

Curriculum Vitae

Last name: Aarts
First names: Edo Oscar
Titles: MD, PhD
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E-mail: edoaarts@hotmail.com
Date of birth: 14th February 1982
Birthplace: Arnhem, The Netherlands
Social: Living together with Daphne Gankema, four daughters (5,8,11 and 14 yo)

Education

2011-2018 Surgical resident at The Radboud University and Rijnstate Hospital
2002-2008 Medicine
2001-2002 Medical biology
1994-2001 Athenaeum

Working experience

2020-now Medical director and CEO Allurion Kliniek, Hilversum
2018-now Metabolic Surgeon and CEO WeightWorks Clinics, Amersfoort
2018-2019 Interim CRA FitForMe, Rotterdam
2018 Fellow GI and Bariatric surgery Rijnstate, Arnhem
2008-2010 Bariatric researcher (PhD Candidate)
2005-2008 Owner internet company: Het Webwinketje
2004-2006 Front Office Employee in Holland Casino, Nijmegen
1999-2004 Sous Chef "De Kantine" Oosterbeek (luxury French Kitchen)

Management experience

2020-now IFSO World Communication department board member
2019-now IFSO-EC community, responsible for the video section
2016-2017 Secretary Round Table 177 Oosterbeek
2013-2018 Head of the Bariatric Research department in The Rijnstate Hospital (three full time researchers, first GCP 2014)
2011-now Supervisor and co-promotor of eight PhD candidates
2011-2013 Member of the board for the organization of medical residents Nijmegen
2010-2011 Secretary of the Local Ethics Committee in Rijnstate Arnhem

Product development experience

2009-now Developer of specialized Multivitamins after Bariatric Surgery for FitForMe, Rotterdam as Medical Advisor
2010-2013 Co-developer of the BAROK operating table by DOCKX Medical
2008-2011 Clinical testing EndoBarrier device

Awards

2020	Most valuable reviewer for "Obesity Surgery" (55 reviews returned within 0 day in 2020)
2019	Most valuable reviewer for "Obesity Surgery" (57 reviews returned within 1 day in 2019)
2017	Grant for prospective study (240k) from Rijnstate Radboud fund
2014	IFSO Young Researcher award for bariatric surgery
2015	Best poster prize IFSO Vienna (first author J.Homan)

Other

2020-now	Associate editor "Obesity Surgery"
2019-now	Associate editor "BMC Surgery"
2019-now	Editorial board member "Obesity Surgery"
2015-now	Member of The Round Table 177 Oosterbeek

Memberships

2020-now	American Society for Metabolic and Bariatric Surgery (ASMBS)
2017-now	Nederlandse Vereniging voor Gastro-Intestinale Chirurgie (NVGIC)
2011-now	Dutch Society for Metabolic and Bariatric Surgery (DSMBS)
2011-now	International Federation for Surgery of Obesity and Metabolic Diseases (IFSO)
2010-now	Nederlandse Vereniging Voor Heelkunde (NVDH)

Social activities

Love spending time with my spouse and kids going swimming, working in the garden or go fossil hunting. The last four year I train and coach the field hockey team of one of my daughters. Besides being able to spend valuable time with dear friends, giving back to the community is important. That is why together with my fellow members of The Round Table we cook for the elderly and homeless and organize fundraisers to support local initiatives like financing AED's and renovating playgrounds.

Also, bringing research to a higher level is what makes me smile. Therefore I help out colleagues with data support and writing articles during the late hours of the day. Attached are a selection of the publications, presentations and articles of my thesis all focusing on the field of bariatric surgery.

Thesis (“Outcomes and results of Bariatric Surgery” PhD 9thmay 2014)

1. Prevalence of anemia and related deficiencies in the first year following laparoscopic gastric bypass for morbid obesity. *E.O. Aarts, B. van Wageningen, I.M.C. Janssen, F.J. Berends.* J Obes. 2012
2. The gastric sleeve: losing weight as fast as micronutrients? *Aarts EO, Janssen IM, Berends FJ.* Obes Surg. 2011
3. Semiquantitative assessment of bowel habits and its relation with calcium metabolism after gastric bypass surgery: a retrospective study. *Aarts EO, Berends FJ, Janssen IM, Schweitzer DH.* J Obes. 2011
4. Vitamin D absorption: consequences of gastric bypass surgery. *Aarts E, van Groningen L, Horst R, Telting D, van Sorge A, Janssen I, de Boer H.* Eur J Endocrinol. 2011
5. Preoperative fasting plasma C-peptide level may help to predict Diabetes outcome after Gastric Bypass Surgery. *E.O. Aarts MD, J. Janssen, I.M.C. Janssen MD, D. Telting PhD, H. de Boer MD, PhD.* Obes Surg 2013
6. Gastric Band removal without secondary bariatric surgery; what happens to the patient? *E.O. Aarts MD, K. Dogan MD, P. Koehestani MD, I.M.C. Janssen MD, F.J. Berends MD PhD.* Surg Obes Relat Dis 2013
7. Bariatric Surgery in Men: Effects on Gonadal Hormones, Glucose, Lipid and Bone Metabolism. *E.O. Aarts MD, B. van Wageningen MD, Sandra Loves MD, Ignace Janssen MD, Fred Sweep MD PhD, and Hans de Boer MD PhD.* Clin Endocrinol (Oxf) 2013
8. Long term results after Laparoscopic Adjustable Gastric Banding: A mean fourteen Year follow-up study. *E.O. Aarts MD, K. Dogan MD, P. Koehestanie MD, Th.J. Aufenacker MD PhD, I.M.C. Janssen MD, F.J. Berends MD PhD.* Surg Obes Relat Dis 2014
9. Revisional surgery after failed LAGB; medium term results in 195 patients. *E.O. Aarts MD, P. Koehestani MD, K. Dogan MD, I.M.C. Janssen MD, F.J. Berends MD PhD.* Surg Obes Relat Dis 2014
10. Experiences with Gastrointestinal Endoscopic removal of migrated Adjustable Gastric Bands. *E.O. Aarts, MD, F.J. Berends, PhD, I.M.C. Janssen, MD, P.J. Wahab, PhD, M.J.M. Groenen, PhD.* World J Gastroenterol. 2015
11. Access-port fixation on the left pectoral fascia in laparoscopic adjustable gastric banding. *van Wageningen B, Aarts EO, Janssen IM, Berends FJ.* Obes Surg. 2011
12. Hepatic steatosis in morbidly obese patients undergoing gastric bypass surgery: assessment with open-system 1H-MR spectroscopy. *van Werven JR, Schreuder TC, Aarts EO, Nederveen AJ, Meijer JW, Berends FJ, Janssen IM, Mulder CJ, Jansen PL, Stoker J.* AJR Am J Roentgenol. 2011
13. The latest generation of gastric bands: clinically good results, some patient dissatisfaction. *P. Koehestanie, E.O Aarts, I.M.C Janssen, Th..J Aufenacker, F.J. Berends.* Surg Obes Relat Dis 2014
14. Prevalence of micronutrient deficiencies after Gastric Sleeve resection. *P.W.J. van Rutte, E.O. Aarts, J.F. Smulders, S.W. Nienhuijs.* Obes Surg 2015

15. Optimization of vitamin supplementation after Roux-en-Y Gastric Bypass Surgery can lower postoperative deficiencies: a randomized controlled trial. *K. Dogan MD, E.O. Aarts MD P. Koehestanie MD B. Betzel MD N. Ploeger MANP H. de Boer MD PhD, Th.J. Aufenacker MD PhD, C.J.H.M. van Laarhoven PhD MD I.M.C. Janssen MD, F.J. Berends MD PhD.* Medicine 2015

Most relevant other bariatric publications (total 70 publications)

1. Alterations of hormonally active fibroblast growth factors after Roux-en-Y gastric bypass surgery. *Jansen PL, van Werven J, Aarts E, Berends F, Janssen I, Stoker J, Schaap FG.* Dig Dis 2011
2. Esophageal motor responses to increasing adjustment of an implanted gastric band *Burgerhart JS, Aarts EO, van de Meeberg PC, Berends FJ, Siersema PD, Smout AJ.* Neurogastroenterologic Motility 2014
3. Hepatic and peripheral insulin sensitivity do not improve 2 weeks after bariatric surgery. *De Weijer BA, Aarts E, Janssen IM, Berends FJ, van de Laar A, Kaasjager K, Ackermans MT, Fliers E, Serlie MJ.* Obesity (Silver Spring) 2014
4. Calorie restriction is a major determinant of the short-term metabolic effect of gastric Bypass surgery in obese type 2 diabetic patients. *Lips MA, de Groot GH, van Klinken JB, Aarts E, Berends FJ, Janssen IM, van Ramshorst B, van Wagenveld BA, Swank DJ, van Dielen F, Willems van Dijk K, Pijl H.* Clinical Endocrinology (Oxf) 2014
5. The feasibility of delivering a duodenal-jejunal bypass liner (endobarrier) endoscopically with patients under conscious sedation *Koehestanie P, Betzel B, Dogan K, Berends F, Janssen I, Aarts E, Groenen M, Wahab P.* Surgical Endoscopy 2015
6. Acute pancreatitis as an adverse event in patients with the duodenal-jejunal bypass liner. *Betzel B, Homan J, Aarts E, Janssen I, Spanier M, Wahab P, Groenen M, Berends F.* Endoscopy 2015
7. Is reimplantation of the duodenal-jejunal bypass liner feasible? *Koehestanie P, Betzel B, Aarts EO, Janssen IM, Wahab P, Berends FJ.* Surg Obes Relat Dis. 2015
8. Safety experience with the duodenal-jejunal bypass liner: an endoscopic treatment for diabetes and obesity. *Betzel B, Koehestanie P, Aarts EO, Dogan K, Homan J, Janssen IM, Wahab PJ, Groenen MJ, Berends FJ.* Gastrointest Endosc. 2015
9. Subclinical hypothyroidism and its relation to obesity in patients before and after Roux-en-Y gastric bypass. *Janssen IM, Homan J, Schijns W, Betzel B, Aarts EO, Berends FJ, de Boer H.* Surg Obes Relat Dis. 2015
10. Secondary surgery after sleeve gastrectomy: Roux-en-Y gastric bypass or biliopancreatic diversion with duodenal switch. *Homan J, Betzel B, Aarts EO, van Laarhoven KJ, Janssen IM, Berends FJ.* Surg Obes Relat Dis. 2014
11. Vitamin and Mineral Deficiencies After Biliopancreatic Diversion and Biliopancreatic Diversion with Duodenal Switch-the Rule Rather than the Exception. *Homan J, Betzel B, Aarts EO, Dogan K, van Laarhoven KJ, Janssen IM, Berends FJ.* Surg Obes Relat Dis. 2014
12. Effectiveness and Safety of Sleeve Gastrectomy, Gastric Bypass, and Adjustable Gastric Banding in Morbidly Obese Patients: a Multicentre, Retrospective, Matched Cohort Study.

Dogan K, Gadiot RP, Aarts EO, Betzel B, van Laarhoven CJ, Biter LU, Mannaerts GH, Aufenacker TJ, Janssen IM, Berends FJ. Obes Surg. 2015

13. Long-term effects of laparoscopic Roux-en-Y gastric bypass on diabetes mellitus, hypertension and dyslipidaemia in morbidly obese patients. *Dogan K, Betzel B, Homan J, Aarts EO, Ploeger N, de Boer H, Aufenacker TJ, van Laarhoven CJ, Janssen IM, Berends FJ. Surg Obes Relat Dis. 2014*
14. Fast-track bariatric surgery improves perioperative care and logistics compared to conventional care. *Dogan K, Kraaij L, Aarts EO, Koehestanie P, Hammink E, van Laarhoven CJ, Aufenacker TJ, Janssen IM, Berends FJ. Obes Surg. 2015*
15. A short or a long Roux limb in gastric bypass surgery: does it matter? *Dogan K, Homan J, Aarts EO, van Laarhoven CJ, Janssen IM, Berends FJ. Surg Endosc. 2016*
16. Changes in glycemic control and body weight after explantation of the duodenal-jejunal bypass liner. *Betzel B, Koehestanie P, Homan J, Aarts EO, Janssen IM, de Boer H, Wahab PJ, Groenen MJ, Berends FJ. Gastrointest Endosc. 2016*
17. Loose and frequent stools and PTH levels are positively correlated post-gastric bypass surgery due to less efficient intestinal calcium absorption. *Schijns W, Aarts EO, Berends FJ, Janssen IM, Schweitzer DH. Surg Obes Relat Dis. 2016*
18. An optimized multivitamin supplement lowers the number of vitamin and mineral deficiencies three years after Roux-en-Y gastric bypass: a cohort study. *Homan J, Schijns W, Aarts EO, van Laarhoven CJ, Janssen IM, Berends FJ. Surg Obes Relat Dis. 2016*
19. Management of vitamin K deficiency after biliopancreatic diversion with or without duodenal switch. *Homan J, Ruinemans-Koerts J, Aarts EO, Janssen IM, Berends FJ, de Boer H. Surg Obes Relat Dis. 2016*
20. Efficacy of oral compared with intramuscular vitamin B-12 supplementation after Roux-en-Y gastric bypass: a randomized controlled trial. *Schijns W, Homan J, van der Meer L, Janssen IM, van Laarhoven CJ, Berends FJ, Aarts EO. Am J Clin Nutr. 2018*
21. A Longer Biliopancreatic Limb in Roux-en-Y Gastric Bypass Improves Weight Loss in the First Years After Surgery: Results of a Randomized Controlled Trial. *Homan J, Boerboom A, Aarts E, Dogan K, van Laarhoven C, Janssen I, Berends F. Obes Surg. 2018*
22. A long biliopancreatic and short alimentary limb results in more weight loss in revisional RYGB surgery. Outcomes of the randomized controlled ELEGANCE REDO trial. *Boerboom A, Homan J, Aarts E, Aufenacker T, Janssen I, Berends F. Surg Obes Relat Dis. 2019*
23. Adequate Multivitamin Supplementation after Roux-En-Y Gastric Bypass Results in a Decrease of National Health Care Costs: a Cost-Effectiveness Analysis. *Homan J, Schijns W, Janssen IMC, Berends FJ, Aarts EO. Obes Surg. 2019*
24. Study rationale and protocol of the BARICO study: a longitudinal, prospective, observational study to evaluate the effects of weight loss on brain function and structure after bariatric surgery. *Vreeken D, Wiesmann M, Deden LN, Arnoldussen IAC, Aarts E, Kessels RPC, Kleemann R, Hazebroek EJ, Aarts EO, Kiliaan AJ. BMJ Open. 2019*

25. Clinical follow-up on weight loss, glycemic control, and safety aspects of 24 months of duodenal-jejunal bypass liner implantation. *Betzel B, Cooiman MI, Aarts EO, Janssen IMC, Wahab PJ, Groenen MJM, Drenth JPH, Berends FJ. Surg Endosc. 2020*
26. An Extended Pouch in a Roux-En-Y Gastric Bypass Reduces Weight Regain: 3-Year Results of a Randomized Controlled Trial. *Boerboom A, Cooiman M, Aarts E, Aufenacker T, Hazebroek E, Berends F. Obes Surg. 2020*
27. Genetic Obesity and Bariatric Surgery Outcome in 1014 Patients with Morbid Obesity. *Cooiman MI, Kleinendorst L, Aarts EO, Janssen IMC, van Amstel HKP, Blakemore AI, Hazebroek EJ, Meijers-Heijboer HJ, van der Zwaag B, Berends FJ, van Haelst MM. Obes Surg. 2020*
28. Do Specialized Bariatric Multivitamins Lower Deficiencies After Sleeve Gastrectomy? *Smelt HJM, van Loon S, Pouwels S, Boer AK, Smulders JF, Aarts EO. Obes Surg. 2020*
29. The True Story on Deficiencies After Sleeve Gastrectomy: Results of a Double-Blind RCT. *Heusschen L, Schijns W, Ploeger N, Deden LN, Hazebroek EJ, Berends FJ, Aarts EO. Obes Surg. 2020*
30. Safety of Continuous Postoperative Pulse Oximetry Monitoring Without Obstructive Sleep Apnea Screening in > 5000 Patients Undergoing Bariatric Surgery. *van Veldhuisen SL, Arslan I, Deden LN, Aarts EO, Hazebroek EJ. Obes Surg. 2020*
31. Banding the Pouch with a Non-adjustable Ring as Revisional Procedure in Patients with Insufficient Results After Roux-en-Y Gastric Bypass: Short-term Outcomes of a Multicenter Cohort Study. *Boerboom A, Aarts E, Lange V, Plamper A, Rheinwalt K, Linke K, Peterli R, Berends F, Hazebroek E. Obes Surg. 2020*
32. Obesity affects brain structure and function- rescue by bariatric surgery? *Nota MHC, Vreeken D, Wiesmann M, Aarts EO, Hazebroek EJ, Kiliaan AJ. Neurosci Biobehav Rev. 2020*

Presentations related to Bariatric Surgery

1. Disappointing results after the LAGB.
IFSO 2009, Paris, France
Expert Meeting for the Surgery Obesity and Metabolic Disorders Saalfelden 2010
Expert Meeting 2010, Duiven, The Netherlands
ASMBS 2010 Las Vegas, USA
IFSO 2011 Hamburg, Germany
2. The Endobarrier, a new treatment for T2DM
SOFFCO 2011, Lille, France
NVE 2011 Noordwijkerhout, The Netherlands
IFSO 2016 Rio de Janeiro
3. Access-port fixation on the left pectoral fascia in LAGB.
IFSO 2009, Paris, France
4. Bariatric Surgery: Effects on gonadal hormones, body composition, glucose, lipid and bone metabolism (APOM study).
DSMBS 2011, The Netherlands

NVE 2012, The Netherlands
IFSO 2013, Istanbul, Turkey

5. Calcium, vitamin D and bone density.
DABC 2009, The Netherlands
6. The predictive value of sober C-peptide levels on T2DM outcome after RYGB.
IFSO 2011 Hamburg, Germany.
DSMBS 2013, The Netherlands
IFSO Europe 2014, Brussels, Belgium
7. Nutritional Management of Skeletal Health post bariatric surgery.
ACDC 2009, Washington, USA
8. Gastric Band removal without additional bariatric surgery, what happens to the patient?
DSMBS 2012, The Netherlands
IFSO 2013, Istanbul, Turkey
9. Deficiencies after bariatric surgery; developing the optimal multivitamin (VITAAL study).
Radboud UMC 2011 Nijmegen, The Netherlands
NOK 2012, Utrecht, The Netherlands
Bariatriccongres 2013 MC Leeuwarden, The Netherlands
IFSO 2013, Istanbul, Turkey
Expert meeting 2013, The Netherlands
Adipositas Symposium 2014, Nordersted, Germany
SOFFCO 2014, Versailles, France
IFSO 2014, Montreal, Canada
Expert Meeting 2015, Lyon, France
Dietitian meeting 2015, Noordwijkerhoud, The Netherlands
IFSO 2015, Vienna, Austria
Frankfurter Meeting 2016, Germany
SOFFCO 2018, Lille, France
ASMBS Chicago 2018, USA
Frankfurter Meeting 2018, Germany
IFSO-EC 2019, Lyon, France
ASMBS Weekend Chicago 2019
Nordersted 2020
10. Surgical consequences of morbid obesity.
Duamutef 2013, Zwolle, The Netherlands
11. Experiences with gastrointestinal endoscopic removal of migrated adjustable gastric bands.
IFSO 2011 Hamburg, Germany
12. Weight regain after bariatric surgery.
Expert meeting 2013, The Netherlands
13. B-cell mass imaging

IFSO 2016 Rio de Janeiro, Brazil

14. Vitamin B12 deficiencies and treatment after RYGB
IFSO 2016 Rio de Janeiro, Brazil
15. Fraxiparin dosage based on lean body weight
IFSO 2016 Rio de Janeiro, Brazil
16. The Dutch pre-and aftercare model for bariatric patients
Nordersted 2015
Frankfurter Meeting 2016
China meeting 2019, Leiden
17. Ferretin deficiencies after bariatric surgery
ASMBS Weekend Chicago 2019