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## Initial experience with intra-gastric balloon Lexbal® in the treatment of patients with mild to moderate obesity (type I-II)

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**Background:** Evaluate the effectiveness and response gastric balloon (Lexbal) in the treatment of mild to moderate obesity. Descriptive observational study in which the sample is made up of the 12 patients treated with balloon Lexbal. The variables studied were age, sex, weight, BMI, percentage of weight lost, fill volume, tolerance and satisfaction.

**Objective:** To evaluate the effectiveness and response balloon (Lexbal) in the treatment of mild to moderate obesity.

**Methods:** We conducted an observational, retrospective study in Hospital Paroissien. We have compiled the results of 12 follow intra-gastric balloons (Balon Lexbal) in obese patients with mild to moderate type I-II (BMI between 28 and 34.9 kg/m<sup>2</sup>) placed in 2012 and 2016 losses have been achieved over 70% of excess weight. The variables studied were age sex, weight BMI, % of weight lost, fill volume, tolerance, satisfaction and dietary monitoring.

**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.

**Conclusion:** Treatment with intra-gastric 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 IG balloon is a safe, well tolerated, with few adverse effects.

### Biography

Fernando Daniel Robledo working as Gastroenterology specialists, Department of Gastroenterology, Maryland-in-Buenos Aires, Argentina.

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