### Introduction

- Obesity is associated with increased prevalence of cardiovascular (CV) risk factors and mortality and the CV risk factors are known to reduce following bariatric surgery.¹
- Studies have shown a substantial improvement in lipid abnormalities and risk for CAD, which persists for at least 5 to 10 years after bariatric surgery.²
- The aim of this analysis was to determine the effect of bariatric surgery on CV risk factors and CV risk scores.

### Objectives

- To assess the cardiovascular risk factors among the patients with obesity.
- To assess the change in cardiovascular risk factors following sleeve gastrectomy among patients with obesity.

### Methodology

- Patients with BMI ≥ 40 without comorbidities and BMI ≥ 35 with comorbidities who have failed medical therapy and/or lifestyle interventions, were offered laparoscopic sleeve gastrectomy.
- Body weight, BMI, systolic (SBP) and diastolic (DBP) blood pressures and lipid profile were recorded preoperatively and repeated at 6 months, 9 months and 12 months following surgery.
- CV risk was calculated using Framingham’s CV risk score.

### Results

- Among the studied fifteen patients, 14 were females and one was male.
- Mean age was 40.07+/- 10.93
- Preoperatively 9 patients (60%) had dyslipidaemia and 7 (46.7%) had diabetes mellitus and 7 (46.7%) had hypertension (HT).
- Five (33.3%) were found to have Impaired Glucose Tolerance (IGT).

### Conclusions

- Cardiovascular risk factors, SBP, DBP, TG and HDL-C showed significant improvement 12 months following bariatric surgery.
- CV risk score showed a statistically non significant reduction after one year following bariatric surgery.

### References

2. AACE/TOS/ASMBS Bariatric Surgery Guidelines, Endocr Pract. 2008;14(Suppl 1)