Abstract

Background: The intragastric balloon is widely used for weight reduction in obese patients, but results are variable. We describe our results enhancing the importance of a Multidisciplinary Team (MT) taking part in the treatment. Methods: A retrospective review was done concerning a total of 119 balloons, placed in 116 patients, under endoscopic control and conscious sedation, from May 2001 until August 2006. 49 patients were prepared and recommended to be followed by a MT in a physical unit, at least every 15 days during 6 months. 67 were indicated and followed by other colleagues, without MT. Removal was performed 6 months later. Results: Concerning our 49 patients, mean age was 38.1 years, 31 female and 18 males, with BMI ranged between 32 and 63, average of 42. The average decrease of weight excess was 31.85% (-4.45-80.4%), and the BMI diminished 5.3 points (from 13.6 to gain of 0.9). The treatment failed in 34.6% of our patients -including 4 patients lost of follow-up (8.16%)-, compared with 53.8% of patients without structured MT for selection and follow-up. Physical exercise enhanced markedly the results with 45.8% of excess of weight loss in women and 39.7% in males, compared with 14.6 and 15.6% in patients who didn't follow the program. The weight loss was mostly fat mass, 89.9% in men and 75.6% in women. The results maintenance was obtained in 40% of patients one year later. There were no major complications; one balloon had to be removed at 3 weeks because of intolerance, another at 5 months because of gastroesophageal reflux. Conclusions: BIB is an effective help to achieve a short term weight loss in obese patients; nevertheless, good and long lasting results will depend on the modification of life style obtained by a multidisciplinary approach.

Keywords

Intragastric balloon, Obese patients, Multidisciplinary.