

American Society for Gastrointestinal Endoscopy- European Society of Gastrointestinal Endoscopy guideline on primary endoscopic bariatric and metabolic therapies for adults with obesity

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Standards and Guidelines

Endoscopy

Stomach & H. Pylori

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A joint ASGE-ESGE guideline developed using the GRADE framework provides evidence-based recommendations for the use of endoscopic bariatric and metabolic therapies in obesity management.

KEY POINTS

- The guideline suggests using endoscopic bariatric and metabolic therapies plus lifestyle modification in patients with a BMI of 30 kg/m² or greater, or with a BMI of 27.0 to 29.9 kg/m² and at least one obesity-related comorbidity.
- Intra-gastric balloons and devices for endoscopic gastric remodeling are suggested in conjunction with lifestyle modification for the specified patient population.
- The guideline evaluates efficacy and safety of devices and procedures with CE mark or FDA clearance or approval, or approved within five years of document development.
- This resource is relevant for gastroenterologists and clinicians managing patients with obesity who are considering endoscopic interventions.

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