

AB008. OP-8 The relationship between smoking and body fat percentage of obese individuals before laparoscopic sleeve gastrectomy

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Background: Obesity is a common worldwide public health problem. With the ever rising prevalence of obesity metabolic, cardiovascular and socio-psychological problems are increasing as well. It is aimed to analyze how smoking concomitant affects the rate of incidence of these conditions and changes in body fat percentage.

Methods: Between 2018–2019 forty patients who were admitted for laparoscopic sleeve gastrectomy during the postoperative period were reviewed retrospectively. Twenty-four-hour food consumption was recorded and divided into two groups as smokers and non-smokers. Body fat percentages were evaluated by body analysis of both groups.

Results: It was observed that 47.5% (n=19) of the 40 patients smoked while 52.5% (n=21) of them did not smoke. The mean body fat percentage of the smokers was calculated as 39.76% (n=19, min=32%, max =51.1%) and the mean body fat percentage of non-smokers was calculated as 43.25% (n=21, min =27.3%, max =52.5%). Body fat percentage being lower was found to be statistically significant in smokers (P<0.001).

Conclusions: When the patients in our study group were

evaluated, it was observed that non-smoker patients had higher body fat percentage than smoker patients. It was determined that further studies are needed to reveal the relationship between smoking and body fat percentage in broader patient groups.

Keywords: Body fat percentage; obesity; smoking

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