BODY CONTOURING

VIDEO COMMENTARY

Commentary on: Changes in Glucose Control and Lipid Levels Following Trunk- Based Body Contouring Surgery in Postbariatric and Nonbariatric Patients

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The effect of weight loss and bariatric surgery on comorbidities is well documented. In this article, the authors look at the effects of trunk-based body contouring (BC) surgery on metabolic changes, specifically on glucose and lipid levels, in non-bariatric and bariatric surgery patients.[1] The results of the study can assist with pre-operative patient counseling and highlight the need for further study in this area (Video).

The authors note a limitation that that they do not have a bariatric only comparable cohort. They also note that their post-bariatric cohort of BC patients regained significantly more weight than non-bariatric patients which would affect the results of this study. This contrasts with other studies which show post-bariatric BC patients have improved % total weight loss.[2,3] In addition, most of the patients still had higher BMI, gastric bypass over sleeve gastrectomy, and none had posterior contouring which can remove large excess fat stores in the flanks,[4] all of which would further affect weight control and metabolism.

We believe this is an important study to demonstrate that BC procedures removing skin and subcutaneous fat may not have the same metabolic effect as surgical or nonsurgical weight loss,[5] however, further study is needed. This is important when counseling patients about these procedures.

Supplemental Material

This article contains supplemental material located online at www.asjopenforum.com.

REFERENCES

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Audio Transcription:

Thank you so much to the Aesthetic Surgery Journal for allowing us to give this video commentary on this interesting article. My name is Dr. Kevin Small, I'm the director of Plastic Surgery for NYBG Plastic Surgery, a subsidiary of New York Bariatric Group.

And I'm Dr. Shuja Shafqat, plastic surgeon at NYBG Plastic Surgery and New York Bariatric Group.

The article, "Changes in Glucose Control and Lipid Levels Following Trunk Based Body Contouring in Post-Bariatric and Nonbariatric Patients" is a really excellent article looking at the metabolic effects of trunk based body contouring on glucose and lipid levels.

The authors looked at their cohort of post-bariatric surgery and nonbariatric patients that they followed for an average of 3.3 years, which an excellent timeline for monitoring these patients, and they measured their glucose levels and lipid levels before and after body contouring. They found that all patients had mild increases in glucose levels with a decrease in total cholesterol levels in patients who hadn't had bariatric surgery versus an increase in post-bariatric patients.

What's interesting is the authors mention that they published another study, which is in press, showing that their post-bariatric cohort of patients regained significantly more weight than their nonbariatric patients, which would affect the results of the study.

In addition to Dr. Shafqat's comments, there are a couple limitations of the study to mention. The author's noted they do not have a bariatric only comparable cohort. Also, most of the patients still had a higher BMI. In our practice, our post-bariatric patients typically have a body mass index of less than 30, unless they've lost over 100 lbs. Also, many patients had gastric bypass instead of sleeve gastrectomy and this would definitely affect their metabolism.

Also, we noticed that none of these patients had posterior contouring, like a lower body lift or belt lipectomy, and as we know these procedures can remove a lot of excess fat stores and subcutaneous fat around the flanks. And we know that excess fat stores can cause metabolic changes. So, removing that extra fat through a lower body lift or belt lipectomy can definitely affect the patient's metabolic profile.

Not only did they not discuss posterior contouring but the authors did not mention if any of these patients had liposuction in the panniculectomy or the abdominoplasty. Liposuction is an important adjunct for body contouring procedures. It removes these focal areas of unwanted fat and that would be a confounding variable for the outcomes of this study if these procedures were performed in conjunction with panniculectomy or the abdominoplasty.

Overall, this is a very interesting study looking at some of the metabolic changes that occur after trunk based body contouring. I think it's important to note that these procedures removing skin and subcutaneous fat really don't have the same metabolic changes that we know that weight loss does either with surgical or non surgical means and I think this is really important when counseling patients.

We have a lot of patients that come to our practice that are looking for body contouring procedures as a weight loss procedure and I think this article serves as an adjunct to tell patients that a body contouring procedure is not a weight loss procedure and patient's should be as close to their ideal body mass index before having a body contouring procedure because it really does not have significant impact on their metabolic outcomes.

Video still
165x100 mm (x DPI)