

### **Question 6 – September 11**

What is true about obese patients contemplating surgical therapy for GERD?

- A. Duodenal switch is the preferred surgical therapy.
- B. Laparoscopic adjustable gastric banding has shown the best propensity for sustained weight loss in this population.
- C. Roux-en-Y gastric bypass would be the preferred surgical therapy in these patients.
- D. All patients with significant obesity should be considered for laparoscopic fundoplication over bariatric surgery.
- E. Obese patients getting sleeve gastrectomy have shown consistent improvement in pre-existing GERD long-term.

**Answer: C**

The 2013 ACG guidelines recommend: "Obese patients contemplating surgical therapy for GERD should be considered for bariatric surgery. Gastric bypass would be the preferred operation in these patients. (Conditional recommendation, moderate level of evidence)". Sleeve gastrectomy has shown more recent concerns for increasing GERD and GERD complications.

#### **Reference**

Guidelines for the diagnosis and management of gastroesophageal reflux disease. Katz PO, Gerson LB, Vela MF. Am J Gastroenterol. 2013 Mar;108(3):308-28.