



## **Complications of Biliopancreatic Diversion with Duodenal Switch (BPD/DS) in Obese Patients with Type 2 Diabetes**

*Mr Akash Maurya<sup>1</sup>, Dr.Jomet George<sup>2</sup>*

<sup>1</sup> Research Scholar, Malwanchal University, Indore.

<sup>2</sup> Research Supervisor, Malwanchal University, Indore.

### **Introduction :**

A major worldwide health concern, obesity is directly related with various metabolic diseases, most importantly Type 2 diabetes mellitus (T2DM). These two disorders aggravate one another, hence their treatment becomes difficult. An efficient method for weight reduction and metabolic condition improvement—including T2DM—has become bariatric surgery. Achieving long-term weight reduction and glycaemic control among the surgical choices, Biliopancreatic Diversion with Duodenal Switch (BPD/DS) is among the most successful one. Like any surgery, BPD/DS does, however, have hazards and consequences, especially in obese individuals with T2DM.

With an eye towards a thorough knowledge of the hazards involved in the operation and to enable healthcare practitioners to better manage post-operative care, this paper investigates the problems related with BPD/DS in obese patients with T2DM.

**Biliopancreatic Diversion with Duodenal Switch (BPD/DS) Review**

Combining restrictive and malabsorptive systems, BPD/DS is bariatric surgery. It involves two main phases:

A sleeve gastrectomy reduces the stomach to a narrow tubular pouch, therefore limiting the food a patient may consume.

Bypassing a large section of the small intestine, the duodenal switch modulates the usual digestion process so that calories and nutrients are absorbed in a shorter section of the gut.

Reduced stomach size and changed nutrition absorption together encourage significant weight reduction and metabolic alterations. Studies have indicated that BPD/DS is very successful in improving glycaemic control in obese individuals with T2DM, usually resulting in full remission of diabetes in a good number of patients.

**BPD/DS Benefits for Obese T2DM Patients**

One should first know why BPD/DS is selected to treat obese people with T2DM before talking about problems. It has numerous main advantages.

- **Effective Weight reduction:** For very obese individuals especially, BPD/DS causes significant and steady weight reduction.
- **Enhanced Glycaemic Control:** Often resulting in T2DM remission, BPD/DS has been proven to cause quick and significant drops in blood glucose levels.
- **Minimising Comorbidities Associated to Obesity:** Apart from diabetes, BPD/DS helps other disorders connected to obesity like dyslipidaemia, sleep apnoea, and hypertension.

Although many patients find BPD/DS appealing given these advantages, one should take careful consideration of the possible hazards and problems.

**BPD/DS Complications in Obese T2DM Patients**

Though BPD/DS has several benefits, its malabsorptive character and the difficult surgical procedures needed are linked to many problems. Early post-operative complications and long-term problems are two groups into which the complications fall.

### **1. Early Complications after Operation**

Early on after surgery is the first thirty days. Patients run many problems during this period; some of them might be fatal if not controlled right once.

#### **A. Surgical Complications**

- **Leaks via anastomosis:** A leak at the place where the intestines or stomach are sutured together is among the most severe consequences. If not treated quickly, this might cause peritonitis, sepsis, and even death.
- **Intra-abdominal abscesses** are localised infections brought on by leaks or surgical damage. They would call for antibiotic treatment or drainage.
- **Bleeding:** Either from ulcers in the gastrointestinal system or from the surgical site, post-operative bleeding is possible.
- **Bowel Obstruction:** Additional surgery may be necessary depending on adhesions or kinks in the intestines causing a blockage that results in nausea, vomiting, and stomach discomfort.

#### **B. Complications on Respiration**

- Pulmonary Embolism: Obese people run more risk for blood clots; after surgery, they can develop pulmonary embolism, in which case a blood clot moves to the lungs and causes extreme trouble breathing.
- Atelectasis: Patients who have restricted movement and discomfort after surgery may develop atelectasis, a disorder wherein part of the lung collapses and increases their risk of pneumonia.

### C. Contagion

- Surgical Site Infections (SSI): Common in obese individuals, these infections at the incision site might cause delay of recovery. Because of compromised immune system and inadequate blood flow to the adipose tissue, obesity increases a risk for wound infections.

### D. Nutritional Insufficiency

- Malabsorption may cause dietary deficits even in the early post-operative phase. Particularly in situations of severe vomiting or diarrhoea, patients might need intravenous nutrients.

## 2. Extended Conflicts

Patients' quality of life may be much affected by long-term consequences of BPD/DS. Usually connected to the malabsorptive character of the operation, which affects the absorption of vital nutrients, these difficulties arise.

### A. Nutritional Shortfalls

Malnourishment is the most often occurring long-term consequence after BPD/DS. Usually occurring in the small intestine, the duodenal switch avoids most nutritional absorption. Patients therefore run great danger for deficits in numerous important vitamins and minerals.

BPD/DS restricts the absorption of proteins, hence patients could develop muscular atrophy, weakness, and immunological malfunction. One of the most severe side effects is protein-calorie malnutrition, which can need for either parenteral or enteral nourishment.

After BPD/DS, vitamins A, D, E, and K—fat-soluble vitamins—are generally poorly absorbed, resulting in disorders including night blindness (vitamin A deficiency), bone demineralisation (vitamin D insufficiency), and coagulopathies (vitamin K shortage).

- Iron Insufficiency Anaemia: Patients run the danger of anaemia, which may show up as pallor, tiredness, or dizziness, from poor absorption of iron and vitamin B12. Often in the form of intravenous infusions, iron supplementation is routinely needed.

Following BPD/DS, calcium absorption is compromised, which causes bone demineralisation and increases osteoporosis and fracture risk.

### B. Dumping Syndromia

When food—especially sugar—moves too fast from the stomach into the small intestine, dumping syndrome results. A fast insulin response brought on by this might produce hypoglycemia. Among the symptoms include nausea, stomach trouble, diarrhoea, perspiration, and vertigo.

### C. Steatorrhea and diarrhoea

Patients with malabsorption of fats may have steatorrhea—fatty stools—and persistent diarrhoea. Dehydration, electrolyte abnormalities, and even more nutritional deficits may follow from this. Particularly troubling is persistent diarrhoea as it may interfere with everyday activities and cause social humiliation.

### D. Low glycaemic control

After BPD/DS some people have reactive hypoglycemia, in which case blood sugar levels drastically decrease after food, causing dizziness, disorientation, sweating, and fainting. This follows from changed glucose metabolism and calls for strict nutritional control.

### E. Bloating and Continual Abdominal Pain

Many patients have persistent stomach discomfort and bloating, which might be connected to small bowel blockage, bacterial overgrowth, or intestinal gas. These symptoms could be challenging to control and might call for either drugs or dietary changes.

**F. Kidney Stones** The changed calcium and oxalate metabolism brought about by BPD/DS raises the kidney stone risk. Increased urine oxalate levels brought on by malabsorption of calcium may cause kidney stones.

## 3. Psychological and Behavioural Conundrums

Like other bariatric procedures, BPD/DS might have psychological effects on individuals. Both positively and negatively may be effects of the fast weight reduction and changes in body image on mental health.

- Depression and Anxiety: Although many patients report better self-esteem and happiness after weight reduction, some may battle sadness or anxiety, especially if they encounter problems or missed expectations about weight loss.
- Eating Disorders: Following surgery, some individuals start dysfunctional eating patterns including food addiction or binge eating. These habits may cause weight gain and compromise the effectiveness of the operation.

## 4. T2DM Relapse and Weight Retain

Although BPD/DS is very successful for long-term weight reduction, some patients could see weight increase after many years. This may result from the stomach pouch growing or from the intestines adjusting to consume more calories. Relapse of T2DM and other metabolic diseases is linked to weight regain.

### Controlling Complications in BPD/DS Patients

Patient treatment must be interdisciplinary if we want to reduce problems. Pre-operative exams should include exhaustive evaluations of patients' comorbid disorders, psychological state, and dietary situation. Long-term follow-up—including frequent monitoring for nutritional deficits, dietary counselling, and psychological support—must take front stage in post-operative treatment.

- Nutritional Support: To avoid deficits, lifetime vitamin and mineral supplementation is very essential. As advised by their doctor, patients should take calcium, vitamin D, multivitamins, and other supplements.
- Changes in Diet: A high-protein, low-carb diet may aid various BPD/DS-related digestive problems like hypoglycemia and dumping syndrome lessened. Little, more often meals are advised; furthermore, regular physical exercise is advised to help T2DM patients maintain weight reduction and increase insulin sensitivity.

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## CONCLUSION :

Offering great weight reduction and glycaemic control, biliopancreatic diversion with duodenal switch (BPD/DS) is a very successful bariatric surgery for obese individuals with T2DM. The operation is linked, nonetheless, with a variety of consequences, mostly related to hunger and digestive problems. Under diligent post-operative follow-up and a comprehensive approach to treatment, these problems may be controlled. To guarantee the best potential results, healthcare professionals have to be alert in observing patients for both early and long-term consequences.

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