

Effect of Bariatric Surgery vs. Intensive Medical Therapy on Long-term Glycemic Control and Complications of Diabetes: 3-Year STAMPEDE Trial Results

History: One-year outcomes of STAMPEDE found that medical therapy plus bariatric surgery was successful for maintaining healthy glucose levels in patients with obesity-related type 2 diabetes mellitus.

Questions to answer: Does longer term surveillance provide further evidence of efficacy of medical therapy plus bariatric surgery?

Trial Design	3 arm, randomized 1:1:1 to intensive medical therapy alone, medical therapy plus laparoscopic Roux-en-Y Gastric Bypass (RYGB) or laparoscopic sleeve gastrectomy (SG) bariatric surgery N=150; 50 patients in each arm followed over 3 years
Primary Endpoints	3 month average glycemic control of 6% or lower
Trial Results	At 3 years, the primary endpoint was met for: <ul style="list-style-type: none"> • 5% of the medical therapy only group • 37.5% of RYGB group, P<0.001 • 24.5% of SG group, P=0.01

Take Away: In patients with obesity-related type 2 diabetes, medical therapy plus bariatric surgery had a significant positive effect on long-term glycemic control over medical therapy alone.