

# Pregnancy After Bariatric Surgery

April 20 – 21 2017  
University of Surrey

Programme



Programme of Research & Education  
in Preconception Care

# WELCOME

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Welcome to the Pregnancy After Bariatric Surgery meeting at the University of Surrey.

Bariatric surgery (BS) is an effective treatment for the management of obesity and its complications, including type 2 diabetes. The population undergoing BS is growing and 3 out of 4 operations in England are now in women, the majority of whom are of child bearing age. BS has a profound effect on women's reproductive health with our own research suggesting many women are specifically choosing surgery as a means of improving their fertility. Women may conceive quickly but this has potential for poor pregnancy outcomes. There are no national guidelines regarding the management of this high risk group (post-surgery, pre-conception). Current practice advice, such as the recommendation to wait at least 18 months after surgery before conceiving, lacks a robust evidence base and, in not reflecting the needs and lifestyles of the women, is failing to influence their behaviour. Our research shows rapid regain in fertility and short surgery-to-conception intervals. It is essential that any opposing risks are characterised and subsequently minimised through robust research, evidence assimilation and expert guidance.

This event has been organised as part of the programme of work within the PREPARE project – Programme of Research and Education in Preconception Care. The objective is to develop an expert consensus statement for the management of conception and pregnancy post-surgery and to discuss research collaboration and grant proposals.

We thank the Institute of Advanced Studies for supporting this event.

Professor Jill Shawe, Lead for Maternal and Family Healthcare ([j.shawe@surrey.ac.uk](mailto:j.shawe@surrey.ac.uk))

Dr. Kathryn Hart, Lecturer in Nutrition and Dietetics ([k.hart@surrey.ac.uk](mailto:k.hart@surrey.ac.uk))



# PROGRAMME

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## Thursday 20 April 2017

Venue: University of Surrey, Duke of Kent Building, 1<sup>st</sup> floor, Room 02 (01 DK 02).

14.30 – 15.00 Registration and refreshments.

15.00 – 15.15 Welcome and Introduction.

**Professor Jill Shawe**

15.15 – 16.45 Introductions, current work and current guidelines.

All Participants – 5 minute presentations.

16.45 – 17.30 Research questions and evidence requirements.

All Participants – Led by **Dr. Martin Whyte** and **Dr. Kathryn Hart**.

17.30 – 18.00 Posters & wine.

Transfers to hotel if required

Transfers to restaurant (participants who have booked and international speakers)

7:00 Dinner at Olivo's Restaurant (53 Quarry St, Guildford GU1 3UA).

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## Friday 21 April 2017

Venue: Leggett Conference Centre (GU2 7WG)

08.30 – 09.00 Registration and refreshments.

09.00 – 09.30 Introductions from SKYPE participants.

09.30 – 10.00 Present available evidence (for consensus statement).

All Participants.

10.00 – 11.00 Break out groups to discuss statement.

All Participants - mixed professional groups.

### Feedback

12.30 – 13.15 Lunch.

All Participants.

Cohort study plans – seeking collaboration **Professor Shawe & Professor Devlieger**.

The way forward – other opportunities for collaboration and funding.

All Participants.

15.15 Tea.

15.30 – 16.00 Wrap up and actions.

**Dr. Martin Whyte** and **Dr. Kathryn Hart**.

16.00 Close.

**Professor Jill Shawe**

## INTERNATIONAL SPEAKERS' BIOGRAPHIES

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### Roland Devlieger

Professor Roland Devlieger currently holds an academic position at the KU Leuven as associate professor. He is the head of the division of maternal-fetal medicine within the department of Obstetrics and Gynaecology (Chair Professor Dr. Ignace Vergote).

His research interest is mainly clinical and translational and focuses on prematurity, obesity, reproduction after bariatric surgery and fetal medicine. He is Senior Clinical Researcher for the Flemish research fund, FWO Flanders, Belgium and member of the board of directors from the International Society for Prenatal Diagnosis (ISPD). He is the Belgian PI for the FP7 "DALI" Project and PI of the "AURORA" project, a multicenter prospective cohort on reproductive outcomes after bariatric surgery. He is associate editor of *Acta Obstetrica Gynaecologica Scandinavica* and *Facts, Views and Vision in Obstetrics and Gynaecology*.

### Orit Blumenfeld

Dr. Orit Blumenfeld holds a PhD degree in Genetic Epidemiology from Tel-Aviv University; a MSc in Epidemiology and Preventive Medicine, and a bachelor's degree (BPT) in physiotherapy (specializing in neuro-developmental therapy, both from Tel Aviv University, Israel. For the past 10 years she has been working as the director of the National Disease Registries Unit at the Israel Center for Disease Control (ICDC), Ministry of Health, advancing the research activity of the Unit, initiation and promotion of new disease registries and maintaining existing national registries. In addition, she collects data for epidemiological studies, and submits research articles for publication.

### Iztok Stotl

Dr. Iztok Štoltl is a medical doctor working in Department of Endocrinology, Diabetes and Metabolic Diseases at the University Medical Centre Ljubljana in Slovenia. He is a member of multidisciplinary team for bariatric surgery in University Medical Centre Ljubljana. His main medical fields of interest are: critical limb ischemia in diabetic patients, prediction and prevention of diabetes, bariatric surgery, obesity and medical informatics. He is the author of national clinical guidelines for management of patients with high risk for developing diabetes and guidelines for bariatric surgery in Slovenia. He was active in different European projects (EUBIROD, PARENT and BRIDGE Health) and is a member of EUBIROD Network Steering Committee.

### Régine Steegers

Professor Régine Steegers-Theunissen is a physician-epidemiologist at the Department of Obstetrics and Gynaecology of the Erasmus Medical Center and professor of epidemiology periconceptie. She studied medicine at the Catholic University of Nijmegen and qualified as an MD in 1986. Since 2009, she has been a principal investigator of the Predict Rotterdam study, focusing on the study of pregnancy. She provides an outpatient preconception clinic for counselling on nutrition and lifestyle for pregnant women and continues to be an active member of the Erasmus MC in Rotterdam study to improve reproductive health."

### Sander Galjaard

Dr. Sander Galjaard is a consulting Gynaecologist at the Department of Obstetrics and Gynaecology at Erasmus MC Rotterdam, Netherlands. Previously he worked at the UZ Leuven as a research fellow in the Department of Obstetrics and Gynaecology.

# INTERNAL REPRESENTATIVES' BIOGRAPHIES

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## Jill Shawe

Professor Jill Shawe leads the PREPARE group in a Programme of Research and Education in Preconception and Perinatal Care. Jill has extensive experience in this field including a PhD in Pre-pregnancy care for Women with Diabetes and project leadership of a Department of Health Policy Research Programme Grant: Pre-pregnancy Health & Care in England. Jill also has an international collaboration with The PrePreg Network, a European pre-pregnancy research collaboration which brings together EU and other countries to work together in this emergent area. In addition, Jill works clinically as a Midwife and Reproductive Health Nurse.

## Martin Whyte

Dr Whyte qualified in medicine from King's College Hospital in 1998 and received a doctorate in 2010 from King's College London for his work on the effect of insulin on intermediary metabolism in critically ill patients. Since 2012 he has been working at the University of Surrey as a Clinical Senior Lecturer in Metabolic Medicine and is an Honorary Consultant in Diabetes & Endocrinology. His current research interests include: the metabolic consequences of obesity, the management of type 2 diabetes and metabolic dysfunction in critical illness/perioperative medicine.

## Kathryn Hart

Dr Kathryn Hart is a Registered Dietician and Lecturer in Nutrition and Dietetics at the University of Surrey, with a special interest in pre-conception, pregnancy and lactation. She is an expert in dietary assessment techniques using these to capture accurate information on what people eat across a range of projects. Kathryn has a special interest in nutrition and preconception care, including bariatric surgery. Her other work includes nutritional research of children with liver disease through to adults with Chronic Fatigue Syndrome and peri-natal depression.

## Ann Robinson

Dr Ann Robinson is a midwife with expertise in sexual health (contraception, pre-conception wellbeing and pregnancy), intrapartum care and maternal complications in pregnancy. Ann is an experienced Midwifery Lecturer with a proficiency in qualitative methodologies. She has a Doctorate in Philosophy from The University of Southampton (2012) – The Role of The Consultant Midwife: An exploration of the expectations, experiences and intricacies. Currently her research is focused on postpartum contraception; exercise and postnatal depression and preconception care following bariatric surgery.

## Jane Ogden

Professor Jane Ogden is a Professor of Psychology. After completing her PhD at the Institute of Psychology in London, she lectured first at Middlesex University and then at Guy's and St Thomas Medical Schools before joining the University of Surrey in 2005. Jane has written several books and carries out research in the areas of eating behaviour and obesity management (including bariatric surgery), aspects of women's health, communication in the health care consultation and the experience of medical procedures.

## Marianne Colman

Dr Marianne Colman is an orthopist and Research Fellow in maternal, child and family health with expertise in e health.

## NOTES

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