

Question 13E: What is the evidence that other types of interventions in obese adults effect a change in weight loss?

Ref#	Design	Demographics	Intervention	Baseline	End of treatment/Follow-up	Mean change between group (95%CI)	Complications
Hogan 733	Randomized: yes Self-selected: yes Included: >50 lbs overweight	N: 59 Female: 48 Mean age: 35 Mean weight: 243.2 lbs	1. Sham 2. Garren-Edwards gastric bubble x 12 weeks	not given	1. -17.20 lbs 2. -18.70 lbs	<u>2vs1</u> 1.5 *unable to estimate 95% CI p<0.05 per author	No clinically significant complications. At endoscopy: 4 patients had tears at the gastroesophageal jct in Balloon group. Two patients had small gastric ulcers in antrum in group 1.
Benjamin 756	Randomized: yes Self-selected: yes Included: >130% IBW	N: 90 Female: not given Mean age: 38.7 Mean weight: 255.1 lbs	1. Sham-Bubble 2. Bubble-Sham 3. Bubble-Bubble *Cross-over for 12 weeks Garren-Edwards	not given	1. -12 lbs 2. -19 lbs 3. -14 lbs *after first 12 weeks	<u>2vs1</u> 7 lbs p=0.3 <u>3vs1</u> 2 lbs p=0.6 *unable to estimate 95% CI	While GEGB in place, 26% gastric erosions, 14% gastric ulcer, 7% deflation with spontaneous passage, 2% deflation with small bowel obstruction. During removal, 11% Mallory-Weiss tear.
Mathus-Vliegen 757	Randomized: yes Self-selected: no Included: BMI >50, body weight at least 150 kg	N: 28 Female: 13 Mean age: 33.3 Mean weight: 172.2 kg	1. Balloon Sham 2. Sham-Balloon 3. Balloon-Balloon 4. Sham-Sham *Cross-over for 16 weeks each period	not given	First 17 weeks 1,3. -36.3 kg 2,4. -39.8 kg Last 17 weeks 1,4. -12.6 kg 2,3. -10.5 kg	<u>17 weeks weight kg</u> <u>2,4vs1,3</u> -3.50 (95% CI -8.10, 1.10) <u>35 weeks weight kg</u> <u>2,3vs1,4</u> 2.10 (95% CI -3.76, 7.96)	There were only infrequent and minor gastric complications; no bleeding or intestinal obstruction or intestinal passage
Andersen 515	Randomized: unclear Self-selected: unclear Included: >60% overweight	N: 60 Female: 50 Mean age: 33.9 Mean weight: 117.4 kg	1. VLCD 2. Horizontal gastroplasty and diet	not given	Median wgt loss at 9 months 1. -22 kg 2. -26.1 kg	<u>2vs1</u> 4 kg p=ns *unable to estimate 95% CI	Vomiting was significantly more common in group 2, whereas irritability and low spirits were more frequent in VLCD group. Subphrenic abscess in 2 patients in group 2.
Andersen 516	Randomized: yes Self-selected: no Included: morbidly obese but not defined	N: 74 Female: 60 Mean age: 34 Mean weight: 125.1 kg	1. Horizontal GP 2. Vertical GP	1. 90.6 2. 90.1	<u>at 1 year</u> 1. -1.0 2. -9.70	<u>2vs1</u> 8.7 p<0.0005) *unable to estimate 95% CI	Early outlet obstruction (14% in group 1), severe dyspepsia (9% both groups), occasional vomiting (57% vs. 18% in vertical and horizontal respectively).
Naslund 518	Randomized: unclear Self-selected: unclear Included: morbidly obese Broca index >1.50	N: 57 Female: 51 Mean age: 36 Mean weight: 117.5 kg	1. Gastroplasty 2. Gastric bypass	1. 117.8 2. 117.7	<u>at 1 year</u> 1. -29.88 2. -42.28 <u>at 2 years</u> 1. -27.6 2. -42.9	at 1 year: <u>2vs1</u> p<0.001 at 2 years <u>2vs1</u> p<0.001	Post-op <30 days Group 1: 1 pleural effusion, 7 infection Group 2: 2 splenectomy, 2 pleural effusion, 7 infection, 1 anastomose leakage, 1 wound dehiscence Post-op (2-12 months) Group 1: 6 GI complications, 2 gallbladder-related complications

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					<u>at 3 years</u> 1. -24.7 2. -38.4	at 3years <u>2vs1</u> p<0.001	Group 2: 4 GI, 1 gallbladder
Viddal 706	Randomized: unclear Self-selected: unclear Included: weight not specified	N: 21 Female: 20 Mean age: 34 Mean weight: 110.4 kg	1. End to side jejunoileostomy 2. End to end jejunoileostomy	not given	<u>18 months</u> 1. -37 2. -40	<u>2vs1</u> 3 kg p=0.026 *unable to estimate 95%CI	In the EE group, one patient died 6 weeks post-op of peritonitis due to anastamotic leak. Four patients in EE group were reoperated on because of therapy-resistant electrolyte deficiency.
Stokholm 692	Randomized: unclear Self-selected: no Included:>180% IBW	N: 134 Female: 113 Mean age: 31.7 Mean weight: 125.2 kg	1. Conventional diet 2. Jejunioleal bypass (end to side)	1. 129 2. 124	<u>at ≈ 2 years</u> 1. 119 2. 81.2 * median	<u>2 vs 1</u> weight kg -32.80 (95% CI -64.21, -1.39)	Not mentioned
Lechner 521	Randomized: unclear Self-selected: unclear Included: >100 lbs over IBW	N: 100 Female: 91 Mean age: 35.6 Mean weight: 266.2 lbs	1. Gastric partition 2. Gastric exclusion	1. 265.9 lbs 2. 266.6 lbs	<u>at 1 year</u> 1. -73.8 2. -99.6	<u>2 vs 1</u> p<0.05	Reoperation for staple line breakdown or inadequate weight loss was done in 6 GP and 1 GE patient. There was 2 leaks with GP (1/2 underwent sx again) and one with GE (patient died). Patients with complications: 21/50 in group 1 and 16/50 in group 2.
Pories 522	Randomized: yes Self-selected: unclear Included: morbidly obese; twice normal weight	N: 87 Female: 69 Mean age: 35.4 Mean weight: 298.2 lbs	1. Gastric bypass 2. Gastric partition	1. 287.6 lbs 2. 308.5 lbs	<u>at 1 year</u> 1. -108.5 2. -68.3	<u>2vs1</u> p<0.001 <u>12 months weight kg</u> <u>2vs1</u> : 40.20 (95% CI, 26.51, 53.89) <u>72 weeks weight kg</u> <u>2vs1</u> : 47.10 (95% CI, 29.16, 65.04)	There were 5 cases of stenosis of the anastomosis in the patients with gastric partition (11%) whereas none in gastric bypass. Psychological depression occurred in 6% of the gastric partition, 10% in the gastric bypass.
Laws 520	Randomized: yes Self-selected: unclear Included: morbidly obese twice IBW	N: 53 Female: not given Mean age: not given Mean weight: not given	1. Roux en Y gastrojejunostomy 2. Gastric partitioning procedure	not given	at 12 months mean wgt/initial wgt 1. 0.65 2. 0.84	<u>2 vs 1</u> p=0.0001	Late complications: Group 1: 2 vomiting, 1 stoma stenosis, 2 hypoglycemia, 1 wound hernia, 1 ureteral stone, 2 stomal ulcer Group 2: 3 vomiting, 1 stoma stenosis
Brolin	Randomized:	N: 45	1. Roux en Y Bypass	1. 393 lbs	<u>At 6 months</u>		

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517	unclear Self-selected: unclear Included: 200 lbs > IBW	Female: 33 Mean age: 37.5 Mean weight: 398.6	2. Long limb modification of Roux en Y Bypass	2. 404 lbs	1. -88 2. -104 At 1 year 1. -118 lbs 2.-140 At 72 weeks 1. -133 2.-161 At 2 years 1. -117 2.-168 At 3 years 1.-115 2.-165 At 4 years 1. -140 lbs 2. -159 lbs	<u>2 vs 1</u> No statistics available <u>2 vs 1</u> No statistics available <u>2 vs 1</u> No statistics available <u>2 vs 1</u> p<0.02 <u>2 vs 1</u> p<0.02 <u>2 vs 1</u> No statistics available	
Hall 519	Randomized: yes Self-selected: no Included: >160% IBW; multiple failed attempts	N: 310 Female: 258 Mean Age: 34.3 Mean Weight: 112.3	1. Gastriokasty 2. Gastrogastronomy 3. Roux en Y Bypass	1. 112 2. 110 3. 115	<u>At 1 year</u> 1. -36 2. -29 3. -42 <u>At 2 year</u> 1. -37 2. -24 3. -44	No statistics available Weight kg <u>2 vs 1</u> 3yr 18.0 (11.05, 20.95) Weight kg <u>3 vs 2</u> 3yr -22.00 (-27.16, -16,84) Weight kg <u>3 vs 1</u> 3yr -6.00 (-10.60, -1.40) Weight kg <u>2 vs 1</u> 2 yr -31.00 (-35.09, -26.91) Weight kg <u>3 vs 2</u> 2yr -20.00 (-24.67, -15.33)	Death: 2, one adenocarcinoma of colon, one hemorrhagic complication after cholecystectomy. No patient died in periop.

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						Weight kg <u>3 vs 1</u> 2yr -51.00 (-55.37, -46.63) Weight kg <u>2 vs 1</u> 12 mos (3.04, 10.96) Weight kg <u>3 vs 1</u> 12 mos -6.00 (-10.00, -2.00) Weight kg <u>3 vs 2</u> 12 mos -13.00 (-17.36, -8.64)	

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