Short-term results of single-port sleeve gastrectomy in adolescents with severe obesity
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Background
Dietary and lifestyle modifications commonly proposed to overweight or obese youth lack efficacy in those with severe obesity. Early results with bariatric procedures in obese adolescents suggest that weight loss and safety are comparable or better than those seen in adults. One of these procedures, laparoscopic sleeve gastrectomy, is commonly performed using multiple ports. We selected single port sleeve gastrectomy (SPSG) as a minimally invasive surgery to be tested in severely obese adolescents.

Objective and hypothesis
To evaluate efficacy and safety of SPSG in severely obese adolescents.

Patients and Methods
Prospective clinical and biochemical data were collected from 16 young severely obese patients who underwent SPSG (mean age 17.5 years, 12 girls, 4 boys. LSG was performed using a single-port procedure.

Results
Median operating time was 66 minutes. There were no intraoperative complications. No conversion to open surgery was required. No patient required additional trocars. No patient had postoperative complications. The median hospital stay was 3 days.

During a median follow-up of 14.0 months, weight decreased by 40.33 Kg, resulting in a decrease of Excess Weight Loss by 70.61%. Insulin-resistance decreased in all patients and hypertriglyceridemia in 5/6.

Conclusions
SPSG seems safe and effective in the short term in severely obese adolescents.

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Disclosure statement
none of the authors have conflict of interest to declare.