTIVE
To conduct long-term follow-up of patients after LAGB and analyze their weight loss as a primary endpoint.

SETTING
Tertiary referral center for bariatric surgery, St. Claraspital, Switzerland.

METHODS
A retrospective analysis of prospectively collected clinical data in a cohort of 405 patients having undergone LAGB was performed.

RESULTS
A total of 405 patients (age 41±10 years, body mass index [BMI] 44.3±6 kg/m²) were treated with LAGB between 1996 and 2010. Mean follow-up was 13±3 years, with a follow-up rate of 85% (range 8-18 years), corresponding to 343 patients. One hundred patients exceeded 15-year follow-up. In 216 patients (63%), sleeve gastrectomy, gastric bypass, or biliopancreatic diversion with duodenal switch was performed as revisional surgery. Twenty-seven patients (8%) refused revisional surgery after band removal. Finally, 100 patients (29%) still have the band in place, with a mean BMI of 35±7 kg/m², corresponding to an excess BMI loss of 48±27%. Among these, the failure rate was 25%, according to the Bariatric Analysis and Reporting Outcome System (BAROS); 50% had a good to excellent outcome.

CONCLUSION
More than 10 years after LAGB, 71% of patients lost their bands and only 15% of the 343 followed patients with the band in place have a good to excellent result, according to BAROS.

type                journal paper/review (English)
date of publishing  29-04-2017
journal title       Surg Obes Relat Dis (13/8)
ISSN electronic     1878-7533
pages               1313-1319