

## INITIAL EXPERIENCE WITH INTRAGASTRIC BALLOON LEXBAL® IN THE TREATMENT OF PATIENTS WITH MILD TO MODERATE OBESITY (TYPE I-II)

**Fernando Robledo**

Maryland-in-Buenos Aires, Argentina

**T**o evaluate the effectiveness and response Gastric balloon (Lexbal) in the treatment of mild to moderate obesity

**Methods:** We conducted in one clinic and hospital paroissien an observational, retrospective study. We have compiled the results of 12 follow intragastric balloons (Balon Lexbal ) in obese patients with mild to moderate type I-II (BMI between 28 and 34.9kg/m<sup>2</sup> ) placed in 2012 and 2015 losses have been achieved over 70% of excess weight . Furthermore, it has been observed satisfaction of our patients

**Measurements:** Descriptive observational study in which the sample is made up of the 12 patients treated with balloon LEXBAL in our midst. The variables studied were age, sex, weight, BMI, percentage of weight lost, fill volume, tolerance, satisfaction and dietary monitoring by patients

**Results:** Over 80% degree of patient satisfaction, 70% decrease in weight above the average ( over 12 kilos ) better response 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.

## BIOGRAPHY

Fernando Robledo is currently working at Maryland in Buenos Aires, Argentina.

[frobledo@intramed.net](mailto:frobledo@intramed.net)



Note: