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Summary

INTRAGASTRIC INJECTION OF BOTULINUM TOXIN A COMBINED WITH SUBCUTANEOUS LIRAGLUTIDE IN OVERWEIGHT AND OBESE PATIENTS: A RETROSPECTIVE COHORT STUDY

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A retrospective cohort study of 60 patients found that combining intragastric botulinum toxin injection with subcutaneous liraglutide 3mg resulted in significant weight loss and BMI reduction over six months without severe side effects.

KEY POINTS

- Between September 2022 and April 2023, 60 patients (81.7% female) with baseline mean weight of 94.5±16.9kg and BMI of 33.7±4.7kg/m^2 received combined treatment with 300 units intragastric BTX-A, subcutaneous liraglutide 3mg, reduced calorie diet, and increased physical activity.
- At six months, body weight decreased by 12±6.2kg and BMI decreased by 4.2±2.2kg/m^2 (both $P < 0.001$), with visceral fat decreasing by 2.3±3.8% ($P=0.002$).
- Patients with moderate obesity experienced greater weight loss (12±5.4kg) compared to overweight patients (6.7±2.9kg, $p=0.002$) and those with mild obesity (6.9±2.7kg, $p=0.001$).
- Nineteen percent of patients experienced mild side effects including constipation (9%), headache (4%), diarrhea (3%), and nausea (3%), with no severe adverse events reported.
- The authors state this is the first study combining gastric BTX-A with liraglutide for weight management and note that randomized clinical trials are required to confirm these findings.

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