

## Differences in outcomes between men and women after bariatric surgery

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**Background:** Bariatric surgery is an effective and sustainable treatment for morbid obesity, however men comprise only a minority of the bariatric surgery population. Men who undergo bariatric surgery have different physiologic, psychological and social characteristics compared to their female counterparts. We thereby seek to evaluate the differences in clinical outcomes after bariatric surgery between these two genders.

**Methods:** Data collected in the Ontario Bariatric Registry between 2010-2024 was used to compare outcomes in men and women undergoing bariatric surgery across Ontario. Baseline demographics, comorbidities, complications, and weight loss outcomes at 1 year, 3 years, and 5 years were compared.

**Results:** This study included 35033 patients that underwent bariatric surgery between 2010–2024. Men who underwent bariatric surgery were older, and had significantly higher BMI (48.4 vs. 46.6), higher ASA class, and more comorbidities, notably cardiovascular disease and diabetes. Women demonstrated significantly more total weight loss at one (30.2% for men vs 33.3% for women), three (29.1 vs 31.7%) and five (26.1 vs 28.8%) years. Both early complications, including leak, infection and bleeding, and long term complications such as marginal ulcers, strictures, and hernias, were similar between both groups up to 5 years.

**Conclusion:** This large-scale, long-term Canadian study demonstrates that although men undergoing surgery are older and have more comorbidities, they experience similar complication rates as women. However, women experience more significant weight loss. Further study is required to better understand the factors that contribute to differences in outcomes between these two genders.