

## **Intragastric balloon treatment for morbid obesity in Japanese patients.**

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Background; Recently, also in Japan, bariatric surgery is a growing trend. We concern that Japanese patients undergoing bariatric surgery are at risk of developing gastric cancer, which is the most common malignancy in Japanese. Therefore, we expect that the temporary placement of intragastric balloon is suitable for Japanese.

Methods; We started the clinical trial of intragastric balloon treatment from 2007. We picked up patients according to the inclusion criteria of our institution which was “morbid obesity (BMI  $\geq$  35) after conservative treatments including admission of more than one week duration and outpatient visit for 6 months.” The balloon was removed within 6 months according to the manufacturer’s suggestions.

Results; Six patients who met this criteria underwent the placement of intragastric balloon. No complications occurred. The average duration of procedure was 20.8 min. The average length of the hospital stay was 6.0 days. No one needed to remove ahead of schedule. The average weight loss and percent excess weight loss at the time the balloon was removed were 10.4 kg and 19.8%, respectively. Four patients had kept more than 20% of percent excess weight loss 6 months after the balloon removal. However, 2 patients already regained their weight during the placement of intragastric balloon.

Conclusion; Intragastric balloon treatment for morbid obesity in Japanese patients is safety and have some efficacy.