

THE ROLE OF THE PHASE ANGLE AS PREDICTING FACTOR OF WEIGHT LOSS IN ENDOSCOPIC GASTROPLASTY: RESULTS FROM A SINGLE CENTER, RANDOMIZED STUDY

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Poster

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A randomized study of 90 obese patients found that three endoscopic gastroplasty techniques (ESG, EVG, and POSE-2) produced similar weight loss outcomes at 6 months, with Phase Angle correlating with weight loss results.

KEY POINTS

- At 6 months follow-up, 63 patients achieved mean total body weight loss of $16\% \pm 6\%$ and excess weight loss of $39.7\% \pm 14.9\%$, with no significant difference among ESG, EVG, and POSE-2 techniques ($p > 0.62$ and $p > 0.94$ respectively).
- 95.2% of patients achieved at least 5% total body weight loss and 85.7% achieved at least 25% excess weight loss, with all body circumferences decreasing significantly ($p < 0.001$).
- Linear regression analysis showed a significant correlation between Phase Angle and both percentage total body weight loss ($p < 0.05$) and percentage excess weight loss ($p < 0.05$) at 6 months.
- The study population consisted primarily of females (87.5%) with mean BMI 36.6 ± 3.1 kg/m², obesity class II (58.3%), and hepatic steatosis as the most common comorbidity (70%).
- The authors conclude that Phase Angle may be a useful short-term predictor of weight loss after endoscopic gastroplasty, though further studies with larger samples and longer follow-up are needed.

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