



# **Nutritional status before and after bariatric surgery in Landspítali**

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# Bariatric surgeries

- An option for the treatment of obesity (People with BMI  $\geq 40$  or BMI  $\geq 35$  with complications)
- Roux-en-Y Gastric bypass (RYGB)
- Sleeve Gastrectomy (SG)



Vertical Sleeve  
Gastrectomy  
(VSG)



Roux-en-Y  
Gastric Bypass  
(RYGB)



# Nutritional deficits after bariatric surgery

- Bariatric surgery can have positive effects on weight loss and comorbidities of obesity (for example Diabetes Mellitus type 2)
- Gastrointestinal changes after the surgeries makes patients vulnerable to develop nutritional deficiencies
- Most common deficiencies listed abroad are:
  - Vitamin B12, Vitamin D, calcium, iron, thiamine.
  - Has not been reviewed here in Iceland





## Aim of the study

- Observe nutritional status of patients who underwent bariatric surgery (SG and RYGB) in Landspítali 2001-2018, before and up to 18 months after surgery.
- Compare nutritional status of patients between years and between types of surgeries.





# Methods

- 968 participants
  - Undergone RYGB or SG from 2001-2018
- Nutrients from blood tests prior to surgery and 3-, 9- and 18 months after surgery
  - Vitamin D
  - Vitamin B12
  - PTH
  - Glucose
  - HbA1c





# Results

- Gives clues about:
  - The need for pre-op recommendations
  - Nutritional risks after surgeries
  - Changes in physical status after surgery
  - Patient's compliance after surgery
- Results can be used as a guide for further update on existing recommendations regarding nutrition and bariatric surgeries
- Results will be published in may





**Thank you!**



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