



# IFS Consensus on definitions and clinical practice guidelines

March 9-10, 2023  
J&J Medical Institute  
Hamburg

## Scientific Organizing Committee

- Scott Shikora
- Lilian Kow
- Gerhard Prager
- Estuardo Behrens
- Silvia Leite Faria
- Abdelrahman Nimeri
- Paulina Salminen



## FACULTY

### Bariatric Surgeons

Aayed Alqahtani, *Saudi Arabia*  
 Ali Aminian, *USA*  
 Luigi Angrisani, *Italy*  
 Ahmad Bashir, *Jordan*  
 Estuardo Behrens, *Guatemala*  
 Jean Marc Chevallier, *France*  
 Ricardo Cohen, *WOF, Brazil*  
 Pierre Garneau, *Canada*  
 Khaled Gawdat, *Egypt*  
 Ashraf Haddad, *Jordan*  
 Jacques Himpens, *Belgium*  
 Thomas Inge, *USA*  
 Lilian Kow, *Australia*  
 Marina Kurian, *USA*  
 Abdelrahman Nimeri, *USA*  
 Francois Pattou, *France*  
 Luis Poggi, *Peru*  
 Jaime Ponce, *USA*  
 Gerhard Prager, *Austria*  
 Almino Ramos, *Brazil*  
 Francesco Rubino, *UK*  
 Paulina Salminen, *Finland*  
 Andres Sanchez Pernaute, *Spain*  
 Scott Shikora, *USA*

### Physicians

Nasreen Al Faris, *Saudi Arabia*  
 Caroline Apovian, *USA*  
 Rachel Batterham, *UK*  
 Dror Dicker, *Israel*  
 Claudia Fox, *USA*  
 Lee Kaplan, *USA*  
 Nabijisa Lalic, *IDF, Serbia*  
 Guilherme Macedo, *WGO, Portugal*  
 Alex Miras, *UK*  
 Tarissa Petry, *Brazil*  
 Arya Sharma, *Germany*  
 Josep Vidal, *Spain*

### Endoscopists

Barham Abu Dayyeh, *USA*  
 Mohit Bhandari, *India*  
 Christine Stier, *Germany*  
 Christopher Thompson, *USA*

### Integrated Health Professionals

Barbara Andersen, *Austria*  
 Dale Bond, *USA*  
 Silvia Leite Faria, *Brazil*  
 Violeta Moizé Arcone, *Spain*  
 David Sarwer, *USA*

### Health Survey Design and Analysis

Kevin White, *Canada*

## PROGRAM

### THURSDAY MARCH 9<sup>th</sup>

08.00 - 08.05 **Introduction: Scott Shikora**

08.05 - 08.10 Explanation on Delphi process, **Kevin White**

08.10 - 10.00 **I. Standardized reporting and definitions**

*Chairs: Gerhard Prager, Paulina Salminen, Lee Kaplan*

**Objectives of the session**

**The need for uniform and standardized global definitions**

08.10 - 08.25 Suboptimal initial response, **Lee Kaplan**

08.25 - 08.40 Late postoperative clinical deterioration, **Gerhard Prager**

08.40 - 10.15 **Discussion and Delphi voting**

10.15 - 10.45 *Coffee break*

10.45 - 11.30 **II. Diet, Lifestyle, Exercise**

*Chairs: David Sarwer, Barbara Andersen, Silvia Leite Faria, Violeta Moizé Arcone, Dale Bond, Pierre Garneau*

**Objectives of the session**

**Reasons why we are aiming to this**

10.45 - 10.55 Diet, lifestyle, and exercise treatment for recurrent weight gain after an initially adequate post-operative clinical response, **David Sarwer**

10.55 - 11.05 Nutritional consideration at short and long term after bariatric surgery, **Violeta Moizé Arcone**

11.05 - 11.15 How to introduce physical activity and reduce sedentary behaviour in people living with obesity before and after bariatric surgery, **Dale Bond**

11.15 - 11.30 **Discussion**

### 11.30 - 13.00 III. Medical Treatment of Obesity

*Chairs:* Rachel Batterham, Arya Sharma, Tarissa Petry, Nasreen Al Faris, Alex Miras, Claudia Fox, Nabijša Lalic, Guilherme Macedo, Ricardo Cohen, Josep Vidal, Khaled Gawdat

#### Objectives of the session

#### Reasons why we are aiming to this

- 11.30 - 11.40 Who should we prioritise for weight management pharmacotherapy?, **Arya Sharma**
- 11.40 - 11.50 Weight management pharmacotherapy in children and adolescents, **Claudia Fox**
- 11.50 - 12.00 Safety and efficacy of the long-term use of pharmacotherapy for obesity, **Josep Vidal**
- 12.00 - 12.10 What is the evidence for personalisation of pharmacotherapy for obesity, **Alex Miras**
- 12.10 - 12.20 Setmelanotide and future combination treatments, **Caroline Apovian**
- 12.20 - 12.30 The use of adjuvant pharmacotherapy before and after metabolic/bariatric surgery, **Rachel Batterham**
- 12.30 - 13.00 **Discussion**
- 13.00 - 14.00 *Lunch break*

### 14.00 - 19.00 IV. Surgical treatment of Obesity

*Chairs:* Lilian Kow, Ali Aminian, Francesco Rubino, Jaime Ponce, Marina Kurian

#### Objectives of the session

#### Reasons why we are aiming to this

#### 14.00 - 16.00 Part I

- 14.00 - 14.10 BMI >35: Long term results OAGB, Gastric Band, One anastomosis Duodenal Switch-like procedures, **Ahmad Bashir**
- 14.10 - 14.20 RCT studies: RYGB vs SG, **Paulina Salminen**
- 14.20 - 14.30 RYGB, SG other evidence, **Francesco Rubino**
- 14.30 - 14.40 OAGB, **Jean Marc Chevallier**
- 14.40 - 14.50 Banding, **Jaime Ponce**
- 14.50 - 15.00 One anastomosis Duodenal Switch-like procedures, **Andres Sanchez Pernaute**
- 15.00 - 15.10 Surgical treatment: the algorithm to choose the best operation (RYGB, OAGB, SG, Gastric bands, One anastomosis Duodenal Switch-like procedures), **Jacques Himpens**
- 15.10 - 15.20 Conversion or revision surgery after RYGB, **Jacques Himpens**
- 15.20 - 15.30 Conversion or revision surgery after SG, **Estuardo Behrens**
- 15.30 - 16.15 **Discussion**
- 16.15 - 16.45 *Coffee break*



16.45 - 19.15 **Part II**

- 16.45 - 16.55 BMI 30-35 with co-morbidities, **Ali Aminian**
- 16.55 - 17.05 Venous thromboembolism prophylaxis, **Ashraf Haddad**
- 17.05 - 17.15 Is there a benefit to preoperative weight loss?, **Scott Shikora**
- 17.15 - 17.25 Should a metabolically challenged patient / High BMI have a sleeve gastrectomy or a hypo-absorptive procedure?,  
**Luigi Angrisani**
- 17.25 - 17.35 Weight/metabolic disease recurrence after surgery,  
**Pierre Garneau**
- 17.35 - 17.45 Metabolically challenged patients- High BMI, **Almino Ramos**
- 17.45 - 17.55 NASH and Bariatric Surgery, **Francois Pattou**
- 17.55 - 18.05 Cardiovascular disease and Bariatric Surgery, **Dror Dicker**
- 18.05 - 18.10 Nephropathy disease and Bariatric Surgery, **Ricardo Cohen**
- 18.10 - 18.20 Elderly (>65?), **Abdelrahman Nimeri**
- 18.20 - 18.30 Adolescents (<18), **Aayed Alqahtani, Thomas Inge**
- 18.30 - 19.00 **Discussion**
- 19.00 - 19.15 **WRAP-UP and instructions for Day 2**

**FRIDAY MARCH 10<sup>th</sup>**

- 08.15 - 9.15 **V. Endoscopy for the Treatment of Obesity**  
*Chairs: Barham Abu Dayyeh, Christine Stier, Christopher Thompson, Mohit Bhandari, Luis Poggi*  
**Objectives of the session**  
**Reasons why we are aiming to this**
- 08.15 - 08.25 RCT for class I and II obesity for endoscopic sleeve gastrectomy, **Barham Abu Dayyeh**
- 08.25 - 08.35 Endoscopic treatments in adolescents, **Christine Stier**
- 08.35 - 08.45 Endoscopic treatments for metabolically challenged patients,  
**Christopher Thompson**
- 08.45 - 09.05 **Discussion**
- 09.05 - 09.15 **Other issues and instructions before Delphi voting**
- 09.15 - 13.00 **DELPHI VOTING ROUND 1**
- 09.15 - 09.50 DIET, LIFESTYLE, EXERCISE, **Silvia Leite Faria, Dale Bond, Violeta Moize**
- 09.50 - 10.25 MEDICAL TREATMENT, **Rachel Batterham, Alex Miras**
- 10.25 - 10.40 *Coffee break*
- 10.40 - 11.15 ENDOSCOPY TREATMENT, **Barham Abu Dayyeh, Christine Stier**
- 11.15 - 13.15 SURGICAL TREATMENT **Lilian Kow, Scott Shikora, Ali Aminian, Abdelrahman Nimeri, Estuardo Behrens**
- 13.15 - 14.00 *Lunch break*
- 14.00 - 17.00 **DELPHI VOTING ROUND 2**
- 14.00 - 14.30 DIET, LIFESTYLE, EXERCISE, **Silvia Leite Faria, Dale Bond, Violeta Moize**
- 14.30 - 15.00 MEDICAL TREATMENT, **Rachel Batterham, Alex Miras**
- 15.00 - 15.30 ENDOSCOPY, **Barham Abu Dayyeh, Christine Stier**
- 15.30 - 17.00 SURGICAL TREATMENT **Lilian Kow, Scott Shikora, Ali Aminian, Abdelrahman Nimeri, Estuardo Behrens**
- 17.00 - 17.30 **Wrap-up & Conclusions**



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