

# Report of the Second International Congress of Bariatric and Metabolic Surgery and the First Obesity Week of Iran

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The second international congress of bariatric and metabolic surgery was held by Iranian society of bariatric surgery and minimally invasive surgery research center, Iran University of Medical Sciences on December 16-18 2015 (1).

This congress was held for the first time and it was performed simultaneously with the fifth national congress of prevention and treatment of obesity in Iran. It was done as “Iran’s first obesity week” by Iran obesity society and research institute for endocrine sciences in Milad hospital with the aim to increase interdisciplinary cooperation and have a comprehensive approach to obesity treatment and prevention.

This congress aimed to present the latest medical achievements of bariatric and metabolic surgeries in world and also to present the latest related outcomes and articles in Iran and the whole world. Topics of the congress included: different types of metabolic and bariatric surgeries, children and teenagers bariatric surgery, necessary procedures before and after bariatric surgery such as nutrition, psychology, psychiatry, periodic testing and related consultations, bariatric surgery and lifestyle changes, medical treatment team of bariatric surgery, bariatric surgery and treatment of comorbidities and the latest surgical techniques of diabetes surgery.

More than 50 prominent professors in the field of obesity and metabolic surgery including Professor Miller, Chevallier, Ugale, Ghavami, Pazouki, Khalaj, Talebpour and other visiting professors presented their latest achievements as oral presentation and poster. In this congress several live surgeries including gastric bypass surgery, sleeve gastrectomy, mini gastric bypass, Ileal interposition, gastric plication and revision were done. Two debates also were performed in this congress with two cases that professors discussed about their suggested surgery method (gastric banding, gastric bypass, sleeve gastrectomy and

gastric plication) for the patients and their reasons for either selecting or refusing a specific method that of course it was paid attention by lots of participants. Also a part of congress was allocated to introducing the National obesity surgery database (2) that is approved by ministry of health and medical education of Iran that was welcomed by foreign surgeons and it was assigned to be presented in next IFSO congress.

The conductor of the congress was the obesity and metabolic surgery association which was the subset of Iran laparoscopic association with the cooperation of minimally invasive surgery research center, Iran University of Medical Sciences. The congress sponsors were Ethicon, Storz, Persiamehr, Medtronic and other dependent companies and the congress executive coordinator was HamayeshSazan group.

Finally, a common statement was made by Iran obesity society and research institute for endocrine sciences considering all aspects of obesity treatment and prevention with a greater emphasis on children and teens. In that statement, with taking a look at campaign against childhood obesity problem that is started with WHO secretary general’s slogan of “ending childhood obesity”, Iran obesity society and Iran laparoscopic association do emphasis on doing and planning below points:

1) Paying attention to each person’s health; 2) formulation of a national document based on research results and in line with Iran’s social and cultural conditions; 3) comprehensive obesity treatment and prevention with emphasis on public education and particularly efforts to create a suitable nutritional environment in schools; 4) extra attempt to emendate lifestyle during pregnancy and first years of life, 5) a compulsion existence to enter a topic entitled obesity treatment and prevention in different categories of student textbooks and also inclusion of this topic in curricula of medical schools and offering relevant MPH

courses; 6) participation of different groups especially dietitians, physical activity professionals and clinical and health psychologist in treatment of obesity and if necessary, the use of effective interventions such as bariatric surgeries in severe obese group of children will be so effective; 7) cohesion and interaction between all organizations and institutions related to kids' obesity prevention and treatment program by the ministry of health and medical education as the custodian of health system.

In similar way and according to the schedule and with the aim to continue to provide the latest scientific achievements in the field of laparoscopic surgery and procedures in their related specialties such as general surgery, ear, nose and throat, neurosurgery, gynecology and midwifery, orthopedics, radiology and so on, the MIS international congress of laparoscopy also will be held on November 8-10 2016.

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### **Footnote**

**Financial Disclosure:** The second international congress of bariatric and metabolic surgery was held by Iranian society of bariatric surgery and minimally invasive surgery research center, Iran University of Medical Sciences on December 16-18 2015.

### **References**

1. IRSMBS . the Second International Congress of Bariatric and Metabolic Surgery 2015. Available from: <http://irmsbs2015.com>.
2. National Obesity Surgery Database . Obesity Surgery 2015. Available from: <http://obesitysurgery.ir/>.