

TAILORING ENDOSCOPIC GASTROPLASTY FOR PERSONALIZED OBESITY TREATMENT: 18-MONTH RESULTS OF THREE TECHNIQUES ACROSS OBESITY CLASSES

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Presentation

Endoscopy

Oesophagus

Small Intestine & Nutrition

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Randomized trial of three endoscopic gastroplasty techniques (ESG, EVG, POSE-2) in 183 obese patients found no overall difference at 18 months, but subgroup analysis suggested POSE-2 was superior in class I obesity while EVG performed best in class III obesity.

KEY POINTS

- At 18 months, total body weight loss averaged $17.1 \pm 10.2\%$ and excess weight loss $43.0 \pm 26.6\%$, with no significant difference among ESG, EVG, and POSE-2 overall ($p=0.92$ for TBWL, $p=0.93$ for EWL).
- POSE-2 was superior in class I obesity ($p=0.03$ for TBWL; $p=0.006$ for EWL) but less effective in class III obesity ($p=0.003$); EVG showed best results in class III ($p=0.048$ for TBWL; $p=0.02$ for EWL) but underperformed in class I ($p=0.034$).
- No significant differences between techniques were found in class II obesity.
- Quality of life (BAROS score) significantly improved over 18 months ($p<0.001$) with no variation across obesity classes, and improvements in fatty liver disease, hypertension, hyperlipidemia, diabetes, and obstructive sleep apnea were noted across all groups.
- Follow-up adherence declined from 56.3% at 6 months to 15.8% at 18 months.
- The speaker acknowledged in Q&A that no formal power calculation was performed for the subgroup analysis and agreed a second trial would be needed to confirm the obesity class-specific differences.

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