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Primary endoscopic therapies for obesity and metabolic disease

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Purpose: Endoscopic approaches to obesity may help fulfill the unmet need of over half the most adult population who would benefit from therapy for obesity but are not receiving it. Endoluminal approaches have the potential to be more efficacious than anti-obesity medications and have a lower risk-cost profile compared with bariatric surgery. This session outlines the current state of primary endoscopic weight loss and metabolic therapies and sheds light on the challenges faced towards making endoscopic bariatric therapies 'ready for prime time'.

Recent Findings: Endoscopic approaches to obesity are being increasingly modeled on the proposed mechanisms contributing to the benefits of bariatric surgery. Therapies targeted at the stomach induce weight loss with only a proportional benefit to underlying metabolic disorders. Therapies targeting the proximal small bowel appear to modulate various neuro-hormonal pathways resulting in an improvement in metabolic profile in excess to that accounted for by weight-loss itself.

Summary: Rigorous scientific assessment of endoscopic approaches to obesity is necessary to allow its integration into the treatment algorithm of obesity. The endoscopic armamentarium against obesity continues to evolve with the Endoscopist poised to be a key player in the management of this disease.

Biography

Mahmoud Saad Berengy is currently working in Al-Azhar University, Egypt

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