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The effect of bariatric surgery on hypothyroidism – Sleeve gastrectomy vs Gastric bypass

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Highlights:

- 90 of 1756 (5.1%) patients undergoing bariatric surgery (LSG or LRYGB) had a prior diagnosis of hypothyroidism and were included in the study. 61 patients underwent LSG and 29 LRYGB.
- 40 patients (45%) had deranged TSH levels (>4.5 mU/L) with a mean TSH of 6.6 ± 1.9 mU/L (range 4.5-13.8). 89% (79) patients were treated with thyroid hormone replacement therapy (HRT), with an average dose of 114 (25-500) μg a day. Thyroid function levels taken at mean time of 9 ± 9 months after surgery have shown that 79% of all patients had a decrease in their TSH levels. A 45% decrease in TSH level was recorded.
- An overall decrease of HRT doses was seen in 42% of patients with an average dose decrease of 52% from 149 ± 87 to 80 ± 63 $\mu\text{g}/\text{d}$ ($P < 0.01$). 10% (8) of patients had stopped taking the medication completely with subsequent normal thyroid functions.
- All patients with deranged TSH prior to surgery ($\text{TSH} > 4.5$ mU/L) had normal TSH levels after surgery in both groups. The percentage of patients that needed less HRT doses and the mean dose decrease was similar in both groups. However, the percentage of patients that stopped HRT completely was significantly higher in the LSG group.



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