IMPACT OF THREE TECHNIQUES OF ENDOSCOPIC GASTROPLASTY ON ANTHROPOMETRIC MEASUREMENTS, BODY COMPOSITION AND QUALITY OF LIFE: PRELIMINARY RESULTS FROM A SINGLE CENTER, RANDOMIZED STUDY

Paola Bazzu

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A randomized study of 90 obese patients comparing three endoscopic gastroplasty techniques (ESG, EVG, and POSE-2) found that at 6 months, 70% of patients attending follow-up achieved 16% total body weight loss and improvements in body composition and quality of life.

KEY POINTS

- At 6-month follow-up, 63 of 90 patients (70%) attended and experienced mean total body weight loss of 16% ± 6% and excess weight loss of 39.7% ± 14.9%
- 95.2% of patients achieved at least 5% total body weight loss and 85.7% achieved at least 25% excess weight loss
- All body circumferences (arm, waist, hip, calf) decreased significantly, fat mass and fat mass percentage decreased, and free fat mass percentage and body cell mass percentage increased
- Quality of life measured by BAROS test improved significantly at 6 months
- The study enrolled patients with mean BMI 36.6 kg/m2, 87.5% female, with hepatic steatosis as the most common comorbidity (70%)

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