Revolutionizing Obesity Treatment in Colombia Efficacy of the Ingestible Intragastric Balloon in Patients with Severe Obesity (BMI ≥ 40 -50).

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Introduction

Morbid obesity is a disease that affects 53% of the adult population in Colombia. We know that cultural patterns, sedentary lifestyles, and fast food contribute to this condition. It has been demonstrated that changes in eating habits, emotional management, and physical activity can help reduce and maintain weight, but effective weight loss is often achieved with procedures. Although surgery is the most effective for patients with type III or IV obesity, there are patients who do not wish to undergo invasive methods and prefer endoluminal techniques.

Metods and Procedures

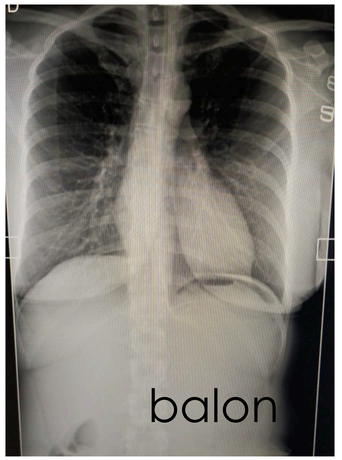
Since 2020, the Allurion Balloon, an ingestible balloon, has been available in Colombia. In four years of using this device, I have implanted 40 balloons without related complications and with weight losses of up to 33% of body weight in 16 weeks. Two patients, a 21-year-old female and a 26-year-old male, with BMIs of 43 and 53 respectively, decided to undergo the Allurion Balloon procedure. The patients consulted with a nutritionist, behavioral psychologist, and sports physician. Before the procedure, an upper endoscopy was performed to evaluate the presence of hiatal hernia, gastric surgery, ulcer, or masses that would contraindicate the procedure. The procedure was done in the X-ray room with the patient awake, taking approximately 10 minutes.

Results

Prior to balloon implantation, the patients lost aroud 5 and 8 kg. During the 16-week treatment period, they started physical activity on the third day after the procedure

Four follow-up appointments were conducted before the balloon was expelled rectally, resulting in a weight loss of 33,33, 34, 25 kg for the females patient and 42 kg for the male patient, reducing their BMIs to 27 for 3 females and 30 for 1 female and male respectively, at the time of balloon expulsion. At 18 months of follow-up for patient 1 and 10 months for patient 2, no weight regain was observed. For the other 3 patients at 6 months no regain.





Conclusion

We know that surgery is the most effective method for managing morbid obesity. However, despite its results, some patients are reluctant to undergo such a definitive method. This is why the Allurion Balloon is a strategy to make noticeable habit changes and significantly aid in weight loss. The estimated weight loss with the gastric balloon is up to 16%, but with these patients, we achieved up to 40% weight loss and resolution of comorbidities.

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