

Tabelle 3

Bariatric Evaluation			Evid	Recomm
			AACE	SMOB
<b>Bariatric Assessment</b>			A 1	
Medical History			1	
Anthropometry		Body Composition	1	
Impedance Measurement		Body Composition	1	
Indirect Calorimetry		Substrate Metabolism		
ARMBAND SenseWear		Activity Metabolism		in Evaluation
BAROS/SF36		Quality of Life		
<b>Nutrition</b>			A	
Nutrition Diary		Qualitative and quantitative Eating Habits		
Activity Diary		Activity Habits		
<b>Psychology</b>				
Screening		Every Bariatric Patient		
psycho-social Evaluation		Every Bariatric Patient	C 3	
<b>Radiology</b>				
Rx Thorax		Heart Size, pulmonary Hypertension	D	
Rx Oesophago-gastric Passage		Oes.Motility, Hiatal Hernia		
Sonography Abdomen		Liver Size, Gallstones, Aortis Size	D	
CT Abdomen				
DEXA		Osteo-Densitometry	D	
<b>Gastro-Enterology</b>				
Panendoscopy		GERD, Hiatal Hernia, Ulcers, Gastritis		
ph-Manometry		Oes.Motility, Reflux		
Helicobacter Evaluation			D	
Helicobacter Eradication			D	
<b>Miscellaneous</b>				
Pulsoxymetry		Oxygen Desaturation	D	
Polysomnography		Overt Sleep Apnoe Suspicion	D	
Stress-Echocardiography		CAD	D	
Spiro-Ergometry		Pulmonary Diseases	D	
Catheter Angiography		CAD	D	
<b>Laboratory Testing</b>			A 1	
Hematology	Hematogramme		1	
	Hb-Elektrophoresis	Hemoglobinopathies		
Coagulation	INR/Quick	Coagulation Screening	C 3	
Serologic Parameters	Sedimentation	Systemic Inflammation		
	C-reactive Protein	Systemic Inflammation		
	Na			
	K			
	Calcium			
	Magnesium			
	Phosphorus			
	Iron	Iron Metabolism		
	Zinc			
	Selen			
	Blood Glucose	Glucose Matbolism		
	HbA1c	Glucose Matbolism		
	C-Peptide	Glucose Matbolism		
	Insuline	Glucose Matbolism		
	HOMA	Glucose Matbolism		
	Total Cholesterol	Lipid Metabolism	A 1	
	HDL	Lipid Metabolism	A 1	
	Triglycerides	Lipid Metabolism	A 1	
	Homocystein	Lipid Metabolism		
	Uric Acid	Purine Metabolism		
	AST	Hepatic Function		
	ALT	Hepatic Function		
	alc. Phosphatase	Cholestasis, Bone Metabolism		
	Total Bilirubine	Cholestasis		
	Viral Hepatitis Screen	Elevated AST	D	
	CD-Transferrine	Alcoholism, Elevated AST		
	Coeruloplasmin	Morbus Wilson, Elevated AST		
	Creatinin	Renal Function		
	Transferrine	Protein Metabolism, Iron Metabolism		
	Ferritine	Iron Metabolism		
	Praealbumin	Protein Metabolism		
	Vitamine A		C	
	Vitamine E		C	
	Vitamine D3		C	
	Vitamine B1		C	
	Vitamine B2		C	
	Vitamine B6		C	
	Vitamine B12		C	
	Holotranscobalamine		C	
	Folic Acid		C	
	Folic Acid in Erythrocytes		C	
	TSH basal	Thyroid Function	D	
	Tf3		D	
Tf4		D		
Prolactine	Hypophyseal Adenoma	D 4		
Cortisole suppressed	Adrenal Adenoma	D NR		
Parathormone	Hyperparathyroidism			
Leptin	Monogenetic Obesity	D NR		
POM-C4	Monogenetic Obesity	D NR		
Adiponectin		D NR		
DHEA-S	PCOS			
LH/FSH				
Oestradiol				
free Testosterone	Hypogonadism			
Urine	Status			
	Sediment			
	Urea	N-Metabolism		
	Creatinine	Lean Body Mass		
	Creatinine-Clearance	Renal Function		
	Calcium	Calcium Absorption		
	Oxalic Acid	Steatorrhea, Maldigestion, Urolithiasis		
C-Telopeptide	Bone Metabolism			
Stool	Fat in Stool	Steatorrhea, Maldigestion		
	Calprotectine	Inflammatory Bowel Disease		
<b>Counselling &amp; Treatment</b>				
Preop. Weight Reduction			B 2	
Preop. Nutritional Education			D NR	
Preop. Glycemic Control			D NR	
Preop. Cholesterol Education			D NR	
Preop. Thyroid Treatment			D NR	
Preop. Smoking Cessation			C 3	
Preop. Beta-Blockade in CHD			A 1	
Caval Filter in DVT-History			C 3	
Contraception 12 mo. postop			C 3	

Grade-Recommendations adopted by AACE			
A	Benefit>>Risk	Level 1 Publications	Strong Evidence
B	Benefit>Risk	Level 2 Publications	Recommended for Indications
C	Benefit>Risk	Level 3 Publications	Recommended if not Refused
D	Benefit>Risk/No Risk, No Ben.	No Conclusive Level	Not Recommended
Best Evidence Levels according to EBM			
BEL 1	Prospective RCT		
BEL 2	Prospective Controlled Trials		
BEL 3	Experimental Outcome Data		
BEL 4	Expert Opinion		
Recommendations according to AACE, TOS, ASMBS			
R	Recommended		
NR	Not Recommended		
SMOB-Recommendations			
Mandatory			
Helpful			
Not recommended			

JCEM 2010 95      Endocrine and nutritional management of the post-bariatric surgery patient: an Endocrine Society Clinical Practice Guideline

AACE      American Association of Clinical Endocrinologists  
 AES      American Endocrinology Society  
 ASMBS      American Society of Metabolic and Bariatric Surgery  
 SMOB      Swiss Society for the Study of Morbid Obesity and Metabolic Diseases