

III International Conference “Metabolic Surgery”

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Obesity is becoming a more and more frequent disease in the world, including Poland, and is often called the epidemic of the 21st century. Abundant accumulation of fatty tissue leads to many metabolic disturbances, such as diabetes, hyperlipidaemia and cardiovascular system diseases, the elements of metabolic syndrome. Since surgical treatment of morbid obesity (> 40 kg/m²) was shown to cause not only a long-term, significant decrease in body mass, but also partial or complete regression of comorbidities and reduction in mortality by 30%, surgery of obesity or bariatric surgery has been one of the most dynamically developing fields of interventional medicine.

The 1st Department of General and Endocrine Surgery of the Medical University of Białystok, headed by Prof. Jacek Dadan, having 6 years of experience and more than 300 bariatric procedures performed, is one of the leading bariatric centres, and good results of treatment of obesity draw patients from the whole country to Białystok. In recognition of its achievements, the Board of Section of Metabolic and Bariatric Surgery distinguished the Department by entrusting it with a role of the organizer of the Third International Conference “Metabolic Surgery”, which took place during 11-14 May 2011 in Białystok. Honorary patronage was accepted by Prof. Jacek Nikliński, rector of the Medical University of Białystok, Prof. Tadeusz Truskolaski, the president of Białystok, and Prof. Adam Dziki, President of the Society of Polish Surgeons.

More than 250 doctors from Poland and abroad took part in the conference. Among them were not only the most prominent Polish specialists, but also

recognized experts of world bariatrics. In the first place we shall name Prof. Aniceto Baltasar from Spain, with enormous personal experience of more than 1200 bariatric procedures. More than 1000 laparoscopic gastric bypass operations were performed in Sweden and in Lithuania by Prof. Almantas Maleckas, who proctored many Polish surgeons, including the author of this report. Also Dr Daniel Krawczykowski, a Belgian of Polish origin, one of the few European surgeons performing complex procedures of bilio-pancreatic diversion with a duodenal switch, shared his experience with participants of the conference. Very interesting talks were held by Thanos Kakoulidis, a bariatric surgeon working in Stockholm, also operating on patients with stage I obesity in the framework of one of the first trials in the world in this group of patients.

The ample scientific programme was divided into 5 interdisciplinary sessions, all being very popular among participants. The Opening Ceremony and the first two sessions were held in Aula Magna of the Medical University of Białystok, described by Prof. Aniceto Baltasar as “the most beautiful place in which he had ever attended any scientific meeting”. The number of doctors interested in the conference was such that there were not enough seats. After the official welcome word by Prof. Jacek Dadan and the Rector of the University, the opening lectures were held by professors Aniceto Baltasar, Almantas Maleckas and the nestor of Polish laparoscopic surgery, Prof. Edward Stanowski. The scientific programme was followed by a concert of the female string quartet Brindisi, presenting not only classical,

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Figure 1. Prof. Jacek Dadan during Opening Ceremony in Aula Magna, Medical University of Białystok

but also popular music. After this serene event, benefiting from warm spring weather, the participants of the conference walked to the City Hall, where the Gala Dinner was served in Café Esperanto.

The second day of the conference had a rich scientific programme. During three sessions held in Hotel Gołębiowski, a splendid collection of lectures was presented by the most renowned Polish endocrinologists and surgeons such as Prof. Maria Górska, Prof. Adam Krętowski, Prof. Irina Kowalska, Prof. Krzysztof Paśnik, Prof. Wiesław Tarnowski, Prof. Mariusz Wyleżoł, and Dr Maciej Michalik. The topics covered included the pathogenesis of obesity and type 2 diabetes, their treatment with special regard given to bariatric surgery, as well as the consequences of implemented therapies. Not only were scientific points discussed, indicating significant progress in the treatment of obesity in recent years, but also a very practical multimedia presentation of all currently used methods was provided. On multiple occasions, lively discussions between experts from different countries could be heard.

An innovative element, preceding the official opening of the conference, was a 2-day workshop in bariatric surgery, organized in the University Hospital in Białystok by Prof Jacek Dadan, Dr Hady Razak Hady and Ass. Prof. Piotr Myśliwiec. Some twenty participants had an occasion to learn the technique of selected, advanced laparoscopic procedures: sleeve gastrectomy, adjustable gastric banding and gastric bypass. The friendly, direct atmosphere of the workshop and the possibility of free exchange of experience, as well as the guest participation of Prof Aniceto Baltasar, contributed to the success of this undertaking.



Figure 2. Invited guests and the Organizing Committee in Branicki's Palace – *top row (left to right):* Dr M. Wasielica, Prof. S. Głuszek, Ass. Prof. A. Budzyński, Prof. W. Tarnowski, Prof. M. Wyleżoł, Prof. K. Pasnik, Prof. A. Baltasar, Prof. J. Dadan, Prof. Z. Puchalski, Prof. A. Maleckas, Dr D. Krawczykowski, Dr T. Kakoulidis, Prof. J. Długosz, Dr R. Zbucki, Dr K. Kaseja, Dr F. Kamiński, Dr T. Lewandowski, Dr J. Łukaszewicz; *front row (left to right):* Dr H. Razak, Dr W. Pesta, Ass. Prof. P. Myśliwiec (*author of this report*), Dr H. Malla

During the conference, the General Meeting of the members of the Section of Metabolic and Bariatric Surgery of the Polish Society of Surgeons took place. On this occasion, recent undertakings of the Section and the plans for the future were discussed. New authorities have been elected for the period 2011-2013. The following members entered the Management Board (alphabetically): Ass. Prof. Andrzej Budzyński, Prof. Jacek Dadan, Prof. Stanisław Głuszek, Dr Tomasz Lewandowski, Dr Maciej Michalik, Prof. Krzysztof Paśnik, Prof. Wiesław Tarnowski, Prof. Edward Stanowski (former President of the Section), and Prof. Mariusz Wyleżoł (President of the Section). The Committee of Review was composed of Prof. Zbigniew Wierzbicki (President of the Committee), Ass. Prof. Wojciech Lisik, and Dr Krzysztof Kaseja.

In summary, the Third International Conference "Metabolic Surgery" was a splendid occasion for the integration of multidisciplinary medical specialists concentrated around the increasing problem of treatment of obesity and its complications. The number of participants is the best confirmation of this opinion.

The next, Fourth Conference "Metabolic Surgery" will be organized in 2012 in Warsaw by Prof. Wiesław Tarnowski.