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Long-term results of Endoscopic Sleeve Gastroplasty

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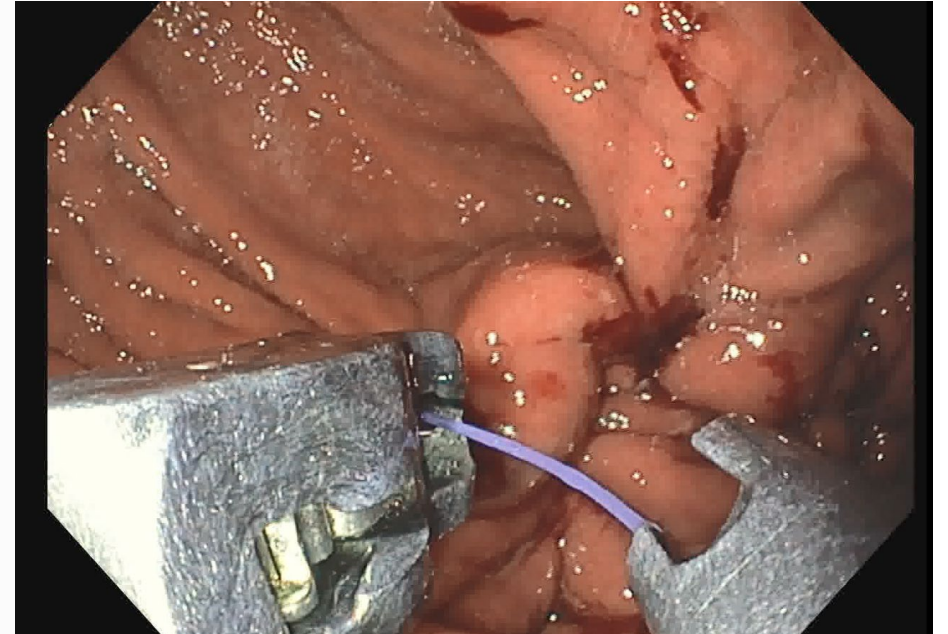
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Background and Aims

Endoscopic sleeve gastropasty (ESG) has emerged as a minimally invasive technique to fill the therapeutic gap between medical and surgical approaches to obesity.

Most of the published data on ESG show the procedure's outcomes in the first 12-24 months.

In this study, we aim to report long-term results of ESG to implement the evidence of long-term effectiveness further.



Methods

A retrospective analysis was performed on a prospective database including patients with obesity (BMI \geq 30 kg/m²) who underwent ESG (May 2017- March 2021)

Weight loss (%EWL, %TBWL) and quality of life (Bariatric Analysis and Reporting Outcome System, BAROS questionnaire) were evaluated up to 3 years (36 months).

37.2 (35.3-40.8)

240 subjects (72% F) underwent ESG with a median BMI of 37.2 (35.3-40.8) kg/m² at baseline and a median age of 44.5 (36-54) years.

No severe procedure-related adverse events occurred.

Baseline characteristics of patients	
Age	44.5 (36-54)*
Gender (F)	72%
BMI	37.2 (35.3 – 40.8)*
Diabetes	5%
Hyperinsulinemia	27%
Hypertension	29%
OSAS	9%
Class I obesity	21.3%
Class II obesity	50.8%
Class III obesity	27.9%
* Median (Q1-Q3)	

Results

	%EWL	%TBWL	BAROS
1 month	31.5 (22.4 - 40.6)	9.9 (8.2-12.5)	2.5 (2-3.5)
6 months	49.7 (36.9-64.8)	16.7 (12.7-21)	4 (3-5)
12 months	46.6 (27.9-63.2)	15.6 (10.3-21.3)	3,5(3-5)
24 months	39.3 (17.6-58.4)	12.8 (6.4-19.4)	3 (2.5-4.6)
36 months	36.4 (21.0-66.3)	13.3 (6.7-23.8)	3 (2.5-4.8)

* Median (Q1-Q3)

65% of patients: %EWL > 25% at 3 years follow-up

Conclusion

Our experience confirms that ESG in the setting of a multidisciplinary approach is a safe and effective procedure for the treatment of obesity, associated with sustained weight loss and improved quality of life.



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