

TITLE: Safety and outcomes of Roux-en-Y gastric bypass in a regional care center: a cohort of the 257 first patients

ABSTRACT

Background

Obesity is a major public health concern associated with significant comorbidities. Roux-en-Y gastric bypass (RYGB) is an effective surgical treatment, but outcomes outside of tertiary centers remain less documented. This study aimed to assess complication rates of RYGB in a newly established regional care center.

Methods

We conducted a retrospective review of 281 patients who underwent RYGB between January 2017 and December 2020. After applying exclusion criteria, 257 patients were included. Baseline characteristics, perioperative variables, postoperative complications, and weight loss outcomes were analyzed. Multivariable regression was performed to identify predictors of complications.

Results

The cohort included 257 patients (mean age 44.4 ± 10.4 years; 26.1% male; mean BMI 46.5 ± 6.9). At 12 months, patients achieved a mean total weight loss of 43.6 ± 15.3 kg and %EWL of 75.9 ± 21.6 . Sixteen complications (6.2%) were recorded, most frequently anastomotic stenosis ($n=5$) affecting a total of 15 patients. No staple line or anastomotic leaks occurred. Complication rates were not associated with surgeon, age, sex, or preoperative weight. Patients with a history of gastric band surgery did not experience postoperative complications.

Discussion

Low complication rates were achieved despite the regional setting and learning curve, suggesting that sufficient surgical volume and expertise can ensure safe outcomes comparable to tertiary centers.

Limits

Limitations include missing follow-up weights (38% of follow-up weight measures missing at 12 months) and the inability to record complications managed outside the studied center.