

The OHTAC e-bulletin is issued on a regular basis to provide you with the latest update on the committee's recommendations. Below is a brief summary of the most recent review. OHTAC has reviewed several other technologies and the resulting OHTAC recommendations are available on the OHTAC Web site at [http://www.health.gov.on.ca/english/providers/program/mas/ohtac\\_recommend.html](http://www.health.gov.on.ca/english/providers/program/mas/ohtac_recommend.html).

## **BARIATRIC SURGERY**

### **Issue**

The 2004 report *Healthy Weights, Healthy Lives* of the Chief Medical Officer of Health said that almost 50% of Ontario adults were overweight (body mass index\*or BMI between 25 – 29.9 kg/m<sup>2</sup>) or obese (BMI ≥ 30 kg/m<sup>2</sup>). Morbid obesity is defined as a BMI ≥ 40 kg/m<sup>2</sup> or ≥ 35 kg/m<sup>2</sup> when co-morbidities are present. Co-morbidities associated with obesity include diabetes, hypertension, and high cholesterol. Diet, exercise, pharmacological agents and therapies that aim at changing one's behaviour are used to help people lose weight. As a last resort, morbidly obese people may be eligible for bariatric surgery. OHTAC was asked to conduct an evidence-based analysis of the effectiveness and cost-effectiveness of bariatric surgery to treat morbid obesity.

### **Key Findings**

There are various bariatric surgical procedures. These can be divided into two main groups: malabsorptive, where parts of the gastrointestinal tract are bypassed to limit the absorption of food, or restrictive, where the size of the stomach is decreased so that the individual feels satiated with less food.

The Medical Advisory Secretariat (MAS) conducted its standard systematic review and critical appraisal of the published literature and concluded that:

- bariatric surgery is effective for 16% weight loss in morbidly obese individuals sustained over 10 years. It is also effective in resolving associated co-morbidities and in particular, diabetes;
- regarding specific bariatric surgical procedures, there is evidence that malabsorptive techniques are better than restrictive techniques for weight loss and resolution of co-morbidities. However, there are no prospective, long-term, direct comparisons of these techniques published at the time of the review;
- a decision-analysis model showed that bariatric surgery results in increased life expectancy in morbidly obese individuals when compared to diet and exercise;
- a cost-effectiveness model showed that bariatric surgery is cost-effective relative to non-surgical management of morbid obesity.

### **OHTAC Recommendations**

1. OHTAC fully endorses the 2004 Chief Medical Officer of Health Report of the need to prevent obesity.

**OHTAC  
Recommendations**

2. Bariatric surgery should be considered as an effective technique in the treatment of morbidly obese people in whom prior non-surgical approaches to weight loss have failed. Detailed selection criteria for patients considering bariatric surgery must be developed.
3. Ontario bariatric surgery centres of excellence, with appropriate interior and exterior physical renovations, medical equipment and furniture to accommodate morbidly obese patients, should be established and have an interdisciplinary team of specialists (including surgeons, endocrinologists, dieticians, nurses, psychologists, etc.) to preoperatively assess and postoperatively monitor morbidly obese patients. Adjustable gastric banding (a restrictive technique) should be considered an insured service at these centres of excellence.
4. The decision as to which of the bariatric procedures to use should be made following a discussion between the surgeon and patient that includes the risks and benefits for each procedure.
5. While bariatric surgery centres are being developed in Ontario, the ministry should consider establishing contracts with bariatric surgery centres in the United States for out-of-country referrals.

**Implications**

Currently, Ontario provides 850 bariatric surgeries per year (including out-of-country referrals). Given the finding of efficacy, and extrapolating from current experience, Ontario would require additional capacity to provide bariatric surgeries in Ontario.

**\* How to calculate your BMI:**

$$\frac{\text{Your weight in kilograms}}{(\text{Your height in meters} \times \text{Your height in meters})} = \text{Your Body Mass Index or BMI}$$

Example: Jane weighs 55 kg and she is 1.6 m tall. Jane's BMI is = (55kg) / (1.6m) X (1.6m) = 21 kg/m<sup>2</sup>. With a BMI of 21 kg/m<sup>2</sup>, Jane has a normal weight.

The **OHTAC recommendation** for this technology can be found at the following link:

[http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/recommend\\_baria\\_012105.pdf](http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/recommend_baria_012105.pdf)

The full downloadable version of the **health technology and policy assessment (HTPA) report** by MAS can be found at:

[http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/baria\\_0105.pdf](http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/baria_0105.pdf)

---

OHTAC is envisaged as the first step in creating a single portal for providing advice to the Ministry of Health and Long-Term Care regarding the uptake, diffusion, and distribution for new health technologies. Find more about OHTAC, its application process, and its recommendations at the following Web site:  
[http://www.health.gov.on.ca/english/providers/program/mas/ohtac\\_about.html](http://www.health.gov.on.ca/english/providers/program/mas/ohtac_about.html).

**Upcoming Reviews**

- Deep Brain Stimulation
- Osteogenic Protein-1
- Multi-slice CT Scanning
- Hylan G-F 20
- Arthroscopic Lavage, Meniscectomy and/or Debridement for Osteoarthritis of the Knee
- Multidisciplinary Rehabilitation Interventions for Joint Replacement for Arthropathies
- Sacral Nerve Stimulation
- Spinal Cord Stimulation
- Intrathecal Pumps
- Cardiac PET
- Imaging Techniques for Ischemic Heart Disease

**Previous Reviews**

- |                                                                                                                                                                                                                                                                                             |                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| • Vacuum Assisted Closure Therapy for Chronic Wounds<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_vac_1204.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_vac_1204.html</a>                                         | December 2004  |
| • Balloon Kyphoplasty<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_kypho_1204.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_kypho_1204.html</a>                                                                    | December 2004  |
| • Thermal Balloon Endometrial Ablation for Dysfunctional Uterine Bleeding<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_tbea_0904.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_tbea_0904.html</a>                  | September 2004 |
| • Primary Angioplasty<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_pri_angio_1104.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_pri_angio_1104.html</a>                                                            | August 2004    |
| • Bispectral Index Monitor<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_bis_0604.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_bis_0604.html</a>                                                                   | June 2004      |
| • Radio Frequency Ablation for Primary Liver Cancer<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_rfa_0604.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_rfa_0604.html</a>                                          | June 2004      |
| • Repetitive Transcranial Magnetic Stimulation for Major Depressive Disorder<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_rtms_0604.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_rtms_0604.html</a>               | June 2004      |
| • Coil Embolization For Intracranial Aneurysms<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_coil_0304.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_coil_0304.html</a>                                             | March 2004     |
| • Pyrocarbon Finger Joint Implant<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/pyrocarb_0304.pdf">http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/pyrocarb_0304.pdf</a>                                                        | March 2004     |
| • Video Laryngoscopy for Tracheal Intubation<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_vid_laryng_0304.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_vid_laryng_0304.html</a>                                   | March 2004     |
| • Bone Morphogenetic Proteins and Spinal Surgery for Degenerative Disc Disease<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_bmp_0304.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_bmp_0304.html</a>               | March 2004     |
| • Artificial Discs for Cervical and Lumbar Spinal Surgery for Degenerative Disease<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_art_disc_0304.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_art_disc_0304.html</a> | March 2004     |
| • Computer-Assisted Hip and Knee Arthroplasty: Navigation and Robotic Systems<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_arthro_0204.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_arthro_0204.html</a>          | February 2004  |
| • Tension-free Vaginal Tape for Stress Urinary Incontinence<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_tvt_0204.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_tvt_0204.html</a>                                  | February 2004  |
| • Computer-Assisted Surgery Using Telesurgery Manipulators<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_teleman_0204.html">http://www.health.gov.on.ca/english/providers/program/mas/reviews/review_teleman_0204.html</a>                           | February 2004  |
| • Patient Monitoring System for MRI<br><a href="http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/pat_mri_1203.pdf">http://www.health.gov.on.ca/english/providers/program/mas/reviews/docs/pat_mri_1203.pdf</a>                                                        | December 2003  |

---

For any comments related to this e-bulletin, please contact the Medical Advisory Secretariat at:

Medical Advisory Secretariat, Ontario Ministry of Health and Long-Term Care

56 Wellesley Street West, 8<sup>th</sup> Floor, Toronto, ON, Canada, M5S 2S3

Tel: 416-314-1092, Fax: 416-325-2364, TTY: 1-800-387-5559

E-mail: [MASinfo@moh.gov.on.ca](mailto:MASinfo@moh.gov.on.ca)

Web: [http://www.health.gov.on.ca/english/providers/program/mas/mas\\_mn.html](http://www.health.gov.on.ca/english/providers/program/mas/mas_mn.html)

---

OHTAC is envisaged as the first step in creating a single portal for providing advice to the Ministry of Health and Long-Term Care regarding the uptake, diffusion, and distribution for new health technologies. Find more about OHTAC, its application process, and its recommendations at the following Web site:

[http://www.health.gov.on.ca/english/providers/program/mas/ohatc\\_about.html](http://www.health.gov.on.ca/english/providers/program/mas/ohatc_about.html).