

Feasibility of preoptimization for patients with ventral hernia

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CONCLUSIONS

Only 1 in 5 patients achieved preoperative weight loss or smoking cessation

AIM

This study aimed to investigate the effect of a **weight loss** and **smoking cessation** program prior to **ventral hernia repair**.

MATERIAL and METHODS

Retrospective study from 2021 – 2024

Inclusion criteria:

- BMI > 35 kg/m² and/or a smoking habit.
- Participated in a weight loss or smoking cessation program prior to ventral hernia repair.
- > age of 18.

Primary outcome

- How many proceeded to ventral hernia repair.

Secondary outcome

- Time to follow-up.
- Emergency repair.

RESULTS



107 patients



Twenty-three **completed** the program and were offered surgery (21.5 %).



Mean pre-optimization to surgery was 353.2 days (range: 47 – 953).



Two patients required **emergency surgery** (1.9%).



Thirty-nine patients were **still in the program** (36.5 %).



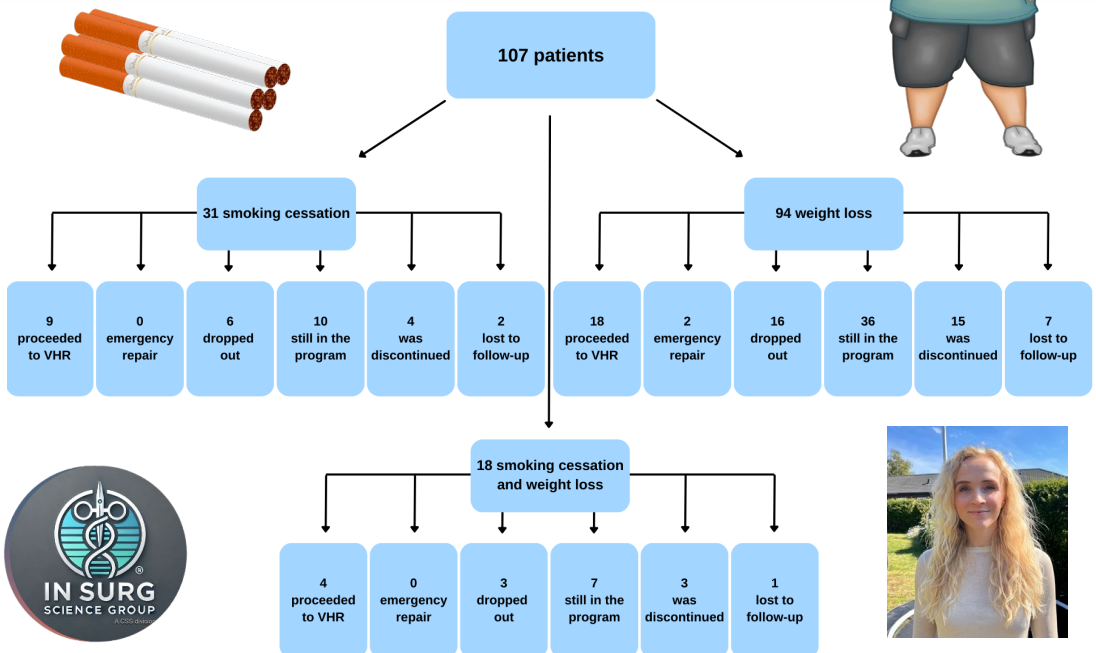
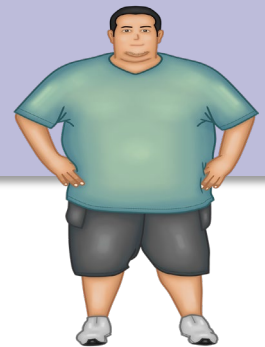
Nineteen **dropped out** (17.8%).



Sixteen were **discontinued** due to lack of progress (15.0%).



Eight were **lost to follow-up** (7.4%).



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