Bariatric surgery in patients with diabetes and body mass index less than 35 kg/m2

BlueCross BlueShield Association

Record Status
This is a bibliographic record of a published health technology assessment. No evaluation of the quality of this assessment has been made for the HTA database.

Citation
BlueCross BlueShield Association. Bariatric surgery in patients with diabetes and body mass index less than 35 kg/m2. Chicago: BlueCross BlueShield Association (BCBS). TEC Assessment 27(2). 2012

Authors' objectives
The overall objective of this Assessment is to determine whether bariatric surgery improves outcomes for diabetic patients with BMI less than 35 kg/m2. A second objective is to determine the comparative efficacy of different bariatric surgery procedures in this population of patients.

Authors' conclusions
Except for gastric bypass, there is insufficient evidence to come to firm conclusions regarding the efficacy of bariatric procedures for diabetes in patients with BMI less than 35 kg/m2. Despite the variation in remission rates between 9 case series, a large proportion of subjects in each study obtain remission of diabetes without medications. Given the natural history of diabetes, it is very difficult to achieve a remission of diabetes with lifestyle and dietary changes. With medication, it is difficult to achieve a level of diabetes control that is otherwise the equivalent of remission in terms of achieved HbA1c levels, lipid levels, and glucose levels. Although the long-term outcomes of gastric bypass in terms of occurrence of complications of diabetes has not been directly observed, knowledge of long-term outcomes of gastric bypass in the morbidly obese make it likely that the improvement of diabetes status is durable and patients' health outcomes will improve. Gastric bypass is a well-established procedure for the morbidly obese, in whom the risk/benefit profile has been deemed acceptable for appropriately selected morbidly obese subjects. The risk/benefit profile for diabetic subjects is likely to be similar.

Final publication URL

Additional data URL

Indexing Status
Subject indexing assigned by NLM

MeSH
Bariatric Surgery /methods; Blue Cross Blue Shield Insurance Plans; Body Mass Index; Diabetes Mellitus /surgerys; Obesity /surgery; Remission Induction /methods; Technology Assessment, Biomedical; Treatment Outcome; United States; Weight Loss

Language Published
English

Country of organisation
United States

English summary
An English language summary is available.
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AccessionNumber
32013000448

Date abstract record published
20/06/2013