



Study Group on Metabolic Surgery

# 3<sup>rd</sup> ANNUAL MEETING OF THE METABOLIC SURGERY STUDY GROUP 2023

**20 – 21 October 2023**

Royal Olympic Hotel, Athens, Greece

[www.mssg2023.com](http://www.mssg2023.com)

Under the Auspices of:



**PROGRAMME**



## MAIN THEME

# How can we rejuvenate metabolic surgery?

## ORGANIZING COMMITTEE

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Alexander Kokkinos

### **Members:**

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Karine Clément

Martine Laville

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Dimitrios Pournaras

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## WELCOME MESSAGE

*Dear Colleagues,*

*On behalf of the Steering Committee of the **Metabolic Surgery Study Group (MSSG)**, it is a great pleasure and honor to welcome you to the 3rd Annual Congress of the Group, which is being held in Athens on the **20<sup>th</sup>** and **21<sup>st</sup>** of **October 2023**.*

*Following the footprints of the great success of the two previous meetings, Rome in 2021 and Paris in 2022, the present Congress will address the question of how we can rejuvenate metabolic surgery. Thus, topics to be discussed will be barriers to the implementation of metabolic surgery, reasons for its poor penetrance despite its phenomenal beneficial effects on weight, metabolic indices and mortality, as well as its integration with other therapeutic modalities, especially obesity pharmacotherapy.*

*The faculty of speakers includes renowned researchers from around the world, whose work has been pivotal in revealing the complex neurohormonal mechanics behind metabolic surgery and the regulation of food intake.*

*We aim to make the sessions as interactive as possible, allocating ample time for fruitful discussion between the presenters and the audience. In addition, there will be sessions in which researchers, especially younger colleagues, will have the opportunity to orally present cutting-edge results of their research. Thus, we have encouraged all interested parties to submit their findings for presentation.*

*We welcome you all in beautiful Athens.*

*With Best Regards,*

**Alexander Kokkinos**

*Professor in Internal Medicine*

*First Department of Propaedeutic Internal Medicine*

*Medical School*

*National and Kapodistrian University of Athens*



## SCIENTIFIC PROGRAM

### FRIDAY, October 20

13:00–14:00 **Registration**

14:00–14:15 **Welcome addresses**

*Chairs: Alexander Kokkinos, Efthimios Kapantais*

14:15–14:45 **LECTURE 1**

*Chairs: Dimitrios Pournaras, Francis Finucane*

The barriers to metabolic surgery and how to deal with them: the patient, GP and diabetologist perspective

**Martine Laville, France**

14:45–15:15 **LECTURE 2**

*Chairs: Torsten Olbers, Harilaos Pappis*

Barriers to metabolic surgery. How can we overcome poor penetrance? The surgeon perspective

**Almantas Maleckas, Lithuania**

15:15–15:45 **LECTURE 3**

*Chairs: Carel le Roux, Vaia Lambadiari*

The medical bypass: How close are we?

**Alexander Kokkinos, Greece**

15:45–16:15 **Coffee break**



**FRIDAY, October 20**

16:15–17:00 **ORAL PRESENTATIONS SESSION 1**

Chairs: **Dimitrios Pournaras, Georgia Argyrakopoulou**

**OP01 AUGMENTED POSTPRANDIAL PROGLUCAGON PRODUCT SECRETION FOLLOWING METABOLIC SURGERY ACCOMPANIES THE DISSOCIATION BETWEEN EXCESS ADIPOSITY AND ADVERSE METABOLIC STATUS: A CASE-CONTROL STUDY**

**A. Kokkinos<sup>1</sup>, S. Simati<sup>1</sup>, D. Tsilingiris<sup>1</sup>, K. Stefanakis<sup>2</sup>, A.M. Angelidi<sup>2</sup>, N. Tentolouris<sup>1</sup>, I.A. Anastasiou<sup>1</sup>, A. Alexandrou<sup>3</sup>, C.S. Mantzoros<sup>2</sup>**

<sup>1</sup>First Department of Propaedeutic Internal Medicine, Medical School, National and Kapodistrian University of Athens, Laiko General Hospital, Athens, Greece,

<sup>2</sup>Department of Internal Medicine, Boston VA Healthcare system and Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, USA, <sup>3</sup>First Department of Surgery, Medical School, National and Kapodistrian University of Athens, Laiko General Hospital, Athens, Greece

**OP02 METABOLIC ADAPTATION FOLLOWING GASTRIC BYPASS SURGERY: RESULTS FROM A 2-YEAR OBSERVATIONAL STUDY**

**F. Naseer<sup>1</sup>, S.-D. Zhang<sup>2</sup>, A. Miras<sup>2</sup>, T. Redpath<sup>1</sup>, M. Martin<sup>1</sup>, A. Boyd<sup>1</sup>, H. Spence<sup>1</sup>, D.J. Pournaras<sup>3</sup>, Z. Bodnar<sup>4</sup>, D. Kerrigan<sup>5</sup>, C. le Roux<sup>7</sup>, B. Livingstone<sup>1</sup>, R. Price<sup>1</sup>**

<sup>1</sup>Nutrition Innovation Centre for Food and Health, Ulster University, Coleraine, United Kingdom. <sup>2</sup>School of Medicine, Ulster University, Londonderry, <sup>3</sup>Department of Bariatric and Metabolic Surgery, North Bristol NHS Trust, Southmead Hospital, Bristol (DJP), <sup>4</sup>Department of Surgery, Letterkenny University Hospital, Donegal, Ireland <sup>5</sup>Phoenix Health, <sup>7</sup>Diabetes Complications Research Centre, Conway Institute, University College Dublin, Dublin, Ireland

**OP03 DOES OBESITY SURGERY ALTER NEURAL CORRELATES OF EATING BEHAVIOURS? A SYSTEMATIC REVIEW OF FUNCTIONAL MAGNETIC RESONANCE STUDIES**

**S. Alabdulkader<sup>1</sup>, A.S. Al-Isheikh<sup>2,3</sup>, A.D. Miras<sup>2,4</sup>, A.P. Goldstone<sup>5</sup>**

<sup>1</sup>Department of Health Sciences, College of Health and Rehabilitation Sciences, Princess Nourah bint Abdulrahman University, Riyadh, Kingdom of Saudi Arabia,

<sup>2</sup>Department of Metabolism, Digestion and Reproduction, Imperial College London, Hammersmith Hospital, London, UK, <sup>3</sup>Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University, Riyadh, Kingdom of Saudi Arabia, <sup>4</sup>Ulster University, School of Medicine, Faculty of Life & Health Sciences, Londonderry, Northern Ireland, UK, <sup>5</sup>PsychoNeuroEndocrinology Research Group, Division of Psychiatry, Department of Brain Sciences, Imperial College London, Hammersmith Hospital, London, UK



**FRIDAY, October 20**

17:00–17:30 **LECTURE 4**

*Chairs: **Karine Clément, Evanthia Kassi***

Pharmacotherapy for obesity before and after metabolic surgery

**Carel le Roux, Ireland**

17:30

**Welcome cocktail**



**SATURDAY, October 21**

09:15–09:45 **LECTURE 5**

*Chairs: **Martine Laville, Stavros Liatis***

Where does structured lifestyle modification fit with metabolic surgery?

**Francis Finucane, Ireland**

09:45–10:15 **LECTURE 6**

*Chairs: **Francesco Rubino, Georgios Skroubis***

The risks of reoperations vs primary operations and drug therapy

**Torsten Olbers, Sweden**

10:15–10:45 **LECTURE 7**

*Chairs: **Christos S. Mantzoros, Andreas Alexandrou***

Surgery has changed the landscape of diabetes care. How does diabetes change the practice of surgery?

**Francesco Rubino, UK**

10:45–11:15 **Coffee break**

11:15–11:45 **LECTURE 8**

*Chairs: **Geltrude Mingrone, Georgia Argyrakopoulou***

Impact of obesity surgery on the polycystic ovarian syndrome

**Alexander Miras, UK**

11:45–12:15 **LECTURE 9**

*Chairs: **Francois Pattou, Alexander Miras***

Adipocyte tissue fibrosis as a diagnostic marker and predictor of response

**Karine Clément, France**



**SATURDAY, October 21**

**12:15–13:15 ORAL PRESENTATIONS SESSION 2**

*Chairs: **Carel le Roux, Vaia Lambadiari***

**OP04 EXPLORING THE PROXIMAL GUT MICROBIOME IN METABOLIC HEALTH: INSIGHTS FROM HUMAN OBESITY AND HIGH-FAT DIET-FED MICE TREATED WITH PREBIOTICS**

**P. Taillandier<sup>1</sup>, E. Steinbach<sup>1</sup>, K. Clément<sup>1,2</sup>, T. Le Roy<sup>1</sup>**

*<sup>1</sup>Sorbonne Université, Inserm, Nutrition and Obesities: Systemic Approaches (NutriOmics) Research Unit, Paris, France, <sup>2</sup>Assistance Publique Hôpitaux de Paris, Nutrition Department, Pitié-Salpêtrière Hospital, Paris, France*

**OP05 EXPLORING THE UNTAPPED POTENTIAL: UNRAVELING THE ROLE OF THE UPPER SMALL INTESTINE MICROBIOME IN METABOLIC DISEASES**

**D. Masi<sup>1,2,5</sup>, E. Steinbach<sup>1,5</sup>, A. Ribeiro<sup>1</sup>, P. Serradas<sup>1</sup>, T. Le Roy<sup>1</sup>, K. Clément<sup>1,3,\*</sup>**

*<sup>1</sup>Sorbonne Université, Inserm, Nutrition and Obesities: Systemic Approaches (NutriOmics) Research Unit, Paris, France, <sup>2</sup>Sapienza University of Rome, Department of Experimental Medicine, Section of Medical Physiopathology, Food Science and Endocrinology, Rome, Italy, <sup>3</sup>Assistance Publique Hôpitaux de Paris, Nutrition Department, Pitié-Salpêtrière Hospital, Paris, France*

**OP06 ANALYTICAL AND CLINICAL COMPARISON OF HEPARDX™ SCORE (BY METADEQ, INC.) WITH NON-INVASIVE TESTS FOR THE DIAGNOSIS OF METABOLIC DYSFUNCTION-ASSOCIATED STEATOHEPATITIS (MASH)**

**G. Angelini<sup>1,2</sup>, S. Sabatini<sup>3</sup>, E. Lembo<sup>1,2</sup>, O. Verrastro<sup>1,2</sup>, C. Guidone<sup>1,2</sup>, A. Daly<sup>4</sup>, O. Govaere<sup>4,5</sup>, S. Cockel<sup>4</sup>, Q.M. Anstee<sup>4,6</sup>, A. Gastaldelli<sup>3</sup>, G. Mingrone<sup>1,2,7</sup>**

*<sup>1</sup>Università Cattolica del Sacro Cuore, Rome, Italy, <sup>2</sup>Department of Medical and Surgical Sciences, Fondazione Policlinico Universitario A. Gemelli IRCCS, Rome, Italy, <sup>3</sup>Institute of Clinical Physiology, National Research Council, CNR, Pisa, Italy, <sup>4</sup>Translational and Clinical Research Institute, Faculty of Medical Sciences, Newcastle University, UK, <sup>5</sup>Department of Imaging and Pathology, KU Leuven and University Hospitals Leuven, Leuven, Belgium, <sup>6</sup>Newcastle NIHR Biomedical Research Centre, Newcastle upon Tyne Hospitals NHS Trust, UK, <sup>7</sup>King's college, London, UK*

**OP07 A DECADE OF WEIGHT LOSS OUTCOMES FOLLOWING LAPAROSCOPIC BARIATRIC PROCEDURES: A RETROSPECTIVE EXAMINATION OF ROUX-EN-Y GASTRIC BYPASS, BILIOPANCREATIC DIVERSION, AND SLEEVE GASTRECTOMY**

**S.K. Prentza, N. Drakos, G. Verras, F. Mulita, E. Iatraki, G. Skroubis**

*Department of General Surgery, General University Hospital of Patras, Greece*

**13:00–14:30 Lunch break**



**SATURDAY, October 21**

14:30–15:00 **LECTURE 10**

*Chairs: **Almantas Maleckas, Spilios Manolakopoulos***

Non-invasive monitoring of NASH remission after metabolic surgery  
**Francois Pattou, France**

15:30–16:00 **LECTURE 11**

*Chairs: **Alexander Miras, Martine Laville***

Can liquid biopsies for NASH help increase the penetrance  
of metabolic surgery?  
**Geltrude Mingrone, Italy**

16:00–17:00 **ORAL PRESENTATIONS SESSION 3**

*Chairs: **Alexander Kokkinos, Dimitrios Pournaras***

**OP08 SYSTEMATIC REVIEW OF EFFECTS OF OBESITY SURGERY ON BRAIN  
STRUCTURE**

**A.S. Al-Alsheikh<sup>1,2</sup>, A.D. Miras<sup>1,3</sup>, A.P. Goldstone<sup>4</sup>**

*<sup>1</sup>Department of Metabolism, Digestion and Reproduction, Imperial College London, Hammersmith Hospital, London, UK, <sup>2</sup>Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia, <sup>3</sup>Ulster University, School of Medicine, Faculty of Life & Health Sciences, Londonderry, Northern Ireland, UK, <sup>4</sup>PsychoNeuroEndocrinology Research Group, Division of Psychiatry, Department of Brain Sciences, Imperial College London, Hammersmith Hospital, London, UK*

**OP09 FAMILIAL PARTIAL LIPODYSTROPHY: GENETIC AND CLINICAL DATA  
FROM A GREEK REFERRAL CENTER**

**A. Kountouri<sup>1</sup>, E. Korakas<sup>1</sup>, E. Maratou<sup>2</sup>, I. Ikonomidis<sup>3</sup>, K. Balampanis<sup>1</sup>, S. Liatis<sup>4</sup>, N. Tentolouris<sup>4</sup>, P. Toulas<sup>5</sup>, F. Kousathana<sup>1</sup>, C. Giatzakis<sup>6</sup>, G.D. Dimitriadis<sup>7</sup>, V. Lambadiari<sup>1</sup>**

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**SATURDAY, October 21**

**OP10 BARIATRIC-METABOLIC SURGERY VERSUS LIFESTYLE INTERVENTION PLUS BEST MEDICAL CARE IN NON- ALCOHOLIC STEATOHEPATITIS (BRAVES): A MULTICENTR, OPEN-LABEL, RANDOMISED TRIAL**

O. Verrastro<sup>1†</sup>, S. Panunzi<sup>2†</sup>, L. Castagneto-Gissey<sup>3</sup>, A. De Gaetano<sup>2</sup>, E. Lembo<sup>1</sup>, E. Capristo<sup>1,4</sup>, **C. Guidone**<sup>4</sup>, G. Angelini<sup>1</sup>, M. Scialabba<sup>1,4</sup>, E. Santoleri<sup>1,4</sup>, F. Pennestri<sup>4</sup>, L. Sessa<sup>4</sup>, F.M. Vecchio<sup>5</sup>, L. Riccardi<sup>1,4</sup>, M. Assunta Zocco<sup>1,4</sup>, I. Boskoski<sup>1,4</sup>, J.R. Casella-Mariolo<sup>6</sup>, P. Marini<sup>6</sup>, M. Pompili<sup>1,4</sup>, G. Casella<sup>4</sup>, E. Fiori<sup>3</sup>, F. Rubino<sup>7</sup>, S.R. Bornstein<sup>8,9</sup>, M. Raffaelli<sup>1,4</sup>, G. Mingrone<sup>1,4,8</sup>

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17:00–17:45 **KEYNOTE LECTURE**

Chair: **Karine Clément**

From the discovery of leptin to continuous advances in obesity pharmacotherapy; recent progress, interactions and integration with metabolic surgery

**Christos S. Mantzoros, USA**

17:45 **Certificate Award Ceremony - MSSG 2023 Conclusions**

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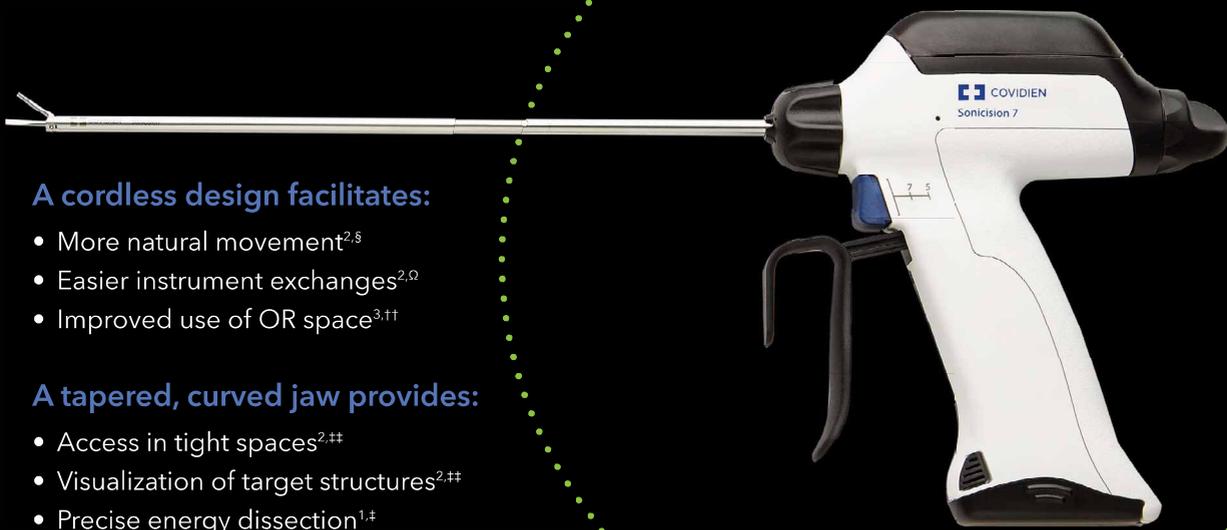
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## FACULTY

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### **Argyropoulou Georgia**

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### **Clement Karine**

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### **Finucane Francis**

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### **Kapantais Efthimios**

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### **Kassi Evanthia**

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### **Lambadiari Vaia**

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### **Laville Martine**

Professor Emeritus Lyon 1 University, France

### **Le Roux Carel**

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### **Maleckas Almantas**

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### **Manolakopoulos Spilios**

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### **Mantzoros Christos S.**

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### **Olbers Torsten**

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### **Pournaras Dimitrios**

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London, Consultant Surgeon, King's College  
Hospital, London, UK

### **Skroubis Georgios**

Associate Professor of Surgery, University  
of Patras School of Medicine, Patras Greece



## GENERAL INFORMATION

### DATES

Friday 20<sup>th</sup> & Saturday 21<sup>st</sup> October 2023.

### MEETING VENUE

Royal Olympic Hotel, KALLIRROE I Hall.

Address: Athanasiou Diakou Str. 28, 117 43 Athens, Greece

### OFFICIAL LANGUAGE

The official language of the Meeting will be English. No simultaneous translation will be provided.

### SPEAKERS' PRESENTATIONS

Speakers are strongly advised to provide their presentation at the Technical Secretariat Desk 1 hour before their presentation time.

If a speaker wishes to use a personal computer, it will be feasible but the Technical Secretariat should be notified ahead. An HDMI cable will be available at the Meeting Hall podium. In case a speaker brings a Mac computer, it is necessary to provide along a personal adaptor and a personal charger.

### REGISTRATIONS

REGISTRATION TYPE	REGISTRATION FEE
Physicians	150,00 €
Nurses / Medical Students / Other HCPs	50,00 €

**Note:** The registration fee does not include the applicable VAT 24%

Registration fee is inclusive of:

- Admission to all Meeting sessions
- Access to the Exhibition Area
- Meeting kit
- Final Program (printed and e-Program)
- Coffee breaks on Friday 20<sup>th</sup> & Saturday 21<sup>st</sup> October 2023
- Welcome Cocktail on Friday October 20<sup>th</sup>, 2023
- Light lunch on Saturday 21<sup>st</sup> October 2023
- E- Certificate of attendance (CME-CPD Credits)

### MEETING MATERIAL

Meeting material may be collected at the Secretariat Desk. Participants are kindly requested to wear the name badge when entering the Meeting Venue and to access any offered services. Access to the Meeting Hall shall not be possible without a name badge.

### CERTIFICATE OF ATTENDANCE

Certificates will be provided after the end of the Meeting. Specific Guidelines will be sent to each delegate's email for online Certificate issuing.



**ACKNOWLEDGEMENTS**

The Organizing Committee of the **3<sup>rd</sup> MSSG Meeting**, wishes to thank the following companies for their significant contribution.



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**NOTES**

A series of horizontal dotted lines for taking notes.



# Η ΙΔΙΑ ΠΡΟΣΠΑΘΕΙ ΣΚΛΗΡΑ

ΙΣΧΥΕΙ ΟΜΩΣ ΤΟ ΙΔΙΟ  
ΚΑΙ ΓΙΑ ΤΟ **GIP** ΤΗΣ;

Οι προσπάθειές της μπορεί να παραμένουν ανεπαρκείς, όταν υπάρχει μειωμένη λειτουργία του GIP της.<sup>1,2</sup>

- > Οι ασθενείς με Σακχαρώδη Διαβήτη τύπου 2 προσπαθούν σκληρά να θέσουν την ασθένειά τους υπό έλεγχο.
- > Παρόλα αυτά, ο κίνδυνος μακροπρόθεσμων επιπλοκών μπορεί να συνεχίσει να αυξάνεται εάν η νόσος δεν αντιμετωπιστεί σε πρώιμο στάδιο.<sup>3,4</sup>
- > Νεότερα δεδομένα για το GIP αναδεικνύουν το σημαντικό του ρόλο τόσο στη γλυκαιμική ρύθμιση όσο και στο σωματικό βάρος.<sup>1,2,5</sup>



ΒΙΝΤΕΟ GIP  
ΣΚΑΝΑΡΕΤΕ  
ΤΟ QR code

GIP: γλυκοζοεξαρτώμενο ινσουλινοτροπικό πολυπεπτίδιο

1. Finan B et al. Trends Mol Med. 2016;22(5):359–76. 2. Samms RJ et al. Trends Endocrinol Metab. 2020;31(6):410–21. 3. UK Prospective Diabetes Study (UKPDS). Lancet. 1998;352(9131):837–53. 4. Laiteerapong N et al. Diabetes Care. 2019;42(3):416–26. 5. Mroz PA et al. Mol Metab. 2019;20:51–62.

Echelon™

# Advanced staple line security even in challenging conditions<sup>1\*</sup>



The ECHELON™+ Stapler with GST Reloads advances staple line security to deliver fewer leakage pathways at the staple line, even in challenging conditions.<sup>1\*</sup>

\*Advancing staple line security with fewer leakage pathways and less malformed staples. Fewer leakage pathways: benchtop testing in porcine tissue  $\leq 30$ mmHg (26mmHG average pressure experienced during typical leak test), comparing Ethicon ECHELON+ Stapler PSEE60A with GST Reloads GST60B to Medtronic Signia™ and Endo GIA™ Staplers with Tri-Staple™ Reloads EGIA60AMT. Cumulative number of leaked tests (0/30), (7/30) & (9/30) respectively, n=30, p < 0.05. Fewer malformed staples: benchtop testing in 3.3mm and 4.0mm porcine tissue comparing malformed staples between ECHELON+ Stapler with GST Reloads (GST60B,GST60T) to Medtronic Signia™ Stapler with Tri-Staple™ Reloads (EGIA60AMT, EGIA60AXT) and Endo GIA™ with Tri-Staple™ Reloads (EGIA60AMT, EGIA60AXT). Percentage malformed results: 1.14% vs 4.28%, p < 0.05. 1. Ethicon, PRC096436A Ex-Vivo Comparison of Staple Line Leak Pressure: Echelon Flex Powered Plus Stapler with GST vs EndoGIA and Signia with Tri-Staple Technology, Aug 2020. Data on file Ethicon, PRC096858A Evaluation of Malformed Staples in Thick Tissue for Claims: Echelon Flex Powered Plus Stapler with GST vs Endo GIA and Signia with Tri-Staple Technology, Aug 2020. Data on file (159504-20117) EMEA)