

EFFECTS OF ESG TREATMENT ON MICROBIOTA COMPOSITION: RESULTS FROM A PROSPECTIVE STUDY

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Poster

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Endoscopic Sleeve Gastroplasty in 31 patients with obesity achieved significant weight loss at 8 months and was associated with reduced Proteobacteria levels that inversely correlated with weight loss outcomes.

KEY POINTS

- Body weight and BMI significantly decreased at 4 and 8 months post-ESG, with total body weight loss of 13.1% and 13.3% respectively, and excess weight loss of 23.9% and 24.8% at the same timepoints.
- Proteobacteria concentration showed a statistically significant reduction at 8 months compared to 4 months, and this reduction inversely correlated with both percentage excess weight loss and total body weight loss.
- Increased whole-wheat bread consumption at 8 months significantly correlated with proliferation of *F. prausnitzii*, a beneficial bacterial species, at 4 months.
- No procedural complications or gastrointestinal symptoms during healthy food reintroduction were observed in the 20 patients who completed 8-month follow-up.
- This material may be most relevant for gastroenterologists and bariatric specialists interested in endoscopic weight loss interventions and their effects on gut microbiota.

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