

**Gill RS, Al-Adra DP, et al. The benefits of bariatric surgery in obese patients with hip and knee osteoarthritis: a systematic review. Obes Rev. 2011;12(12):1083-9.**

Design: systematic review of observational studies

Purpose of study: to review the literature regarding the effectiveness of bariatric surgery in hip and knee osteoarthritis

Reasons not to cite as evidence:

- The authors were able to find only six published articles which met their inclusion criteria for improvement in hip or knee pain in obese patients with osteoarthritis of these joints
- Of these article, five were case series and one a case-control study
- The results section does not provide an estimate of the effectiveness of bariatric surgery on hip and knee pain in the setting of osteoarthritis
- There is no information regarding whether bariatric surgery can prevent joint replacement surgery in obese patients
- There is no information about the issues of failure rates of some kinds of bariatric surgery
  - o For example, Himpens 2011 reported on laparoscopic adjustable gastric banding in 151 obese patients in Brussels during a three year period, and found that one in three had lap band erosion, and nearly 50% of the patients required removal of their bands (contributing to a reoperation rate of 60%)
- There is not a reliable basis for making an evidence-based statement regarding the advisability of bariatric surgery for obese workers with knee and hip osteoarthritis

Reference:

Himpens J, Cadiere G-B, et al. Long-term Outcomes of Laparoscopic Adjustable Gastric Banding. Arch Surg. 2011;146(7):802-807.