

# A New Weight-loss Option:

# INTRAGASTRIC BALLOONS

by Jaime Ponce, MD, FACS, FASMBS; and Rachel Moore, MD

**F**or individuals seeking to improve their health, the weight-loss journey may provide too few options in the gap between diet and exercise and bariatric surgery. Now, patients in the U.S. have a new Food and Drug Administration (FDA) approved treatment option requiring no incisions and no overnight stay at a medical facility — intragastric balloons.

## What are Intra gastric Balloons?

Intra gastric balloons are soft, yet durable, silicone spheres that take up space in a patient's stomach and help reinforce proper portion control by providing a feeling of being full with less food consumption. Combined with support programs for exercise, diet, nutrition and emotional support, an intra gastric balloon can kick-start a weight-loss program.

## How is the Procedure Performed?

In a non-surgical procedure, typically done under a mild sedative, an un-inflated intra gastric balloon is placed into the stomach using an endoscope that is fed into the patient's mouth and down the esophagus. It is then filled with saline (salt water) until it is about the size of a grapefruit. The procedure normally takes about 20 minutes and patients can usually go home the same day. Once the balloon (or balloons) is in place, a 12-month coaching and support program supervised by healthcare experts begins. This team may include dietitians, psychologists and exercise physiologists, among others, to help keep patients motivated and working through weight-loss barriers to meet long-term goals.

## How Does an Intra gastric Balloon Work?

Intra gastric balloons occupy existing space in your stomach for six months, serving as built-in portion control so you may feel full and satisfied with less food. They do not change or alter the anatomy of the stomach in any way. After six months, the balloon is removed in the same way it was placed, endoscopically. Through a procedure done under a mild sedative, it is deflated and then removed through the esophagus and mouth.

## Who qualifies for an Intra gastric Balloon?

Intra gastric balloons are intended for adult patients who have a Body Mass Index (BMI) of 30-40 kg/m<sup>2</sup>, and who have tried other weight-loss programs but were unable to lose the weight or keep it off. Intra gastric balloons are also an option for individuals who do not want or do not qualify for bariatric surgery.

## Weighing Your Options

There are two intra gastric balloons currently approved by the FDA: the ReShape™ Dual Balloon and the ORBERA™ Intra gastric Balloon. Both devices have a similar procedure for insertion and removal, as well as for consultation.

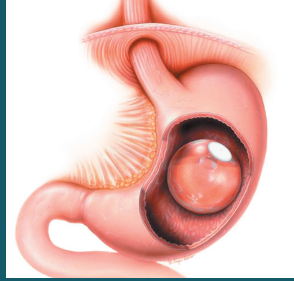
## Conclusion

Using an intra gastric balloon is not a cure for obesity, but can be a suitable option for individuals who have tried other weight-loss options that have not shown results, or who either do not qualify or are not interested in bariatric surgery. The procedure, coupled with the 12 months of counseling, provides the support needed to help you change your eating habits and maintain weight-loss long-term. Working hard on these new habits will give you the best chance of losing weight.

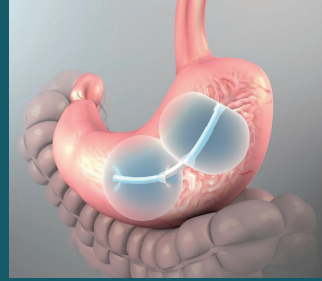
**“Combined with support programs for exercise, diet, nutrition and emotional support, an intra gastric balloon can kick-start a weight-loss program.”**

# Intragastric Balloon Options

The ORBERA™ Intragastric Balloon is a single balloon that is inserted into the stomach using an endoscope, and is then filled with saline (salt water) until it is about the size of a grapefruit.



The Reshape™ Dual Balloon is two separate silicone balloons with a silicone tube in the middle. The dual balloon device is inserted into the stomach using an endoscope and filled with saline.



While both intragastric balloons are FDA-approved, you should consult with your doctor about any risks or complications, along with the option that is best for you.

## How Effective are Intragastric Balloons?

Both the ORBERA™ Intragastric Balloon and ReShape™ Dual Balloons have run clinical trials to demonstrate their effectiveness in bariatric patients and to determine any possible side effects present from using the device.

A clinical study, called the REDUCE Pivotal Trial, was performed at eight hospitals in the United States. In the study, patients who had the ReShape™ procedure lost 2.3 times as much weight as patients who only received diet and exercise coaching. In a study of the ReShape™ procedure in commercial use in Europe, ReShape™ patients on average lost 32 pounds and maintained 98 percent of their weight-loss within the first year. In the clinical study of 265 patients, the most common side effects of the ReShape™ procedure were vomiting, nausea and abdominal pain. These conditions are to be expected as the stomach gets used to the presence of the balloon, and generally go away after three to five days.

U.S. clinical trial data on ORBERA™ showed that within six months, the average person lost 3.1 times the amount of weight as compared with diet and exercise alone. In real numbers, that means patients with ORBERA™ lost an average of 21.8 pounds (10.2 percent of their body weight) after the device had been in place for six months. The clinical trial for ORBERA™ also demonstrated that three months after the device was removed (nine months after device placement), ORBERA™ patients maintained an average weight-loss of 19.4 pounds. During the trial, those patients who participated in a behavior modification program, including diet, exercise and emotional coaching, but did not receive the ORBERA™ balloon, only lost an average of 7 pounds (3.3 percent of their body weight).

### About the Authors:

*Jaime Ponce, MD, FACS, FASMBS, has been practicing bariatric surgery since 1998 and is the Medical Director for Hamilton Medical Center Bariatric Surgery program in Dalton, Georgia and the Co-director for Memorial Hospital Bariatric Surgery program in Chattanooga, Tenn. Dr. Ponce is past-president (2012-2013) of the American Society for Metabolic and Bariatric Surgery (ASMBS) and is a past-president of the IFSO North American Chapter (2013-2014).*

*Rachel Moore, MD, is in her 13<sup>th</sup> year of high-volume bariatric surgery practice with a group of six surgeons in New Orleans. She is also the Chief of the Section of Metabolic Surgery at Louisiana State University (LSU) and works at the University Medical Center teaching students and residents.*

# OAC Membership Application

**Why Join the OAC?** The OAC is a nearly 50,000 member-strong 501(c)(3) National non-profit organization dedicated to giving a voice to the individual affected by the disease of obesity and helping individuals along their journey toward better health through education, advocacy and support. Our core focuses are to raise awareness and improve access to the prevention and treatment of obesity, provide evidence-based education on obesity and its treatments, fight to eliminate weight bias and discrimination, elevate the conversation of weight and its impact on health and offer a community of support for the individual affected.

## 1. OAC Membership Categories *(select one)*

- Individual Membership: \$20/year
- Institutional Membership: \$500/year
- Chairman's Council Membership: \$1000+/year

Are you joining for the first time, or are you renewing your OAC Membership?

- I am joining for the first time *(never been an OAC member)*.
- I am renewing my membership *(have joined the OAC in the past)*.

## 2. Donation Add-on

### Add-on Donation: Make a General Donation

Make a tax-deductible donation to the OAC when joining as a member. Your donation helps the OAC's educational and advocacy efforts.

- \$5
- \$10
- \$25
- \$50
- \$100
- Other \_\_\_\_\_

## 3. Membership/Donation Add-on Totals:

Membership Fee: +\$ \_\_\_\_\_

Donation Add-on *(optional)*: +\$ \_\_\_\_\_

**TOTAL PAYMENT:** \$ \_\_\_\_\_

## Payment Information

- Check (payable to the OAC) for \$\_\_\_\_\_.
- Credit card for my TOTAL, including add-ons, of \$\_\_\_\_\_.
- Discover® Credit Card Number: \_\_\_\_\_
- MasterCard® Expiration Date: \_\_\_\_\_
- Visa® Billing Zip Code: \_\_\_\_\_
- Amex® CV Code: \_\_\_\_\_

## Contact Information

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**JOIN ONLINE!** To join the OAC online, please visit [www.ObesityAction.org](http://www.ObesityAction.org) and click on the "Get Involved" tab.

**Mail:** OAC  
4511 North Himes Ave. Ste. 250  
Tampa, FL 33614

**Fax:** (813) 873-7838

MagMembership-Spring2015



# BUILDING A COALITION OF THOSE AFFECTED

The OAC is the **ONLY** non-profit organization whose sole focus is helping those affected by obesity. The OAC is a great place to turn if you are looking for a way to get involved and give back to the cause of obesity.

## Why YOU Should Become an OAC Member

Quite simply, because the voice of those affected needs to be built! The OAC not only provides valuable public education on obesity, but we also conduct a variety of advocacy efforts. With advocacy, our voice must be strong. And, member is what gives the OAC its strong voice.

# MEMBERSHIP BENEFITS

## BENEFITS TO INDIVIDUAL MEMBERSHIP



- Official welcome letter and membership card
- Annual subscription to the OAC's publication, *Your Weight Matters*<sup>SM</sup> Magazine
- Subscriptions to the OAC Members Make a Difference and Obesity Action Alert monthly e-newsletters
- "Bias Buster" Alerts, alerting specifically to issues of weight bias
- Immediate Advocacy Alerts on urgent advocacy issues and access to the OAC's expert advocacy team
- Ability to lend your voice to the cause