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Dumping Syndrome: Case Series of Uncommon Incidence Following Laparoscopic Sleeve Gastrectomy (LSG)

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Introduction: Dumping syndrome (DS), which is categorized into “early” or “late” based on the onset of symptoms, is a clinical impediment characterized by postprandial discomfort, including nausea, abdominal pain, diarrhea, feeling hot, dizziness, syncope, hypotension, palpitations, hypoglycemia and tremors, following bariatric-surgery. The condition is well known and with increasing number of operations as a treatment for morbid obesity the situation warrants additional attention provided by healthcare professionals. Data on incidence of DS following Laparoscopic Sleeve Gastrectomy (LSG) is scarce. The majority of studies have so far focused on DS post Gastric bypass surgery.

Objective: The purpose of this case series is to demonstrate the observation of early dumping syndrome in Qatari patients following Laparoscopic Sleeve Gastrectomy (LSG), to plan for and expand available treatment options

Results: The majority of patients had mild-moderate symptoms with only one case presenting with severe symptoms that required hospitalization (5th patient) as blood sugar was very low (36-45 mg%) with very low potassium (2-2.5 mmol). Of the five patients, the first four responded to the diet modification with two required adding Acarbose oral tablets to control their symptoms. The fifth patient with severe symptoms had to undergo more intense therapy to control the symptoms, including administration of intravenous fluids, electrolytes correction, Acarbose, Octreotide and symptomatic treatment for abdominal pain and nausea as well as the usual diet modification and nutritional supplement.

Conclusion: DS is a serious condition and patient education should focus on raising the awareness of potential complications. providers must have the knowledge and expertise to predict and deal with such ailment that may require medication for critical cases.