Changes in quality of life (QOL) after adjustable gastric banding:
a prospective longitudinal assessment

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Patients and methods

240 consecutive patients included from May 2005 to September 2006
Prospective multicentre study: 13 French centers
MIDBAND® as a primary procedure

Followed-up:
each 6 months during 3 years
Weight loss, comorbidities,
Complications, adverse symptoms

SF36
preoperatively + each 6 months/ 3 years
SF-36 scores analysis:
- change over time
- compared with community norms
- longitudinal analysis (mixed-effect model)

PF - Physical Functioning
RP - Role Physical
BP - Bodily Pain
GH - General Health
PCS - Physical Component Score
VT - Vitality
SF - Social Functioning
RE - Role Emotional
MH - Mental Health
MCS - Mental Component Score
## Preoperative patient’s characteristics (n=226)

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<tr>
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<th>Mean ± SD</th>
<th>Range</th>
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<tr>
<td><strong>Age (years)</strong></td>
<td>37 ± 10</td>
<td>18 - 61</td>
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<tr>
<td><strong>Gender</strong></td>
<td>26/200 (88%)</td>
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<tr>
<td><strong>Weight (kg)</strong></td>
<td>112 ± 17</td>
<td>8 - 191</td>
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<td><strong>BMI (kg/m²)</strong></td>
<td>42 ± 5</td>
<td>35 - 60</td>
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<td><strong>Excess body mass (kg)</strong></td>
<td>51 ± 14</td>
<td>24 - 121</td>
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<td><strong>Comorbidities</strong></td>
<td>152 (67%)</td>
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<td><strong>Family history of obesity</strong></td>
<td>107 (53%)</td>
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Changes in weight loss

m EWL: 61%,
m EBMIL: 66%
Changes in comorbidities
At 3 years 94% of patients were satisfied and would undergo surgery again.
Changes in Quality Of Life (SF-36)
Changes in Quality Of Life (SF-36)
Changes in Quality Of Life (SF-36)

Mean values

Physical Component Scores

Individual values

Mental Component Scores
Changes in QOL and weight loss

**QOL**

Summary SF-36 scores (mean score, 95% CI)

- Physical Component Score (PCS)
- Mental Component Score (MCS)

Time after surgery (months):
- M0 (N=231)
- M6 (N=111)
- M12 (N=89)
- M18 (N=77)
- M24 (N=76)
- M30 (N=63)
- M36 (N=78)

**Weight loss**

Percentage of excess weight loss and excess BMI loss.
Multivariate analysis (mixed-model)

Improvement of QOL was affected by:
- BMI > 35 ++++
- presence of 1 comorbidity ++
- presence of upper GI symptoms +

Other variables with some effect on QOL change:
Age, gender, center
Conclusions

Gastric banding results in a significant improvement of QOL.

A turn to normal value can be expected at 1 year.

QOL improvement is strongly related to weight loss but there is no benefit to get a BMI<35 kg/m2.
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