



Extended Research Article

Roux-en-Y gastric bypass, adjustable gastric banding or sleeve gastrectomy for severe obesity: The By-Band-Sleeve randomised controlled trial

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Plain language summary

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Background

People who are overweight or obese may benefit from surgery to lose weight (bariatric surgery), improve quality of life and health. While several operations are available, it is uncertain which procedure leads to the best results for patients and the National Health Service.

Who participated?

One thousand three hundred and forty-six adults with severe obesity referred for bariatric surgery from 12 hospitals in the United Kingdom.

What was involved?

The people who took part were allocated by chance to one of three surgical procedures aimed at achieving weight loss: gastric bypass, gastric band or sleeve gastrectomy. Participants were followed up for 3 years. We collected information on weight loss, blood markers, diet, hospital visits and safety information (e.g. side effects) over this period. Participants were also asked to complete questionnaires about their health-related quality of life and income.

What did the trial find?

The people having bypass surgery and sleeve surgery had greater weight loss and better quality of life at 3 years compared to those people having band surgery. Bypass surgery led to greater weight loss compared to sleeve surgery. There were fewer side effects after sleeve surgery compared to bypass and band surgery. Bypass surgery was found to provide the best value for money for the National Health Service.

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This article

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