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## Lifestyle, diabetes and metabolic after bariatric surgery: A 5 years clinical dietitian intervention experience and report in Abu Dhabi, UAE

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Loss of weight is linked with short-term improving and prevention of metabolic risk, but whether these benefits persist over time among UAE national subjects post-bariatric is unknown. The prospective, controlled UAE obese subjects study involved obese subjects who underwent gastric surgery and matched with traditionally treated obese control subjects (weight reeducation diet care plan). We report follow-up data for subjects (mean age 30 years; mean body-mass index, 40) who had been followed by a clinical dietitian for 1-2 years (200 subjects) or before the analysis (August 1, 2017). The follow-up rate for laboratory examinations was 80.6% at 2 years. Follow up with dietitian clinic after one and two years, the weight had increased by 0.3% in the control group (diet care plan) and had decreased by 24% in the bariatric surgery group. After 2 years, the weight had increased by 1.6% and decreased by 16%, respectively. Food intake was lower and the physically active subjects higher in the surgery group than in the control group during the observation period. Two year rates of recovery from diabetes, hypertriglyceridemia, low levels of high-density lipoprotein cholesterol, hypertension and hyperuricemia were more positive in the surgery group than in the control group. The surgery group had lower 2-year incidence rates of diabetes, hypertriglyceridemia and hyperuricemia than the control group with considering nutrition intervention and education in both. As compared with usual therapy, bariatric surgery appears to be a good option for the treatment of severe obesity, resulting in long-term weight loss, improved lifestyle, reducing the risk factors with subjects with bariatric surgery in consideration the good follow-ups of medical nutrition-dietitian clinic interventions in both subjects.

### Biography

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