Endoscopic sleeve Gastroplasty Efficacy (ENvISaGE): Endoscopic sleeve gastroplasty versus Laparoscopic sleeve gastrectomy
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Background

Improvement in quality of life is an important patient-centred outcome of bariatric procedures. The Endoscopic sleeve gastroplasty (ESG), new to Australia is an endobariatric procedure which reduces the gastric lumen to a size comparable with the laparoscopic sleeve gastroplasty (LSG).

Methods & Demographic Results:

- Prospectively recruited over 12 months from a private bariatric surgery practice (Weightloss Solutions Australia) on the Gold Coast
- 12 LSG participants were aged 37.5 (6.7) years, baseline BMI 41.9 (6.2) kg/m², 92% female
- 6 ESG participants were aged 35.0 (8.4) years, baseline BMI 37.1 (5.7) kg/m², 83% female
- Quality of Life was measured by the Impact Weight on Quality of Life Assessment Tool (IWQOL-Lite). This tool assesses overall and 5 sub-categories of quality of life: physical function, self-esteem, sexual life, public distress, work (or daily activities).
- All IWQOL scores were normalised to a scale of 0-100 quality of life. 0 being worst and 100 being best quality of life.

Learnings

- ESG and LSG patients report severe weight-related impacts on their quality of life.
- LSG patients with BMI’s had worse QoL
- Both LSG and ESG patients experienced improvements in QoL 6 months post-procedure
- LSG participants experienced a greater improvement compared to ESG to achieve similar levels of weight related QoL 6 months post procedure.