

INTRAGASTRIC BALLOON FOR OBESITY TREATMENT: A SYSTEMATIC REVIEW AND META-ANALYSIS OF RANDOMIZED CLINICAL TRIALS

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Meta-analysis of 15 randomized controlled trials (1,961 patients) found intragastric balloon therapy significantly more effective than standard medical therapy for obesity, with superior weight loss maintained at 6, 9, and 12 months.

KEY POINTS

- Intra-gastric balloon resulted in significantly greater percentage of excess weight loss compared to standard medical therapy at 6 months (mean difference 16.80%), 9 months (14.36%), and 12 months (13.10%).
- Intra-gastric balloon was superior across all secondary outcomes including absolute weight loss, percentage of total weight loss, and body mass index reduction at all time points assessed.
- Results remained consistent regardless of whether pharmacological therapy was included in the standard medical therapy group ($p=0.77$).
- Patients with baseline BMI greater than 40 kg/m² had significantly greater weight loss at 6 months, and higher baseline BMI was associated with greater absolute weight loss and BMI reduction.
- Among intra-gastric balloon types, the Orbera balloon showed superior outcomes at 6 months while the Spatz3 balloon demonstrated better percentage of total weight loss at 9 months.

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