Exercise targeted at the level of maximal lipid oxidation (LIPOXmax) improves weight loss, decreases orexigenic pulsions and increases satiety after sleeve gastrectomy

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Author(s): Jean-Frédéric Brun*, Valentin Lasteyrie, Lylia Hammoudi, David Nocca, Edouard Ghanassia, Philippe Noirez, Constance Chevalier, Jacques Mercier and Eric Raynaud de Mauverger

Background and Purpose: Sleeve gastrectomy is a major therapy of morbid obesity, but recent reports suggest that its effects on weight loss are improved when patients increase their muscular activity, while a weight regain may occur in more than 30% of patients after 40 months. Exercise is an effective mean of preventing weight regain. In a recent preliminary study, w ...

Comparison of Resting Metabolic Rates: Calculated using predictive equation and measured using Portable Indirect Calorimeter

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Author(s): Yue Deng* and Barbara J Scott*

Objective: The aim of this research was to examine differences between measured RMR from a portable indirect calorimetry device and calculated RMR from the predictive equation. Methods: Seventy-nine participants were recruited for the study. RMR measures with the portable IC device were compared with RMR values calculated using Mifflin-St. Jeor Equation (MSJE). Subj ...

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A Switch to the Duodenal Switch

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Author(s): Aniceto Baltasar*, Nieves Pérez, Rafael Bou, Marcelo Bengochea and Carlos Serra

Background: Duodenal Switch (DS) is a procedure that combines a Sleeve-Forming Gastrectomy (SFG) plus a biliopancreatic diversion (BPD) for the treatment of morbid obesity (MO) with a higher weight loss and resolution of comorbidities. Objectives: Report our experience with 950 consecutive DS operations performed from 1994 to 2016. Setting: Mix of teaching and priva ...

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