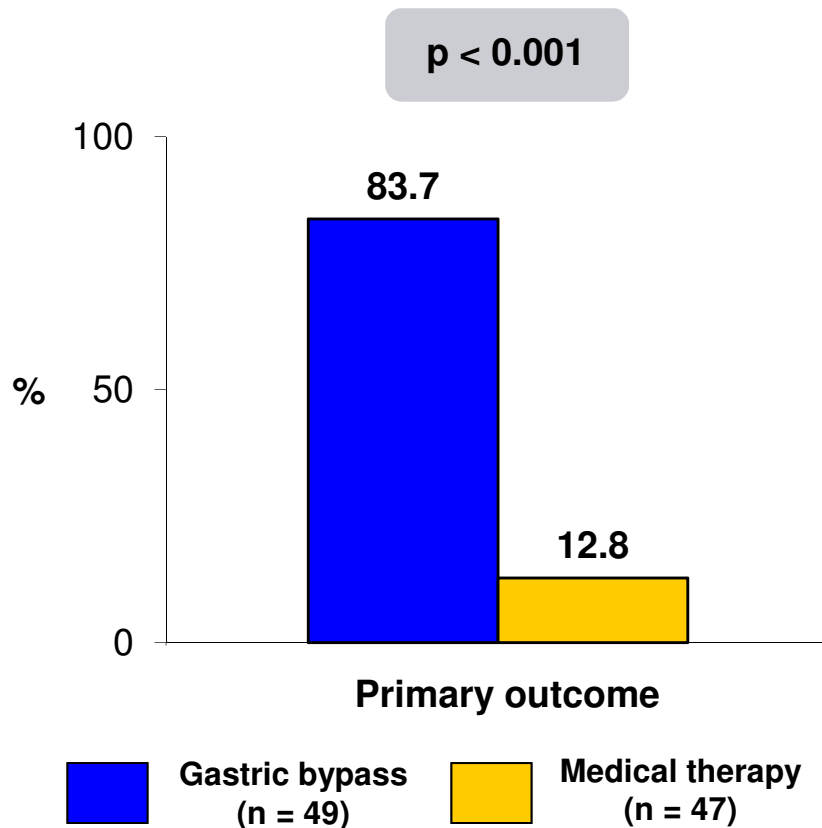


GATEWAY

Trial design: Obese patients on at least 2 antihypertensive agents were randomized in a 1:1 fashion to either gastric bypass surgery + medical therapy or medical therapy alone. They were followed for 1 year.



Results

- Primary outcome, 30% reduction in number of antihypertensive medications while maintaining controlled BP, for gastric bypass vs. medical therapy: 83.7% vs. 12.8%, $p < 0.001$; remission of HTN: 51% vs. 0%, $p < 0.05$
- BMI: 26.8 vs. 36.3 kg/m², $p < 0.001$; fasting plasma glucose: 84 vs. 98.4 mg/dl, $p < 0.001$; LDL-C: 86.9 vs. 116.5 mg/dl, $p < 0.001$, for gastric bypass vs. medical therapy, respectively

Conclusions

- Gastric bypass surgery results in significantly better BP control compared with medical therapy alone among middle-aged obese patients with HTN
- There were also salutary effects on cardiometabolic parameters, including glucose and cholesterol control