

EFFICACY OF BARIATRIC SURGERY IN THE MANAGEMENT OF TYPE 2 DIABETES MELLITUS IN ADOLESCENTS: A LITERATURE REVIEW.

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RESUMO

This study reviews the effectiveness of bariatric surgery in adolescents with type 2 diabetes mellitus (T2DM), a condition increasingly associated with obesity and characterized by a more aggressive course and poorer response to conventional treatment in this age group. The objective was to evaluate the impact of surgical intervention on glycemic control and disease remission. A literature review was conducted using PubMed, selecting five studies focused on pediatric populations and metabolic outcomes after bariatric procedures. The findings demonstrated high remission rates of T2DM among adolescents who underwent bariatric surgery, particularly gastric bypass and sleeve gastrectomy. These interventions significantly improved glycemic control, as evidenced by reduced glycated hemoglobin levels and decreased dependence on antidiabetic medications. Additionally, bariatric surgery showed superior outcomes compared to isolated clinical treatments, with more pronounced metabolic benefits. The study concludes that bariatric surgery is an effective strategy for managing T2DM in adolescents, offering substantial potential for remission. However, surgical indications should be individualized, taking into account associated risks and the necessity for long-term follow-up.

Palavras-chave: Adolescents Bariatric Surgery Type 2 Diabetes Mellitus Remission Glycemic Control.