

ANTHROPOMETRIC INDICES, BODY COMPOSITION, AND PREDICTIVE VALUE OF PHASE ANGLE IN POST-ENDOSCOPIC BARIATRIC WEIGHT LOSS: EVIDENCE FROM TWO SINGLE-CENTER RANDOMIZED TRIALS

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Poster

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Combined analysis of two randomized trials (318 patients) compared intragastric balloon and endoscopic gastroplasty for obesity treatment, finding both effective for weight loss and body composition improvement at 6 months.

KEY POINTS

- At 6 months, intragastric balloon (n=156) achieved $14.2 \pm 7.1\%$ total body weight loss and $30.8 \pm 23.3\%$ excess weight loss, while endoscopic gastroplasty (n=162) achieved $16 \pm 6\%$ and $39.7 \pm 14.9\%$ respectively.
- Both procedures significantly reduced all body circumferences (arm, waist, hip, calf) and fat mass ($p < 0.001$), while increasing fat-free mass percentage ($p < 0.001$) and body cell mass percentage ($p < 0.05$).
- Phase angle correlated significantly with weight loss outcomes in the endoscopic gastroplasty group (TBWL $r = 0.327$, EWL $r = 0.274$, both $p < 0.05$) but not in the intragastric balloon group.
- Follow-up completion was 93.5% for intragastric balloon and 70.4% for endoscopic gastroplasty; baseline BMI differed between groups (41.9 ± 9.1 vs 36.6 ± 3.1 kg/m²).
- Clinicians considering endoscopic bariatric therapy options or interested in predictors of treatment response would benefit from this comparative data.

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