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## LONG TERM RESULTS (10 AND MORE YEARS) AFTER ADJUSTABLE GASTRIC BANDING OPERATION FOR TREATMENT OF OBESITY

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**Background and aim.** This paper provides an in-depth analysis of the long-term outcomes of Laparoscopic Adjustable Gastric Banding as a treatment option for obesity based on a comprehensive review of clinical data and patient follow-ups spanning several years. LAGB, known for its minimally invasive approach and adjustability, presents itself as an option for bariatric surgery for weight management.

The primary focus of this systemic review lies in the significant differences in outcomes of the analyzed papers. Excess weight loss percentages of 16.9 to 68.1% are extensive margins that should be analyzed regarding their differences in the clinical setting.

**Materials and methods.** The paper applies the PRISMA guidelines to systematically review literature. After screening over 2,000 studies, 14 met the inclusion criteria, focusing on patient follow-up of at least 10 years, with data collected on weight loss, complications, and reoperation rates.

**Results.** The results present a statistical analysis of long-term outcomes following Laparoscopic Adjustable Gastric Banding. It highlights considerable variability in patient numbers, study designs, countries, and follow-up rates, with excess weight loss ranging from 16.9% to 68.1%, and a general trend of more female than male patients. Complication rates varied significantly, with band removal ranging from 3.2% to 59.4% and reoperation rates from 20.4% to 78%. Studies showed inconsistent reporting on complications like slippage, leakage and intolerance. Most studies though emphasized that the shift from perigastric to pars flaccida surgery technique impacted outcomes positively. Operation materials and follow-up schedules varied widely, emphasizing the importance of long-term monitoring and patient contact for the effectiveness and safety of the procedure.

**Conclusions.** Laparoscopic adjustable gastric banding has advantages and disadvantages and can be a viable weight loss option for certain patients, though it is mainly praised in shorter terms (<5 years). It does require a committed approach to postoperative care and lifestyle changes from the patient. After careful patient selection and management of potential complications, it might be a viable option to optimize long-term success, not just the short-term, when given the right circumstances.

**Keywords.** Laparoscopic adjustable gastric banding, Review, Long term, 10 and more years