

# Metabolic syndrome and surgical complications: a systematic review and meta-analysis of 13 million individuals

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**Background:** Metabolic syndrome (MetS) is characterised by the presence of at least three of the five following components: insulin resistance, obesity, chronic hypertension, elevated serum triglycerides, and decreased high-density lipoprotein cholesterol concentrations. It is estimated to affect 1 in 3 people around the globe and is reported to affect 46% of surgical patients. For people with MetS who undergo surgery, an emerging body of literature points to significantly poorer postoperative outcomes compared with nonaffected populations. The aim of this study is to review the current evidence on the risks of surgical complications in patients with MetS compared to those without MetS.

Methods: Systematic review and meta-analysis using PRISMA and AMSTAR reporting guidelines.

**Results:** The meta-analysis included 63 studies involving 1 919 347 patients with MetS and 11 248 114 patients without MetS. Compared to individuals without the condition, individuals with MetS were at an increased risk of mortality (OR 1.75 95% CI: 1.36-2.24; P < 0.01); all surgical site infection types as well as dehiscence (OR 1.64 95% CI: 1.52-1.77; P < 0.01); cardiovascular complications (OR 1.56 95% CI: 1.41-1.73; P < 0.01) including myocardial infarction, stroke, cardiac arrest, cardiac arrythmias and deep vein thrombosis; increased length of hospital stay (MD 0.65 95% CI: 0.39-0.9; P < 0.01); and hospital readmission (OR 1.55 95% CI: 1.41-1.71; P < 0.01).

**Conclusion:** MetS is associated with a significantly increased risk of surgical complications including mortality, surgical site infection, cardiovascular complications, increased length of stay, and hospital readmission. Despite these risks and the high prevalence of MetS in surgical populations there is a lack of evidence on interventions for reducing surgical complications in patients with MetS. The authors suggest prioritising interventions across the surgical continuum that include (1) preoperative screening for MetS; (2) surgical prehabilitation; (3) intraoperative monitoring and management; and (4) postoperative rehabilitation and follow-up.

Keywords: metabolic syndrome, complications, surgical procedure, operative, adverse events

# Background

Metabolic syndrome (MetS) is a health condition characterised by a cluster of physiological and biochemical conditions that

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Sponsorships or competing interests that may be relevant to content are disclosed at the end of this article.

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International Journal of Surgery (2024) 110:541-553

Received 7 June 2023; Accepted 28 September 2023

Published online 1 November 2023

http://dx.doi.org/10.1097/JS9.00000000000834

## HIGHLIGHTS

- This meta-analysis involving 13 million individuals from various countries provided evidence that metabolic syndrome (MetS) was associated with a moderately increased risk of surgical complications.
- MetS was associated with an increased risk of adverse events including death, cardiovascular complications, surgical site infections, and hospital readmission.
- Our findings suggest that there is a need to implement screening processes for MetS prior to surgery, alert the surgical team to risks associated with MetS.

heighten the risk of adverse health outcomes<sup>[1–3]</sup>. Although some variations exist in specific diagnostic criteria, consensus statements by the WHO, a Joint Interim Statement (JIS) by prominent health organisations, and the National Cholesterol Education Programme Adult Treatment Panel III (NCEP III) identify MetS as an accumulation of at least three of the following five components: insulin resistance, obesity, chronic hypertension, elevated serum triglycerides, and decreased high-density lipoprotein cholesterol concentrations<sup>[2,3]</sup>.

It is important to understand the impact of MetS on surgical outcomes. Although some studies have shown no association

between MetS and an increased risk of surgical complications<sup>[4,5]</sup>, there is a growing body of evidence suggesting those with the condition are at a greater risk of a range of serious adverse events during and after surgery<sup>[6–12]</sup>. Consequently, the costs of treating surgical patients with MetS are increased<sup>[5,13]</sup>. Evidence further suggests the accumulation of MetS components in individuals potentiates the risk of surgical complications compared to individual risk factors such as obesity<sup>[6]</sup>. For example, one study reported that patients with MetS have a higher rate of complications in bariatric surgery; in effect, this shows that patients undergoing bariatric surgery with MetS have a higher risk than those who have obesity alone<sup>[7]</sup>.

Despite the quantum of literature investigating the effect of MetS on surgical outcomes, no systematic review and meta-analysis of the evidence has been performed to date. Moreover, to our knowledge, there are no reported interventions or guidelines in the literature on ameliorating the risks associated with MetS. There is a need for quality appraisal and synthesis of the accumulated evidence to identify whether MetS predisposes patients to a greater risk during surgery than those without MetS. The aim of this review is to therefore synthesise the evidence on the risks of surgical complications in patients with MetS compared to those without MetS.

#### Method

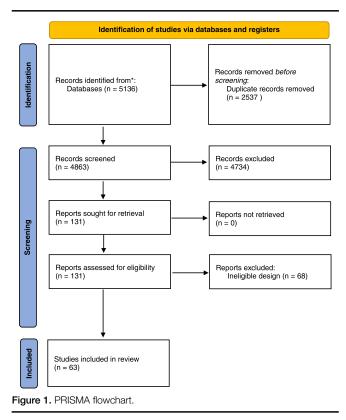
We conducted a systematic literature search according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) recommendations (see Fig. 1) and in compliance with Assessing the Methodological Quality of Systematic Reviews (AMSTAR) guidelines<sup>[8,9]</sup>. A review protocol was registered *a priori* with PROSPERO (BLINDED) and also researchregistry.com (reviewregistry1703). The review protocol is published elsewhere (BLINDED).

#### Search strategy

We used the database search approach recommended by Bramer and colleagues<sup>[10]</sup> searching: CINAHL, Embase, Google Scholar (Top 200), PsycINFO, PubMed, and Web of Science. Database searches were supplemented by backward and forward citation tracking of included articles using Scopus. A date limitation of greater than or equal to 1998 was applied to the search strategy to reflect the first formal definition of MetS<sup>[2]</sup>. The full search strategy is provided (see Table 1).

#### Eligibility criteria

We included published peer-reviewed studies that reported on the effect of MetS on the occurrence of surgical complications in adult patients undergoing invasive surgery. Studies were included if they were prospective or retrospective observational studies that reported on 30-day complications in adult surgical patients diagnosed with MetS. As the criteria to establish a diagnosis of MetS may vary, we accepted the definition of MetS as defined by the study authors. Studies were excluded if they reported on surgical complications greater than 30 days or minor surgical procedures (e.g. lesion removal) (see Table 2. Inclusion and Exclusion Criteria).



#### Study selection

Following the initial search for studies, citations were exported into EndNote software<sup>[11]</sup>.

After the removal of duplicates, the title and abstracts of studies were screened by two independent reviewers (P.N. and N.R.) against inclusion and exclusion criteria to identify studies for potential inclusion. The full-text of each selected article was screened by two independent reviewers (P.N. and N.R.) to determine eligibility against the inclusion and exclusion criteria. Disagreement consensus was achieved through discussion between reviewers (P.N. and N.R.).

#### Data management

One review author (P.N.) extracted data from the included studies using a preconstructed data extraction form. Authors were contacted in instances of missing or ambiguous data. Studies were excluded where the author did not respond, or data extraction was not possible. Extracted data was entered into Review Manager (RevMan) Version 5.4.1<sup>[12]</sup>, which another review author (N.R.) independently checked for accuracy.

#### Data extraction

Outcomes of interest were the risk of complications within 30 days of surgery, length of stay (LOS), and hospital readmission. We accepted the definition for each surgical complication provided by the authors of each included study and extracted data on 30-day surgical complications. Outcomes included were mortality, surgical site infection (SSI) (any SSI, superficial SSI, deep SSI, organ space SSI, and dehiscence), cardiovascular complications (arrhythmia, myocardial infarction (MI), cardiac

#### Table 1 Search Strategy.

Database	Search Strategy
PubMed	((("metabolic syndrome"[MeSH Major Topic]) OR ("metabolic syndrome"[Title/Abstract])) OR ("deadly quartet"[Title/Abstract])) AND ((((((("surgical"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("surgical"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("intraoperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("intraoperative"[Title/Abstract])) OR ("intraoperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("intraoperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("intraoperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("intraoperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract])) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Abstract]) OR ("perioperative"[Title/Ab
CINAHL	(S1 AND S2)
	S1 MH metabolic syndrome OR TI deadly quartet OR AB deadly quartet OR TI metabolic syndrome OR AB metabolic syndrome S2 TI surgery OR AB surgery OR TI preoperative OR AB preoperative OR TI postoperative OR AB postoperative OR TI intraoperative OR AB intraoperative OR MH postoperative complications OR MH surgical procedures, operative OR MH intraoperative complications Limiters - Published Date: 19980101-20221231
	Expanders - Apply equivalent subjects
	Narrow by Language: - english
	Search modes - Boolean/Phrase
PsycINFO	(S1 AND S2) S1 MH metabolic syndrome OR TI deadly quartet OR AB deadly quartet OR TI metabolic syndrome OR AB metabolic syndrome
	S2 TI surgery OR AB surgery OR TI preoperative OR AB preoperative OR TI postoperative OR AB postoperative OR TI intraoperative OR AB intraoperative OR MH postoperative complications OR MH surgical procedures, operative OR MH intraoperative complications Limiters - Published Date: 19980101-20221231
	Expanders - Apply equivalent subjects
	Narrow by Language: - english
	Search modes - Boolean/Phrase
Google Scholar	"metabolic syndrome" OR "deadly quartet" AND surgery OR surgical OR perioperative OR preoperative OR intraoperative OR postoperative
Web of Science	surgery (Title) or surgery (Abstract) or surgical (Title) or surgical (Abstract) or perioperative (Title) or perioperative (Abstract) or preoperative (Title) or preoperative (Abstract) or intraoperative (Abstract) or postoperative (Title) or postoperative (Abstract) AND
	metabolic syndrome (Title) or metabolic syndrome (Abstract) or deadly guartet (Title) or deadly guartet (Abstract)
Embase	1. metabolic syndrome.ab. or metabolic syndrome.ti. or deadly quartet.ab. or deadly quartet.ti.
Linbuot	2. surgery.ab. or surgery.ti. or surgical.ab. or surgical.ti. or perioperative.ab. or perioperative.ti. or intraoperative.ab. or intraoperative.ti. or preoperative.ab. or preoperative.ab. or perioperative.ti. or postoperative.ab. or postoperative.ti.
	3. 1 and 2
	4. limit 3 to (full-text and human and english)
	5. limit 4 to yr = "1998 - Current"
	6. limit 5 to (full-text and human and english language)
	7. limit 6 to ((embase or "preprints (unpublished, non-peer-reviewed)") and journal)

# Table 2 Inclusion and exclusion criteria.

I

Inclusion Criteria	
Observational studies (e.g. cohort	Diagnosed with metabolic syndrome
study)	Complications within 30 days of surgery
Adult human patients (18 years	Published peer-reviewed articles
or >)	
Undergoing invasive surgery*	
Exclusion Criteria	
Publication Type	Study Design
Narrative reviews	Interventional studies
Editorials	Studies not included in the meta-analysis
Government reports	Systematic Reviews
Books or book chapters	Study Population
Conference proceedings	Animals
Commentaries	Children
Lectures and presentations	Study Procedure
	Minor procedures (e.g. lesion removal;
	cystoscopy;)
	Complications > 30 days after surgery

\*For the purposes of this study, invasive surgery was considered any surgical procedure involving a skin incision and surgical dissection below the level of the dermis (excludes skin excisions, biopsy etc.) and/or instrumentation of a natural orifice in conjunction with an excisional procedure (urology, gynaecology, etc.). arrest, stroke, deep vein thrombosis (DVT), LOS, and hospital readmission. For categorical data, the number of events in the control, and exposure cohorts were extracted. For continuous data, the mean difference (MD) and SD values were extracted.

#### Statistical analysis

Meta-analysis was performed using Review Manager (RevMan 5.4.1)<sup>[12]</sup>. The effect estimate with a 95% CI were extracted from each included study. We extracted the effect size reflecting the greatest degree of adjustment for possible confounding factors when multiple effect sizes with different degrees of covariate adjustment were reported in a study. For continuous variables, to estimate the summary effect size we used a random-effects model and the inverse-variance method to obtain MDs and SDs with 95% CIs. For dichotomous variables, the Mantel–Haenszel formula was used to produce a single summary measure of association to obtain odds ratios (ORs) along with its CIs. We used a random-effects model for pooled analysis regardless of heterogeneity since this model estimates the effect with consideration to the variance between studies, rather than ignoring heterogeneity by employing a fixed effect model<sup>[14]</sup>. Heterogeneity of studies was estimated using the Higgins  $I^2$  statistic<sup>[15]</sup> and described as

low (25%), moderate (25–55%), and high (>75%)<sup>[16]</sup>. The *P*-value for statistical significance was set at  $\leq 0.05$ . We removed one study at a time to observe the effect on the results. We then calculated an overall estimate of effect size using a random-effects meta-analysis based on the adjusted OR of all included studies.

#### Quality assessment

Two independent reviewers (P.N. and N.R.) performed quality assessment. Each included study was critically appraised using the Newcastle–Ottawa Scale (NOS) for observational studies. The NOS is a widely used and endorsed scale to assess the quality of observational studies<sup>[17,18]</sup>. The NOS is validated for assessing three quality parameters, namely, selection, comparability, and outcome divided across eight specific items. Studies were independently screened and scored (0–9) by two reviewers (P.N. and N.R.). Each study was assessed against criteria and scored according to good (7–9), fair (4–6), and poor quality (<4). Discrepancy in assessment scores were resolved through discussion and consensus (see Table 3).

## Results

#### Study selection and characteristics

In total, 4863 abstracts were reviewed, from which 131 full-text articles were retrieved and evaluated for inclusion (see Fig. 1). Sixty-three studies, involving 1 919 347 patients with MetS and 11 248 114 patients without MetS, satisfied the inclusion criteria (see Table 2. Inclusion and Exclusion Criteria). The most commonly reported types of surgery were orthopaedic  $(22\%)^{[5,6,15,26,27,29,46-48,67,72,73,75,78]}$ , cardiac  $(21\%)^{[19,20,37,38]}$ ,  ${}^{41,42,50,51,54,63,64,69,76]}$ , vascular  $(13\%)^{[4,24,53,62,65,68,70,79]}$ , hepatobiliary  $(11\%)^{[50-56]}$ , gastroenterology  $(6\%)^{[57-60]}$ , bariatric  $(5\%)^{[39,43,57]}$ , urology  $(5\%)^{[21,58,74]}$ , and plastics  $(5\%)^{[52,56,77]}$  (see Table 3. Included Studies). Most studies reported North America data  $(n = 40)^{[4-6,15,23,27,30-35,38-40,43,46-49,52,53,55-62,65-67,70,73,75^{-78,80]}$ , with the remaining spanning Europe<sup>[19,21,22,24,28,42,44,50,51,64,68,81]</sup>, the Middle East<sup>[20]</sup>, Asia<sup>[37,41,45,71,72,74,82,83]</sup>, Africa<sup>[63]</sup>, and South America<sup>[54]</sup>. The assessed risk of bias of the included studies ranged from 5 to 8 (fair to good) out of a possible 9 stars when assessed using the NOS.

#### Mortality

Mortality within 30 days of surgery was reported in 44 studies considered for meta-analysis. Across these studies, a total of 333 488 patients with MetS underwent surgery versus 1 449 817 surgical patients without MetS. We found fifteen of 44 studies reported an increased risk of mortality across a range of surgical types including bariatric<sup>[39,43,57]</sup>, cardiac<sup>[19,42]</sup>, ear, nose, and throat (ENT)<sup>[35]</sup>, emergency<sup>[31]</sup>, endocrine<sup>[59,84]</sup>, gastrointestinal<sup>[40]</sup>, hepatobiliary<sup>[23,33,34]</sup>, neurosurgery<sup>[49]</sup>, and orthopaedic<sup>[47]</sup>. Twenty-five studies considered for meta-analysis found no association with 30-day mortality between MetS and non-MetS patients across a wide range of surgical types. Three studies focusing on orthopaedic and vascular surgical patients reported those with MetS were at less risk of 30-day mortality<sup>[4,5,67]</sup>. One study focused on gynaecological surgery reported no deaths in either group between the MetS and non-MetS groups<sup>[22]</sup>. On pooling of effect estimates, surgical patients with MetS were at 1.75 times the risk of death within 30 days after surgery compared to patients without MetS (OR 1.75 95% CI: 1.36–2.24; P < 0.0001) (see Fig. 2).

#### Cardiovascular events

#### MI

MI within 30 days of surgery was reported in 32 studies included for meta-analysis. Across these studies, a total of 301 376 patients with MetS underwent surgery versus 116 6298 without MetS. We found 7 of 32 studies reported an increased risk of MI across a range of surgeries including bariatric<sup>[43,57]</sup>, colorectal<sup>[60]</sup>, hepatobiliary<sup>[23]</sup>, orthopaedics<sup>[5]</sup>, and vascular<sup>[4,62]</sup>. Twenty-five studies reported no association between 30-day operative MI and patients with or without MetS. Meta-analysis of studies revealed surgical patients with MetS were at 1.63 times the risk of MI within 30 days after surgery compared to patients without MetS (OR 1.63 95% CI: 1.30–2.03; P=0.001) (see Fig. 3 for all Cardiovascular Events).

#### Stroke

Stroke was reported in 31 studies included for meta-analysis. Across these studies, a total of 278 809 patients with MetS underwent surgery versus 1 010 989 surgical patients without MetS. We identified that 9 out of 31 studies reported an increased risk of stroke across a range of surgeries including bariatric<sup>[57]</sup>, cardiac<sup>[41,76]</sup>, emergency general surgery<sup>[31]</sup>, endocrine<sup>[59]</sup>, orthopaedic<sup>[5]</sup> and vascular<sup>[53,62]</sup>. Twenty-one studies reported no association with 30-day stroke between MetS and non-MetS patients across a range of surgeries. No strokes occurred in a single study<sup>[85]</sup>. The link between MetS and stroke within 30 days of surgery was identified following a meta-analysis. Individuals with MetS were at 1.64 times the risk of stroke within 30 days after surgery compared to patients without MetS (OR 1.64 95% CI: 1.39–1.93]; P = 0.00001).

#### Cardiac arrhythmias

Cardiac arrhythmias within 30 days of surgery were reported in nine studies included for meta-analysis with a total sample of 2117 patients with MetS versus 2828 surgical patients without MetS. In the studies considered for meta-analysis, 2 out of 9 studies reported an increased risk of cardiac arrhythmias during cardiac surgery<sup>[50,64]</sup>, while the remaining seven studies identified no association with 30-day cardiac arrhythmias between MetS and non-MetS patients across a range of surgeries. Pooling of effect estimates revealed surgical patients with MetS were at 1.41 times the risk of cardiac arrhythmias within 30 days after surgery compared to patients without MetS (OR 1.41 95% CI: 1.04-1.91; P = 0.03).

#### DVT

DVT within 30 days of surgery was reported in 14 studies included for meta-analysis. Across these studies, a total of 68 991 patients with MetS underwent surgery versus 372 261 non-MetS patients. Two of 14 studies reported an increased risk of DVT across gastroenterology<sup>[40]</sup> and orthopaedic surgeries<sup>[72]</sup>. The remaining 12 studies included for meta-analysis found no association with 30-day DVT presentations in MetS and non-MetS patients across a range of surgeries. The link between MetS and DVT within 30 days of surgery was not identified following a

# Table 3 Table of included studies.

References	Year	Country	Study Design	Sample	Surgery Type	NOS Score	NOS Quality Rating
Angeloni <i>et al</i> . <sup>[19]</sup>	2012	Italy	Retrospective analysis	1726	Cardiac	8	Good
Ardeshiri <sup>[20]</sup>	2014	Iran	Prospective analysis	235	Cardiac	8	Good
Arnaoutakis <i>et al</i> . <sup>[4]</sup>	2014	USA	Retrospective analysis	19 604	Vascular	8	Good
Aydogan <i>et al</i> . <sup>[21]</sup>	2019	Turkey	Prospective analysis	120	Urology	8	Good
Bacalbasa <i>et al.</i> <sup>[22]</sup>	2020	Romania	Retrospective analysis	46	Gynaecology	7	Good
Bhayani <i>et al</i> . <sup>[23]</sup>	2012	USA	Retrospective analysis	3973	Hepatobiliary	7	Good
Casana <i>et al</i> . <sup>[24]</sup>	2019	Italy	Retrospective analysis	752	Vascular	8	Good
Chen et al. <sup>[25]</sup>	2020	China	Prospective analysis	628	Gastrointestinal surgery	8	Good
Chung et al.[26]	2018	USA	Retrospective analysis	15 618	Orthopaedic	8	Good
Cichos et al.[27]	2018	USA	Retrospective analysis	3 348 207	Orthopaedic	8	Good
Doyle et al. <sup>[28]</sup>	2017	Ireland	Prospective analysis	113	Gastrointestinal surgery	8	Good
Edelstein <sup>[29]</sup>	2016	USA	Retrospective analysis	1462	Orthopaedic	7	Good
Edelstein <i>et al.</i> <sup>[30]</sup>	2017	USA	Retrospective analysis	107 117	Orthopaedic	7	Good
Elsamna <i>et al.</i> <sup>[31]</sup>	2020	USA	Retrospective analysis	41 788	Emergency general surgery	8	Good
Elsamna <i>et al.</i> <sup>[32]</sup>	2020	USA	Retrospective analysis	138 318	Endocrine surgery	8	Good
Fagenson <i>et al.</i> <sup>[33]</sup>	2021	USA	Retrospective analysis	1726	Hepatobiliary	7	Good
Garcia <i>et al.</i> <sup>[15]</sup>	2021	USA	Retrospective analysis	4753	Orthopaedic	8	Good
Gazivoda <i>et al.</i> <sup>[34]</sup>							
	2022	USA	Retrospective analysis	19 054	Hepatobiliary	8	Good
Goshtasbi <i>et al.</i> <sup>[35]</sup>	2022	USA	Retrospective analysis	52 261	ENT	8	Good
Hobeika <i>et al.</i> <sup>[36]</sup>	2019	France	Retrospective analysis	115	Hepatobiliary	8	Good
Hong <i>et al.</i> <sup>[37]</sup>	2010	Republic of Korea	Retrospective analysis	740	Cardiac	8	Good
Hudetz <i>et al.</i> <sup>[38]</sup>	2011	USA	Prospective analysis	56	Cardiac	7	Good
Inabnet <i>et al</i> . <sup>[39]</sup>	2012	USA	Retrospective analysis	186 576	Bariatric	8	Good
Jehan <i>et al</i> . <sup>[40]</sup>	2020	USA	Retrospective analysis	4572	Gastrointestinal surgery	8	Good
Kajimoto <i>et al</i> . <sup>[41]</sup>	2009	Japan	Retrospective analysis	1183	Cardiac	8	Good
Kunt <i>et al.</i> <sup>[42]</sup>	2016	Turkey	Retrospective analysis	494	Cardiac	6	Fair
Lak <i>et al</i> . <sup>[43]</sup>	2019	USA	Retrospective analysis	59 404	Bariatric	8	Good
Laou <i>et al</i> . <sup>[44]</sup>	2017	Greece	Prospective analysis	105	Hepatobiliary	7	Good
Lohsiriwat <i>et al</i> . <sup>[45]</sup>	2010	Thailand	Prospective analysis	114	Colorectal	8	Good
Lovecchio et al. <sup>[6]</sup>	2018	USA	Retrospective analysis	18 605	Orthopaedic	8	Good
Malik <i>et al.</i> <sup>[46]</sup>	2019	USA	Retrospective analysis	15 735	Orthopaedic	8	Good
Malik <i>et al.</i> <sup>[47]</sup>	2019	USA	Retrospective analysis	31 621	Orthopaedic	8	Good
Memtsoudis <sup>[5]</sup>	2012	USA	Retrospective analysis	238 296	Orthopaedic	8	Good
Menendez <sup>[48]</sup>	2014	USA	Retrospective analysis	669 841	Orthopaedic	8	Good
Nia <i>et al.</i> <sup>[49]</sup>	2019	USA	Retrospective analysis	15 136	Neurosurgery	8	Good
Özkan <i>et al.</i> <sup>[50]</sup>	2017	Turkey	Prospective analysis	152	Cardiac	8	Good
Ozyazicioglu <sup>[51]</sup>	2010	Turkey	Prospective analysis	83	Cardiac	5	Fair
Panayi <i>et al.</i> <sup>[52]</sup>	2022	USA	Retrospective analysis	3809	Plastic surgery	8	Good
Pertsch <i>et al.</i> <sup>[53]</sup>	2022	USA	Retrospective analysis	14 310	Vascular	8	Good
Pimenta <sup>[54]</sup>	2007	Brazil	Prospective analysis	107	Cardiac	6	Fair
Raviv <i>et al.</i> <sup>[55]</sup>	2007	USA	Retrospective analysis	47 386	Hepatobiliary	7	Good
Riddle et al. <sup>[56]</sup>	2020	USA	Retrospective analysis	12 827	Plastic surgery	8	Good
Sarna <i>et al.</i> <sup>[57]</sup>	2020	USA		670 935	5, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,	8	Good
Selph <i>et al.</i> <sup>[58]</sup>	2022	USA	Retrospective analysis Retrospective analysis	11 865	Bariatric Urologic	7	Good
Shariq <i>et al.</i> <sup>[59]</sup>	2014	USA	Retrospective analysis	3502	Endocrine	8	Good
Shariq <i>et al.</i> <sup>[60]</sup>		USA	Retrospective analysis	91 566	Colorectal		Good
Smolock <i>et al.</i> <sup>[61]</sup>	2019			739		8	
Sorber <i>et al.</i> <sup>[62]</sup>	2012	USA	Retrospective analysis		Vascular	7	Good
Swart <i>et al.</i> <sup>[63]</sup>	2019	USA Courth Africa	Retrospective analysis	10 053	Vascular	8	Good
Swart <i>et al.</i> [64]	2012	South Africa	Retrospective analysis	873	Cardiac	6	Fair
Tadic <i>et al.</i> <sup>[64]</sup>	2014	Serbia	Retrospective analysis	182	Cardiac	8	Good
Tanaka <i>et al.</i> <sup>[65]</sup>	2018	USA	Retrospective analysis	154	Vascular	8	Good
Tee <i>et al.</i> [66]	2016	USA	Retrospective analysis	15 831	Hepatobiliary	8	Good
Tracey et al.[67]	2022	USA	Retrospective analysis	37 495	Orthopaedic	8	Good
Visser et al. <sup>[68]</sup>	2017	Netherlands	Retrospective analysis	564	Vascular	8	Good
Wang <i>et al</i> . <sup>[69]</sup>	2018	China	Retrospective analysis	1166	Cardiac	8	Good
Williams <i>et al</i> . <sup>[70]</sup>	2014	USA	Retrospective analysis	79	Vascular	7	Good
Wu <i>et al</i> . <sup>[71]</sup>	2022	China	Prospective analysis	585	Gastrointestinal	8	Good
Xiaoqi <i>et al</i> . <sup>[72]</sup>	2020	China	Retrospective analysis	2880	Orthopaedic	6	Fair
Xie <i>et al.</i> <sup>[73]</sup>	2020	USA	Retrospective analysis	15 069	Orthopaedic	7	Good
Xu <sup>[74]</sup>	2019	China	Retrospective analysis	606	Urology	8	Good
					Orthopaedic		
	2020	USA	Retrospective analysis	6696	ULTIUDAEUIC	ð	6000
Ye <i>et al</i> . <sup>[75]</sup> Zapata <i>et al</i> . <sup>[76]</sup>	2020 2020	USA USA	Retrospective analysis Retrospective analysis	6696 11 020	Cardiac	8 8	Good Good

	Met			Met-S		Odds Ratio			Ratio	
Study or Subgroup	Events		Events			M-H, Random, 95% Cl		M-H, Rand	om, 95% Cl	
Angeloni et al 2012	29	798	18	928	2.9%	1.91 [1.05, 3.46]				
Ardeshiri 2014	4	185	0	50	0.6%	2.50 [0.13, 47.29]			-	-
Arnaoutakis et al. 2014	56	3102	415	16502	3.3%	0.71 [0.54, 0.94]		-		
Bacalbasa et al 2020	0	23	0	23		Not estimable			-	
Bhayani et al 2012	15	256	83	3717	2.9%	2.73 [1.55, 4.80]				
Casana et al	2	296	0	456	0.6%	7.75 [0.37, 162.01]				
Chung et al 2018	5	1590	22	14028	2.3%	2.01 [0.76, 5.31]				
Edelstein et al 2016 Interaction Obesity and Met-S	0	237	5	1225	0.6%	0.47 [0.03, 8.48]				
Elsamna et al 2020	19	9321	129	128997	3.1%	2.04 [1.26, 3.30]				
Elsamna et al 2020 Emergency Surgery	1715	41788	1464	41788	3.5%	1.18 [1.10, 1.27]			•	
Fagenson 2021	8	146	31	1580	2.6%	2.90 [1.31, 6.42]				
Garcia et al 2016	1	476	4	4277	0.9%	2.25 [0.25, 20.16]				
Gazivoda 2022	42	1388	318	17666	3.3%	1.70 [1.23, 2.36]				
Goshtasbi 2022	182	2888	889	49373	3.4%	3.67 [3.11, 4.32]			-	
nabnet 2012	52	23106	121	163470	3.3%	3.05 [2.20, 4.22]			+	
Jehan et al 2020	22	275	193	4297	3.1%	1.85 [1.17, 2.93]				
Kajimoto et al 2009	8	551	6	632	2.1%	1.54 [0.53, 4.46]		C		
<unt 2016<="" al="" et="" td=""><td>6</td><td>82</td><td>11</td><td>412</td><td>2.2%</td><td>2.88 [1.03, 8.02]</td><td></td><td></td><td></td><td></td></unt>	6	82	11	412	2.2%	2.88 [1.03, 8.02]				
_ak et al 2019	31	12803	35	46601	3.1%	3.23 [1.99, 5.24]				
Laou et al 2017	2	60	0	45	0.6%	3.89 [0.18, 83.02]		17		
Malik et al 2019 Cervical Discectomy	2	1384	18	14351	1.6%	1.15 [0.27, 4.97]		-		
Malik et al 2019 Geriatric Hip Fractures	74	1388	104	30233	3.3%	16.32 [12.05, 22.09]				
viemtsoudis et al 2012	13	12949	451	225347	3.0%	0.50 [0.29, 0.87]				
Nia et al 2019	35	622	415	14514	3.2%	2.03 [1.42, 2.89]				
Ozkan et al 2017	2	64	1	88	0.8%	2.81 [0.25, 31.64]				
Ozyazicioglu et al 2010	1	40	1	43	0.6%	1.08 [0.07, 17.81]				
Panayi 2022	3	184	58	3625	2.0%	1.02 [0.32, 3.28]				
Pertsch et al 2022	57	7155	50	7155	3.2%	1.14 [0.78, 1.67]		_	-	
Barna et al 2022		190239	293	480696	3.4%	3.01 [2.58, 3.52]			+	
Shariq et al 2018 Adrenalectomy	343	395	4	3107	1.5%	5.94 [1.32, 26.62]				
Shariq et al 2019	126	7603	1165	83963	3.4%	1.20 [1.00, 1.44]			-	
Smolock et al 2012	6	330	1103	408	2.2%	0.67 [0.24, 1.83]			101	
Borber et al 2019	27	1693	129	8360	3.2%	1.03 [0.68, 1.57]		_		
Swart et al 2012	7	370	123	503	2.2%	1.19 [0.43, 3.32]				
Fadic et al 2012	2	75	1	107	0.8%					
	4	53	9		1.9%	2.90 [0.26, 32.62]		· · · · ·		
Tanaka et al 2018 Tanaka et al 2018			-	101		0.83 [0.24, 2.85]				
Fee et al 2016	30	1070	311 1237	14761	3.2%	1.34 [0.92, 1.96]				
Fracey et al 2022	43	2154		35341	3.3%	0.56 [0.41, 0.76]				
/isser et al 2017	4	244	3	320	1.5%	1.76 [0.39, 7.94]				
Wang et al 2018 Viana et al 2020	15	298	27	868	2.8%	1.65 [0.87, 3.15]				
Kiaoqi et al 2020	1	360	4	2520	0.9%	1.75 [0.20, 15.72]				
Kie et al 2020	4	1013	27	14056	2.1%	2.06 [0.72, 5.90]			10.00	
Ye et al 2020	5	553	21	6143	2.3%	2.66 [1.00, 7.08]				
Zapata et al 2020	67	3881	125	7140	3.3%	0.99 [0.73, 1.33]		-		
Fotal (95% CI)		333488		1449817	100.0%	1.75 [1.36, 2.24]			•	
Fotal events	3079		8217							
Heterogeneity: Tau <sup>2</sup> = 0.47; Chi <sup>2</sup> = 637.61, df = 42 (F	° < 0.0000	1); I <sup>z</sup> = 939	6				+			
Test for overall effect: Z = 4.40 (P < 0.0001)							0.005	0.1	1 10	2
								Met-S	Non Met-S	

meta-analysis. Pooling of effect estimates revealed surgical patients with MetS were at 1.14 times the risk of 30-day DVT compared to patients without MetS, but statistical significance was not reached (OR 1.14 95% CI: 0.99-1.32; P = 0.08).

#### Cardiac arrest

Cardiac arrest within 30 days of surgery was reported in 15 of the included studies. Across these studies, a total of 48 830 patients with MetS underwent surgery versus 411 573 patients without MetS. Ten of 15 studies reported an increased risk of cardiac arrest across bariatric<sup>[43]</sup>, colorectal<sup>[60]</sup>, endocrine<sup>[59]</sup> gastroenterology<sup>[40]</sup>, hepatobiliary<sup>[33,34,66]</sup>, orthopaedic<sup>[47]</sup>, and vascular surgeries<sup>[4,53]</sup>. The remaining five studies included for meta-analysis found no association with cardiac arrest within 30 days of surgery. Pooling of effect estimates revealed surgical patients with MetS were at 1.89 times the risk of cardiac arrest compared to patients without MetS, (OR 1.89 95% CI: 1.5–2.39; P < 0.00001).

#### Grouped cardiovascular complications

A total of 40 of 63 studies reported a grouped outcome of cardiovascular complications that were not categorised by specific

546

type within 30 days of surgery comprising 700 123 patients with MetS versus 2 963 949 surgical patients without MetS. Surgical patients with MetS were at 1.56 times the risk of any cardio-vascular complication within 30 days after surgery compared to patients without MetS (OR 1.56 95% CI: 1.41–1.73; P = 0.00001).

#### SSIs

#### Superficial SSI

Superficial SSIs within 30 days of surgery were reported in 16 studies. A total of 81 119 patients with MetS underwent surgery versus 419 593 surgical patients without MetS. Twelve studies reported an increased risk of superficial SSI across a range of surgery<sup>[31]</sup>, endocrine<sup>[32]</sup>, gastroenterology<sup>[40]</sup>, hepatobiliary<sup>[23,44]</sup>, orthopaedic<sup>[67,72,75]</sup>, urologic<sup>[58]</sup>, and vascular<sup>[4]</sup> while the remaining four studies found no association. Pooling of effect estimates revealed surgical patients with MetS were at 1.68 times the risk of 30-day superficial SSI compared to patients without MetS (OR 1.68 95% CI: 1.52–1.85; P = 0.01) (see Fig. 4 for all SSI data).

Study or Subgroup	Met Events	-S Total	Non M Events	Aet-S Total	Weight	Odds Ratio M-H, Random, 95% C	Odds Ratio M-H, Random, 95% Cl
1.2.1 Myocardial Infarction Angeloni et al 2012	45	798	44	928	1.6%	1.20 [0.78, 1.84	
Ardeshiri 2014 Arnaoutakis et al. 2014	12 73	185 3102	0 274	50 16502	0.1%	7.28 [0.42, 125.05 1.43 [1.10, 1.85	
Bhayani et al 2012 Casana et al	37	256	8	3717	0.5%	5.50 [1.45, 20.85 1.20 [0.44, 3.27 1.64 [0.77, 3.50	
Chung et al 2018	8	1590 9321	43 129	14028	1.0%	1.64 [0.77, 3.50	
Elsamna et al 2020 Elsamna et al 2020 Emergency Surgery	377	41788	373	41788	2.2%	0.97 [0.49, 1.90 1.01 [0.88, 1.17	+
agenson 2021 Bazivoda 2022	3 17	146	10	1580	0.5%	3.29 [0.90, 12.10]	
Bazivoda 2022 Jehan et al 2020	4 15	275 551	43	4297 632	0.7%	1.08 [0.66, 1.78 1.46 [0.52, 4.10	
(ajimoto et al 2009 .ak et al 2019 .aou et al 2017	21	12803	22 19	46601	1.3%	0.78 [0.40, 1.51 4.03 [2.16, 7.49 3.89 [0.18, 83.02	
.aou et al 2017 .ohsiriwat et al 2010	2	60 42	0	45 72	0.1%	0.56 (0.02, 14.08	
Malik et al 2019 Geriatric Hip Fractures Memtsoudis et al 2012	34 78	1388 12949	542 676	30233 225347	1.8%	1.38 (0.97, 1.95 2.01 (1.59, 2.55	
Ozkan et al 2017	4	64	1	88	0.2%	5.80 [0.63, 53.18	
Ozyazicioglu et al 2010 Panayi 2022	23	40	1 32	43 3625	0.2%	5.80 (0.63, 53.18 2.21 (0.19, 25.37 1.86 (0.56, 6.13	
Pertsch et al 2022 Sarna et al 2022	93 140	7155 190239	72 55	7155 480696	1.9%	1.30 (0.95, 1.77 6.44 (4.71, 8.79 3.94 (0.36, 43.55	÷ _
Shariq et al 2018 Adrenalectomy	1	395	2	3107	0.2%	3.94 [0.36, 43.55	
Shariq et al 2019 Sorber et al 2019	86 65	7603	575 183	83963 8360	2.1%	1.66 [1.32, 2.08 1.78 [1.34, 2.38 4.33 [0.17, 107.72	-
adic et al 2014	1 28	75	0 390	107 35341	0.1%	4.33 [0.17, 107.72	
Tracey et al 2022 /isser et al 2017	1	244	2	320	0.2%	1.18 [0.80, 1.74 0.65 [0.06, 7.26	
Vangetal 2018 Villiamsetal 2014	5	298	8	868	0.6%	1.83 [0.60, 5.65	
Villiams et al 2014 Gaoqiet al 2020	3	360	10	2520	0.1%	0.16 [0.01, 4.04 2.11 [0.58, 7.70	
Zapata et al 2020 Subtotal (95% CI)	20	3881 301376	40	7140	1.4%	0.92 [0.54, 1.57	•
fotal events Heterogeneity: Tau²= 0.21; Chi²= 157.16,	1160 df= 31 (P	< 0.0000	3765 1); I <sup>z</sup> = 80	0%			
Fest for overall effect: Z = 4.30 (P < 0.0001	)						
1.2.2 Stroke Angeloni et al 2012 Casana et al	15 7	798	15	928	1.1%	1.17 (0.57, 2.40) 3.66 (0.94, 14.26)	- <u>-</u>
Shung et al 2018	3	296 1590	3 26	456 14028	0.5%	1.02 [0.31, 3.37]	
Isamna et al 2020 Emergency Surgery agenson 2021	251 0	41788	167	41788 1580	2.1% 0.1%	1.02 [0.31, 3.37 1.51 [1.24, 1.83 2.15 [0.10, 45.10	
agenson 2021 eazivoda 2022 ehan et al 2020	6	1388	50	17666	0.9%	1.53 [0.65, 3.57	
aiimoto et al 2009	3 26	275 551	21 13	4297 632	0.6%	1.53 (0.65, 3.57 2.25 (0.67, 7.58 2.36 (1.20, 4.64	
ohsiriwat et al 2010 falik et al 2019 Cervical Discectomy	1	42 1384	0	72 14351	0.1%	5.24 [0.21, 131.60 0.41 [0.02, 7.00	
falik et al 2019 Geriatric Hip Fractures	12	1388	235	30233	1.3%	1 11 10 62 1 99	
Aemtsoudis et al 2012 Na et al 2019	26	622	225	14514	1.5%	2.01 [1.34, 3.02 0.89 [0.53, 1.47	
ozkan et al 2017	4	64 40	1	88	0.2%	5.80 (0.63, 53.18	
Ozyazicioglu et al 2010 Panayi 2022	1	184	22	3625	0.2%	Not estimable 0.89 [0.12, 6.68	
Pertsch et al 2022 Sarna et al 2022	150	7155	107	7155 480696	2.0%	1.41 [1.10, 1.81]	
Selph et al 2014 Shariq et al 2018 Adrenalectomy	1	731 395	32 6	11134 3107	0.2%	4.04 [2.56, 6.38 0.48 [0.06, 3.48	
Shariq et al 2019 Sorber et al 2019	28	7603	211	83963	1.7%	5.29 [1.49, 18.82 1.47 [0.99, 2.18 1.92 [1.09, 3.36	
Sorber et al 2019 Swart et al 2012	17	1693 370	44 3	8360 503	1.4%	1.92 [1.09, 3.36] 1.36 [0.27, 6.79]	
Fadic et al 2014 Fanaka et al 2018	3 2 1	75	0	107	0.1%	1.36 (0.27, 6.79 7.31 (0.35, 154.54 5.80 (0.23, 144.86	
Fracey et al 2022	9	2154	162	35341	1.2%	0.91 [0.47, 1.79 1.58 [0.70, 3.59]	
/isseretal 2017 Wang et al 2018	13 2	244 298	11	320 868	0.9% 0.3%	1 46 10 27 8 01	
Williams et al 2014 Gaogiet al 2020	0	53 360	1	26 2520	0.1%	0.16 [0.01, 4.04	
daoqiet al 2020 Zapata et al 2020 Subtotal (95% CI)	5 71	3881	11 83	2520 7140 1010989	1.9% 25.1%	0.16 [0.01, 4.04] 3.21 [1.11, 9.30 1.58 [1.15, 2.18] <b>1.64 [1.39, 1.93</b> ]	
Subtotal (95% CI) Fotal events	725	278809	1917	1010989	25.1%	1.64 [1.39, 1.93]	•
Heterogeneity: Tau <sup>2</sup> = 0.05; Chi <sup>2</sup> = 45.89, 0 Fest for overall effect: Z = 5.80 (P < 0.0000	f= 29 (P=	: 0.02); l <sup>a</sup> :	= 37%				
1.2.3 Arrhythmia							
Angeloni et al 2012 Ardeshiri 2014	203 12	798 185	199 6	928 50	2.1%	1.25 [1.00, 1.56] 0.51 [0.18, 1.43]	
Doyle et al 2017	9	46	8	67 632	0.7%	1,79 [0.64, 5.06	
Kajimoto et al 2009 Laou et al 2017	15	60	82 7	45	0.7%	1.27 (0.92, 1.76 1.81 (0.67, 4.90	
Ozkan et al 2017 Ozvazicioglu et al 2010	13	64 40	4	88	0.6%	5.35 [1.66, 17.31]	
adic et al 2014	25 17	75	17	107	1.1%	2.06 [0.67, 6.31 2.65 [1.31, 5.37	
Vang et al 2018 Subtotal (95% CI)		298		2828	1.4%	0.79 [0.46, 1.37 1.41 [1.04, 1.91]	•
otal events leterogeneity: Tau*= 0.09; Chi*= 17.38, d	392 If = 8 (P =	0.03); I*=	391 54%				
est for overall effect: Z = 2.18 (P = 0.03)							
I.2.4 DVT Arnaoutakis et al. 2014	22	3102	144	16502	1.6%	0.81 [0.52, 1.27]	
Bhayani et al 2012 Chung et al 2018	17	256 1590	78 102	3717 14028	0.4%	0.37 [0.09, 1.50 1.48 [0.88, 2.47 0.97 [0.49, 1.90	
Isamna et al 2020 Isamna et al 2020 Emergency Surgery	9 503	9321 41788	129 459	128997 41788	1.2%	0.97 (0.49, 1.90 1.10 (0.97, 1.25	+
agenson 2021	3	146	36	1580	0.6%	0.90 [0.27, 2.96 2.01 [1.16, 3.48	
lehan et al 2020 .aou et al 2017	15 0	275 60	120	4297 45	1.4% 0.1%	0.25 [0.01, 6.16]	
falik et al 2019 Geriatric Hip Fractures Shariq et al 2018 Adrenalectomy	20	1388 395	338 11	30233 3107	1.6% 0.5%	1.29 [0.82, 2.04] 2.15 [0.60, 7.75]	
Shariq et al 2019	83	7603	867	83963	2.1%	1.06 [0.84, 1.33]	+
fracey et al 2022	21 9	2154 360	377	35341 2520	1.6%	0.91 [0.59, 1.42]	
'e et al 2020 Subtotal (95% CI)	9	553 68991	76	6143 372261	1.1%	1.32 [0.66, 2.65 1.14 [0.99, 1.32]	+
fotal events	716 f = 13 (P =	0.19); 1*:	2766 24%				ſ
leterogeneity: Tau <sup>*</sup> = 0.01; Chi <sup>*</sup> = 17.17, d est for overall effect: Z = 1.77 (P = 0.08)							
I.2.5 Cardiac Arrest Arnaoutakis et al. 2014	39	3102	143	16502	1.8%	1.46 [1.02, 2.08	-
havani et al 2012	3	256 1590	31	3717	0.6%	1.41 [0.43, 4.64 0.77 [0.18, 3.26	
Chung et al 2018 Elsamna et al 2020	9	9321	0	128997	0.1%	263.19 [15.32. 4522.26]	
agenson 2021 Bazivoda 2022	5 27	146	13	1580 17666	0.7%	4.27 [1.50, 12.16]	
ehan et al 2020	9	275	52	4297	1.1%	1.94 [1.29, 2.92 2.76 [1.35, 5.67	
.ak et al 2019 Malik et al 2019 Geriatric Hip Fractures	31 20	12803	35 243	46601 30233	1.5% 1.6%	3.23 [1.99, 5.24] 1.80 [1.14, 2.86]	
Panayi 2022 Pertsch et al 2022	1 36	184	34	3625	0.2%	1.80 [1.14, 2.86 0.58 [0.08, 4.24 1.72 [1.00, 2.95	
Shariq et al 2018 Adrenalectomy	1	395	21 0	3107	1.4% 0.1%	1.72 [1.00, 2.95 23.63 [0.96, 581.08 1.59 [1.19, 2.13	
Shariq et al 2019	52 26	7603 1070	362	83963 14761	1.9%	1.59 [1.19, 2.13	
racey et al 2016 Subtotal (95% CI)	26	2154	189	35341	1.5%	1.63 [1.08, 2.46 1.39 [0.83, 2.32	+-
fotal events	277	48830	1547	411573	16.3%	1.89 [1.50, 2.39]	•
Heterogeneity: Tau <sup>a</sup> = 0.09; Chi <sup>a</sup> = 30.05, c Fest for overall effect: Z = 5.33 (P < 0.0000	lf = 14 (P = 1)	0.008); P	= 53%				
iotal (95% CI) iotal events	3270	700123	10386	2963949	100.0%	1.56 [1.41, 1.73]	•
Heterogeneity: Tau <sup>2</sup> = 0.12; Chi <sup>2</sup> = 310.74,	df = 99 (P	< 0.0000	1); I= 68	3%			0.002 0.1 1 10
rest for overall effect: Z = 8.43 (P < 0.0000							0.002 0.1 1 10

Figure 3. 30-day cardiovascular complications.

#### Deep SSI

Deep SSIs within 30 days of surgery were reported in 18 studies. Across these studies, a total of 87 918 patients with MetS underwent surgery versus 458 382 surgical patients without MetS. In eight included studies, an increase in deep SSI was observed across a range of surgeries including bariatric<sup>[43]</sup>, cardiac<sup>[76]</sup>,

colorectal<sup>[60]</sup> emergency general surgery<sup>[31]</sup>, orthopaedic<sup>[47,67,72]</sup>, and vascular<sup>[4]</sup>. The remaining 10 studies included for meta-analysis reported no association with 30-day deep SSI. Pooling of effect estimates revealed surgical patients with MetS were at 1.69 times the risk of 30-day deep SSI compared to patients without MetS, (OR 1.69 95% CI: 1.40–2.04; P = 0.00001).

Study or Subgroup	Met Events		Events	Met-S Total	Weight	Odds Ratio M-H, Random, 95% CI	Odds Ratio M-H, Random, 95% Cl
1.3.2 Superficial SSI							
Arnaoutakis et al. 2014	365	3102	1057	16502	3.6%	1.95 [1.72, 2.21]	-
3hayani et al 2012	21	256	183	3717	1.9%	1.73 [1.08, 2.76]	· · · · · · · · · · · · · · · · · · ·
Elsamna et al 2020	47	9321	387	128997	2.7%	1.68 [1.24, 2.28]	
Elsamna et al 2020 Emergency Surgery	2006	41788	1379	41788	3.8%	1.48 [1.38, 1.58]	+
	2000	146	74	1580	0.5%	0.43 [0.13, 1.37]	
Fagenson 2021		0.000					SM IN IN
Jehan et al 2020	30	275	288	4297	2.2%	1.70 [1.15, 2.54]	
_ak et al 2019	214	12803	465	46601	3.5%	1.69 [1.43, 1.99]	
_aou et al 2017	15	60	4	45	0.5%	3.42 [1.05, 11.13]	
Malik et al 2019 Geriatric Hip Fractures	11	1388	164	30233	1.4%	1.46 [0.79, 2.70]	
Panavi 2022	14	184	279	3625	1.5%	0.99 [0.57, 1.73]	
	22	731	167	11134	1.9%		
Belph et al 2014						2.04 [1.30, 3.20]	220
Shariq et al 2018 Adrenalectorny	4	395	22	3107	0.6%	1.43 [0.49, 4.18]	
Shariq et al 2019	557	7603	4031	83963	3.8%	1.57 [1.43, 1.72]	+
Fracey et al 2022	39	2154	285	35341	2.5%	2.27 [1.62, 3.18]	
Gaogi et al 2020	40	360	175	2520	2.4%	1.68 [1.17, 2.41]	
re et al 2020	10	553	44	6143	1.1%	2.55 [1.28, 5.10]	
Subtotal (95% CI)	10	81119	44	419593	33.8%	1.68 [1.52, 1.85]	
	3398	01110	0004	410000	001074	100 [102, 100]	•
Fotal events Heterogeneity: Tau² = 0.01; Chi² = 31.99, Fest for overall effect: Z = 10.42 (P < 0.000	df = 15 (P =	= 0.006); I	9004 ²= 53%				
1.3.3 Deep SSI							
		2100	000	10505	2.24	0474 70 6 6 9	
Arnaoutakis et al. 2014	145	3102	365	16502	3.3%	2.17 [1.78, 2.64]	
3hayani et al 2012	0	256	38	3717	0.1%	0.19 [0.01, 3.04]	
Chung et al 2018	11	1590	100	14028	1.3%	0.97 [0.52, 1.81]	
Elsamna et al 2020	9	9321	129	128997	1.2%	0.97 [0.49, 1.90]	
Elsamna et al 2020 Emergency Surgery	418	41788	334	41788	3.6%	1.25 [1.09, 1.45]	_ <b>_</b>
Fagenson 2021	0	146	11	1580	0.1%	0.47 [0.03, 7.94]	•
Gazivoda 2022	23	1388	238	17666	2.0%	1.23 [0.80, 1.90]	
Jehan et al 2020	10	275	86	4297	1.2%	1.85 [0.95, 3.60]	1
_ak et al 2019	27	12803	62	46601	1.9%	1.59 [1.01, 2.49]	
Malik et al 2019 Geriatric Hip Fractures	9	1388	65	30233	1.1%	3.03 [1.51, 6.09]	
Panayi 2022	10	184	138	3625	1.2%	1.45 [0.75, 2.81]	
Selph et al 2014	5	731	33	11134	0.7%	2.32 [0.90, 5.95]	
	0	395	2	3107	0.1%		
Shariq et al 2018 Adrenalectomy						1.57 [0.08, 32.77]	
Shariq et al 2019	122	7603	883	83963	3.3%	1.53 [1.27, 1.86]	
Fracey et al 2022	18	2154	136	35341	1.8%	2.18 [1.33, 3.57]	
Gaogi et al 2020	8	360	20	2520	0.9%	2.84 [1.24, 6.50]	
re et al 2020	7	553	52	6143	0.9%	1.50 [0.68, 3.32]	
Zapata et al 2020	68	3881	40	7140	2.2%	3.17 [2.14, 4.69]	
Subtotal (95% CI)	00	87918	40	458382	27.0%	1.69 [1.40, 2.04]	
Fotal events	890	0/910	2732	430302	21.0%	1.09 [1.40, 2.04]	
Festfor overall effect: Z = 5.41 (P < 0.0000 1.3.4 Organ Space SSI	J1)						
Arnaoutakis et al. 2014	23	3102	81	16502	1.9%	1.51 [0.95, 2.41]	
3hayani et al 2012	16	256	249	3717	1.7%	0.93 [0.55, 1.57]	
Elsamna et al 2020	9	9321	0	128997	0.1%	263.19 [15.32, 4522.26]	
	17	146	148	1580			
agenson 2021					1.6%	1.28 [0.75, 2.17]	
Jazivoda 2022	195	1388	2385	17666	3.5%	1.05 [0.89, 1.23]	
Jehan et al 2020	31	275	378	4297	2.2%	1.32 [0.89, 1.94]	
Malik et al 2019 Geriatric Hip Fractures	4	1388	68	30233	0.6%	1.28 [0.47, 3.52]	
Panavi 2022	7	184	105	3625	1.0%	1.33 [0.61, 2.89]	
Selph et al 2014	9	731	93	11143	1.2%	1.48 [0.74, 2.95]	
	1	395	4	3107	0.2%		
Shariq et al 2018 Adrenalectomy						1.97 [0.22, 17.66]	
Shariq et al 2019	294	7603	3273	83963	3.7%	0.99 [0.88, 1.12]	
Fracey et al 2022	12	2154	68	35341	1.3%	2.91 [1.57, 5.38]	
Subtotal (95% CI)		26943		340171	18.9%	1.30 [1.05, 1.61]	•
Fotal events	618		6852				
Heterogeneity: Tau <sup>2</sup> = 0.06; Chi <sup>2</sup> = 31.52, (	df = 11 (P =	= 0.0009);					
Test for overall effect: Z = 2.40 (P = 0.02)							
1.3.5 Wound Dehisence							
Arnaoutakis et al. 2014	102	3102	240	16502	3.1%	2.30 [1.82, 2.91]	
Shayani et al 2012	2	256	35	3717	0.3%		
					0.3%	0.83 [0.20, 3.46]	
Elsamna et al 2020	0	9321	0	128997		Not estimable	
Elsamna et al 2020 Emergency Surgery	501	41788	376	41788	3.6%	1.34 [1.17, 1.53]	
agenson 2021	3	146	15	1580	0.4%	2.19 [0.63, 7.65]	
Gazivoda 2022	21	1388	218	17666	1.9%	1.23 [0.78, 1.93]	
Jehan et al 2020	10	275	120	4297	1.2%	1.31 [0.68, 2.53]	
_ohsiriwat et al 2010	2	42	0	72	0.1%	8.95 [0.42, 191.01]	
	2						
Malik et al 2019 Geriatric Hip Fractures	2	1388	19	30233	0.3%	2.29 [0.53, 9.86]	
Nia et al 2019	2	622	19	14514	0.3%	2.46 [0.57, 10.59]	
Panayi 2022	5	184	171	3625	0.8%	0.56 [0.23, 1.39]	
Riddle et al 2020	5	1671	78	11156	0.8%	0.43 [0.17, 1.05]	
Selph et al 2014	8	731	55	11134	1.0%	2.23 [1.06, 4.70]	
Shariq et al 2018 Adrenalectomy	õ	395	1	3107	0.1%	2.62 [0.11, 64.38]	•
Shariq et al 2019	116	7603	778	83963	3.3%	1.66 [1.36, 2.02]	
Fracey et al 2022	6	2154	44	35341	0.8%	2.24 [0.95, 5.26]	
re et al 2020	5	553	30	6143	0.7%	1.86 [0.72, 4.81]	
Zavlin et al 2017	14	437	78	6593	1.5%	2.76 [1.55, 4.92]	
Subtotal (95% CI)		72056		420428	20.3%	1.59 [1.28, 1.97]	
	804	. 2000	2277				
		= 0.001); I					
Fotal events Heterogeneity: Tau² = 0.07; Chi² = 39.19, (							
Fotal events Heterogeneity: Tau <sup>2</sup> = 0.07; Chi <sup>2</sup> = 39.19, Fest for overall effect: Z = 4.20 (P < 0.0001				1000-			
Fotal events Heterogeneity: Tau <sup>®</sup> = 0.07; Chi <sup>®</sup> = 39.19, Fest for overall effect: Z = 4.20 (P < 0.0001 Fotal (95% CI)	1)	268036	00000	1638574	100.0%	1.58 [1.45, 1.73]	•
Fotal events Heterogeneity: Tau <sup>2</sup> = 0.07; Chi <sup>2</sup> = 39.19, Fest for overall effect: Z = 4.20 (P < 0.0001 Fotal (95% CI) Fotal events	5710		20865		100.0%	1.58 [1.45, 1.73]	•
Fotal events Heterogeneity: Tau <sup>®</sup> = 0.07; Chi <sup>®</sup> = 39.19, Fest for overall effect: Z = 4.20 (P < 0.0001 Fotal (95% CI)	1) 5710 , df = 62 (P				100.0%	1.58 [1.45, 1.73]	0.5 0.7 1 1.5 2

Figure 4. Surgical site infections.

#### Organ space SSI

The incidence of organ space SSIs within 30 days of surgery was reported in 12 studies. Across these studies, a total of 26 943 patients with MetS underwent surgery versus 340 171 surgical patients without MetS and were monitored for organ space SSIs.

In 2 of 12 studies, an increase was reported in organ space SSIs across endocrine<sup>[84]</sup> and orthopaedic<sup>[67]</sup>, specialities while 10 studies found no association. Pooling of effect estimates revealed surgical patients with MetS were at 1.3 times the risk of organ space SSIs within 30 days of surgery compared to patients without MetS, (OR 1.3 95% CI: 1.05–1.61; P = 0.02).

		Met-S			lon Met			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
1.4.1 Length of Hospital Stay		1210							
Aydogan et al 2019	1.375	31	40	1.16	28	80		0.22 [-11.18, 11.61]	
Chung et al 2018	4.38	3.79	1590	3.81	2.93	14028	6.5%	0.57 [0.38, 0.76]	•
Cichos et al 2018	6.1			6.4		3083699	6.7%	-0.30 [-0.30, -0.30]	-
Edelstein et al 2016 Interaction Obesity and Met-S	3.5	1.2	237	3.3	1.3	1225	6.5%	0.20 [0.03, 0.37]	
Gazivoda 2022	11.2	8.5	1388	10.6	7.9	17666	5.5%	0.60 [0.14, 1.06]	+
Hobeika et al 2019	21	18	40	15	11	75	0.2%	6.00 [-0.11, 12.11]	
Hong et al 2010	12.2	14.3	320	11.6	8.5	420	1.6%	0.60 [-1.17, 2.37]	
Hudetz et al 2011	7	2	28	7	4	28	1.7%	0.00 [-1.66, 1.66]	
Kajimoto et al 2009	26.8	23	551	28	23.3	632	0.8%	-1.20 [-3.84, 1.44]	
Kunt et al 2016	8.11	3.25	82	6.85	2.44	412	4.3%	1.26 [0.52, 2.00]	-
Malik et al 2019 Cervical Discectomy	1.9	2.88	1384	1.47	2.16	14351	6.6%	0.43 [0.27, 0.59]	•
Menendez et al 20147	4.1	3.2	16450	3.8	5.1	653391	6.7%	0.30 [0.25, 0.35]	
Ozyazicioglu et al 2010	7.9	2.7	40	7.1	1.1	43	3.6%	0.80 [-0.10, 1.70]	
Panayi 2022	11.5	9.8	184	11.1	8.1	3625	2.1%	0.40 [-1.04, 1.84]	
Pimenta et al 2007	8.5	8.5	74	9.2	8.7	33	0.5%	-0.70 [-4.24, 2.84]	
Raviv et al 2017	6.73	5.9	4011	7.14	7.41	43375	6.5%	-0.41 [-0.61, -0.21]	-
Shariq et al 2018 Adrenalectomy	2.7	3.1	395	2.2	3.2	3107	6.1%	0.50 [0.17, 0.83]	-
Tadic et al 2014	11	2	75	10	2	107	4.9%	1.00 [0.41, 1.59]	+
Tracey et al 2022	6.6	6.9	2154	5.7	6.6	35341	6.2%	0.90 [0.60, 1.20]	-
Visser et al 2017	3.58	9.289	244	2.8	2.219	320	2.7%	0.78 [-0.41, 1.97]	
Xiaoqi et al 2020	22.16	6.64	360	19.99	5.1	2520	4.4%	2.17 [1.46, 2.88]	-
Xu et al 2019	7.3	3	146	6.5	1.9	460	5.3%	0.80 [0.28, 1.32]	+
Zapata et al 2020	7.3	6.3	3881	6.3	5.2	7140	6.4%	1.00 [0.77, 1.23]	•
Zavlin et al 2017	4	7.6	437	1.5	7.7	6593	4.3%	2.50 [1.76, 3.24]	-
Subtotal (95% CI)			298619			3888671	100.0%	0.65 [0.39, 0.90]	•
Heterogeneity: Tau <sup>2</sup> = 0.25; Chi <sup>2</sup> = 1131.20, df = 23	(P < 0.00	001); P	= 98%						
Test for overall effect: Z = 5.01 (P < 0.00001)									
Total (95% CI)			298619			3888671	100.0%	0.65 [0.39, 0.90]	•
Heterogeneity: Tau <sup>2</sup> = 0.25; Chi <sup>2</sup> = 1131.20, df = 23	(P < 0.00	001) 17:							
Test for overall effect: Z = 5.01 (P < 0.00001)	0.00	551/1 ·	50 10						-10 -5 0 5 10
Test for subgroup differences: Not applicable									Met-S Non Met-S
ure 5. Hospital length of stay.									MELO MOLIMELO
ure J. Hospital lengti I Ol Stay.									

#### Dehiscence

Wound dehiscence within 30 days of surgery was reported in 18 studies. Across these studies, a total of 72 056 patients with MetS underwent surgery versus 420 428 surgical patients without MetS. In five studies, an increase in wound dehiscence was observed across a range of surgeries including colorectal<sup>[60]</sup>, emergency general surgery<sup>[31]</sup>, plastics<sup>[77]</sup>, urologic<sup>[58]</sup>, and vascular<sup>[4]</sup>. Twelve studies included for meta-analysis found no association with 30-day wound dehiscence between MetS and non-MetS patients. In a single study<sup>[32]</sup> where wound dehiscence was an outcome, none were observed. Pooling of effect estimates revealed surgical patients with MetS were at 1.59 times the risk of 30-day wound dehiscence compared to patients without MetS, (OR 1.59 95% CI: 1.28–1.97; P = 0.0001).

#### **Uncategorised SSI**

A total of 40 of the 63 studies reported SSIs; however, did not provide a classification according to standardised definitions. Across these studies, a total of 477 207 patients with MetS underwent surgery versus 2 295 152 surgical patients without MetS and were monitored for an SSI occurring within 30 days of surgery. Surgical patients with MetS were at 1.64 times the risk of an uncategorised SSI within 30 days after surgery compared to patients without MetS (OR 1.64 95% CI: 1.52–1.77; P = 0.00001).

#### Hospital readmission

Hospital readmission within 30-day of surgery was reported in 22 studies included for meta-analysis. Across these studies, a total of 109 910 patients with MetS underwent surgery versus 650 525 surgical patients without MetS. In the studies considered for

meta-analysis, 14 out of 22 were statistically associated with an increase in hospital readmission across a range of surgeries including bariatric<sup>[39]</sup>, endocrine<sup>[32,59]</sup>, ENT<sup>[35]</sup>, emergency general surgery<sup>[31]</sup>, gastrointestinal<sup>[40]</sup>, orthopaedic<sup>[6,46,47,67,73,78]</sup>, and plastics<sup>[56,77]</sup>. The remaining eight studies included for meta-analysis found no association with hospital readmission between MetS and non-MetS patients. Pooling of effect estimates revealed surgical patients with MetS were at 1.55 times the risk of hospital readmission compared to patients without MetS, (OR 1.55 95% CI: 1.41–1.71; P=0.00001) (see Fig. 5).

#### Hospital LOS

Hospital LOS was reported in 24 included studies. Across these studies, a total of 298 619 patients with MetS underwent surgery versus 3 888 671 surgical patients without MetS. In 13 of 24 studies, an increased length of hospital stay was reported across a range of surgeries including cardiac<sup>[42,64,76]</sup>, endocrine<sup>[59]</sup>, hepatobiliary<sup>[34]</sup>, orthopaedic<sup>[26,48,67,72,78,86]</sup>, plastics<sup>[77]</sup>, and urology<sup>[74]</sup>. Two studies focusing on orthopaedic and hepatobiliary surgical patients<sup>[27,55]</sup> reported those with MetS were at less risk of increased hospital LOS. A further nine studies found no association with the length of hospital stay between MetS and non-MetS patients across a range of surgeries. Pooling of effect estimates revealed surgical patients with MetS experienced an increased length of hospital stay (MD 0.65 95% CI: 0.39–0.9; P = 0.00001) (see Fig. 6).

#### Discussion

This review of 13 167 461 participants across 63 included studies demonstrates that patients with MetS undergoing surgery are at an increased risk of adverse outcomes within 30 days

Study or Subgroup		t- <b>S</b>	Non M			Odds Ratio	Odds Ratio		
		Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl		
Chung et al 2018	15	1590	151	14028	2.3%	0.88 [0.51, 1.49]			
Edelstein et al 2016 Arthroplasty	498	11030	2982	96087	6.9%	1.48 [1.34, 1.63]			
Edelstein et al 2016 Interaction Obesity and Met-S	19	237	69	1225	2.3%	1.46 [0.86, 2.48]			
Elsamna et al 2020	391	9321	4773	128997	6.8%	1.14 [1.03, 1.27]			
Elsamna et al 2020 Emergency Surgery	4387	41788	3220	41788	7.2%	1.40 [1.34, 1.47]	+		
Fagenson 2021	18	146	171	1580	2.4%	1.16 [0.69, 1.95]			
Gazivoda 2022	258	1388	2947	17666	6.4%	1.14 [0.99, 1.31]			
Goshtasbi 2022	390	2888	5085	49373	6.7%	1.36 [1.22, 1.52]	-		
Hudetz et al 2011	8	28	6	28	0.6%	1.47 [0.43, 4.97]			
Inabnet 2012	1076	23106	5771	163470	7.1%	1.33 [1.25, 1.43]	-		
Jehan et al 2020	36	275	296	4297	3.6%	2.04 [1.41, 2.95]			
Laou et al 2017	4	60	3	45	0.4%	1.00 [0.21, 4.71] =			
Lovecchio et al 2018	141	1903	130	3806	5.0%	2.26 [1.77, 2.89]			
Malik et al 2019 Cervical Discectomy	66	1384	403	14351	4.7%	1.73 [1.33, 2.26]			
Malik et al 2019 Geriatric Hip Fractures	168	1388	2721	30233	6.1%	1.39 [1.18, 1.64]			
Pertsch et al 2022	565	7155	508	7155	6.6%	1.12 [0.99, 1.27]			
Riddle et al 2020	57	1671	156	11156	4.2%	2.49 [1.83, 3.39]			
Shariq et al 2018 Adrenalectomy	15	395	55	3107	2.0%	2.19 [1.23, 3.92]			
Tracey et al 2022	233	2154	2615	35341	6.4%	1.52 [1.32, 1.75]			
Xie et al 2020	75	1013	297	14056	4.8%	3.70 [2.85, 4.81]			
Ye et al 2020	39	553	324	6143	3.8%	1.36 [0.97, 1.92]			
Zavlin et al 2017	38	437	200	6593	3.7%	3.04 [2.12, 4.37]			
Total (95% CI)		109910		650525	100.0%	1.55 [1.41, 1.71]	•		
Total events	8497		32883						
Heterogeneity: Tau <sup>2</sup> = 0.03; Chi <sup>2</sup> = 151.23, df = 21 (	P < 0.0000	1); I <sup>z</sup> = 86	%			+			
Test for overall effect: Z = 8.82 (P < 0.00001)		1010				0.2	0.5 1 2		

Figure 6. Readmission.

postoperatively. While components of MetS (insulin resistance, obesity, chronic hypertension, elevated serum triglycerides, and decreased high-density lipoprotein)<sup>[87-90]</sup> are known to be independent risk factors for adverse surgical outcomes, our metaanalysis demonstrates an increased risk of adverse outcomes where these risk factors accumulate to meet the MetS diagnostic criteria. Our review indicates that where surgical patients are identified with MetS, they have a 75% increased risk of death; a 56% increased risk of cardiovascular complications; a twofold increased risk of any SSI; and a 55% increased risk of hospital readmission. Considering MetS is both highly prevalent and associated with an increased likelihood of adverse complications after surgery, our findings indicate the need to (1) identify MetS in surgical patients using evidence-based screening approaches, and (2) implement guidelines that treat relevant components of MetS at optimal time points around surgery.

Adopting standardised diagnostic criteria for MetS could facilitate improved detection and the initiation of management strategies throughout the surgical continuum to improve patient outcomes. For instance, most routine preoperative assessments are likely to include assessments that record NCEP III diagnostic criteria of insulin resistance, obesity, chronic hypertension, elevated serum triglycerides, and decreased high-density lipoprotein. Hospital systems should incorporate alerts where a patient meets the diagnostic criteria for MetS as part of existing presurgical screening processes to allow better detection of this patient cohort and identification of the risks associated with a diagnosis of MetS prior to surgery. Identifying these risks is important as it is well established that there is an additive effect of risk factors on short-term and long-term surgical outcomes that can be demonstrated using surgical risk calculators such as the ACS-NSQIP and CeDAR<sup>[91]</sup>. Based on the results of our review, it is likely that the surgical risks imposed by MetS criteria are also additive in nature and should be incorporated into existing surgical risk calculators to provide a more comprehensive assessment of the risk profile of this patient cohort. Furthermore, it is important to impart awareness of the risk to patients with MetS as part of the consent process. This conversation needs to occur contemporaneously with efforts to minimise communication bias, discrimination, and weight stigmatisation<sup>[92]</sup>. Treating MetS effectively may necessitate delaying elective surgery or implementing an enhanced recovery after surgery protocol, which in turn, may increase patient frustration, anxiety and challenges with surgical optimisation.

Healthcare providers should therefore take steps to implement prehabilitative, intraoperative, and rehabilitative approaches to care to improve patient recovery, facilitate earlier discharge from the hospital, and potentially reduce healthcare costs by lowering or eliminating complications associated with MetS including hospital readmission. Surgical optimisation interventions have shown promise for some of the diagnostic criteria of MetS such as treating obesity<sup>[93]</sup> and hypertension<sup>[94]</sup> prior to surgery, thus, there is the potential to adapt elements of existing interventions and guidelines for MetS patients to eliminate or reduce operative risks. It is also vital that the surgical team is attentive to practices that reduce SSI including weight-based dosing of prophylactic antibiotics<sup>[95]</sup>, redosing of prophylactic antibiotics in longer operations<sup>[96]</sup>, glucose optimisation<sup>[97]</sup>, glove changes<sup>[98]</sup>, and the use of alcoholic skin preparation prior to skin closure<sup>[99]</sup>. Postoperative follow-up and rehabilitation of these patients should also emphasise initiatives that reduce the risk of potential postoperative complications, such as SSIs<sup>[100,101]</sup>, venous thromboembolism events<sup>[102,103]</sup>, and cardiovascular complications<sup>[104,105]</sup>.

One limitation of this review stems from the varying definitions of MetS used in the included studies, which can lead to population heterogeneity and complicate result comparisons. Additionally, the inclusion of retrospective observational studies, drawing data from medical records databases, introduces potential biases and limitations, including incomplete information, selection bias, and possible confounding factors. In summation, the review provides valuable insights and is the largest review of the surgical risks patients with MetS face. It also provides socio-ecological validity by drawing evidence globally from countries with similarly developed health systems and highlights a significant risk profile which, heretofore, has not been addressed with review level evidence.

#### Conclusion

Our review is the largest, most-comprehensive analysis of postoperative surgical complications in MetS. Our findings highlight that surgical patients with MetS are at a heightened risk of a range of adverse outcomes in the 30 days following surgery. Based on our findings, firstly, there is a need to implement evidence-based screening approaches to identify MetS in surgical patients to facilitate early detection and initiate management strategies prior to, during, and after surgery for improved outcomes. Secondly, the surgical team must be aware of the increased risks associated with MetS, be alerted to a diagnosis preoperatively, communicate risks to the patient during the consent process, and treat components of the condition to avoid the risks of adverse events. In conclusion, early detection, personalised management, and comprehensive perioperative care for MetS patients are essential to mitigate risks, enhance outcomes, and potentially reduce healthcare costs by minimising complications and readmissions.

#### **Ethical approval**

Not applicable.

#### Patient consent

Not applicable.

#### Sources of funding

PN is supported by an Australian Government research scholarship.

## **Conflicts of interest disclosure**

The authors declare that they have no financial conflict of interest with regard to the content of this report.

#### **Author contribution**

P.N. and N.R.: devised the review concept, developed the protocol, conducted the search strategy, data extraction, analysis of the results, and draughted the review; A.C., F.F., T.A., and J.G.: contributed to the review and authoring of further manuscript drafts.

# Research registration unique identifying number (UIN)

1. Name of the registry: researchregistry.com.

- 2. Unique identifying number or registration ID: research registry1703.
- 3. Hyperlink to your specific registration (must be publicly accessible and will be checked): https://www.researchregis try.com/browse-the-registry#registryofsystematicreviews meta-analyses/registryofsystematicreviewsmeta-analysesde tails/65079c75372670002503ab1b/.

#### Guarantor

Philip Norris and Nicholas Ralph.

#### **Data availability statement**

Data from the review is available on request.

#### **Provenance and peer review**

This review is not commissioned and was submitted to IJS for external peer-review by blinded peer reviewers.

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