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Hospital Paroissien, Argentina

Initial experience with intragastric balloon Lexbal® in the treatment of patients with mild to moderate obesity (Type I-II)

Introduction: Descriptive observational study in which the sample is made up of the 14 patients treated with balloon Lexbal®.

Objectives: The objectives of the study were to evaluate the effectiveness and response to balloon (Lexbal®) in the treatment of mild to moderate obesity.

Methods: We conducted an observational and retrospective study at Hospital Paroissien. We have compiled the results of 14 follow intragastric balloons (Balloon Lexbal®) in obese patients with mild to moderate type I-II (BMI between 28 and 34.9 kg/m²) placed during 2012 and 2017 and weight losses have been achieved over 70% of excess weight. Furthermore, patient satisfaction has been observed in our sample.

Measurements: Descriptive observational study in which the sample is made up of 14 patients treated with balloon Lexbal® in our midst.

Results: Over 80% of patient satisfaction was observed with 70% decrease in weight above the average (over 12 kilos). A better response was found in those presenting adherence to nutritional treatment and no differences were observed in the volume of filling the balloon.

Conclusions: Treatment with intragastric balloon, along with a nutritional monitoring allows us to re-educate the patient and change their eating habits. Just for gradual diet, and to adapt each phase as tolerated by the patient, helps us to improve dietary behavior and facilitates greater weight loss. The intragastric balloon is a safe, well tolerated, with few adverse effects and relatively simple in the hands accustomed to endoscopic practice. We believe it can be considered an effective adjunctive therapy in selected cases of mild/moderate obesity (type I-II).

Biography

F D Robledo has completed his graduation from the University of Buenos Aires in 1982. He is the Fellow of Gastroenterology Service in Gastroenterology & Endoscopy Hospital Fernandez in 1983/1987, Physician of Gastroenterology and Endoscopy in Hospital Paroissien Hospital (1987/2017) and Professor of Internal Medicine in UBA in 1988/2000. He has completed Master's degree in Health Economics from ISALUD University in 2005. Currently, he is the Head of Hospital Paroissien

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