

The role of endoscopy in the management of obesity in pediatric population

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Obesity poses a significant health and economic challenge in the contemporary world, linked to elevated rates of mortality and morbidity. Current treatment options for obesity in pediatric population typically involve a combination of lifestyle changes, increasing physical activity, and bariatric surgeries including gastric bypass, sleeve gastrectomy.

Endoscopic procedures for weight loss, relatively novel and less invasive analogues for bariatric surgeries, have shown to be effective weight loss procedures. They can provide a less invasive approach with less complications and shorter recovery time. Several endoscopic procedures are available with differences regarding techniques, efficacy and complications. Space occupying devices such as intragastric balloons, available with different modalities can assure weight loss at six months with EWL of 16 kg but with questionable durability. Most of them are FDA approved and available worldwide. Another therapeutic approach is the endoscopic sleeve gastroplasty (ESG), one of the volume restrictive endoscopic procedures, is a transoral gastric sleeve with placement of sutures permitting a reduction of more than 60% of the gastric volume. ESG has shown to have shorter recovery time and significantly less complications rates comparing to sleeve gastrectomy. Recent studies demonstrate that this technique can achieve durability with improvement of metabolic disorder diseases. The indication is a BMI above 28. Being a safe procedure with low complication rates and side effects, it can offer a weight loss solution in pediatric population. In the last three years, we performed eight young age cases (between 16 and 18) and we observed a good result in terms of weight loss and complications.

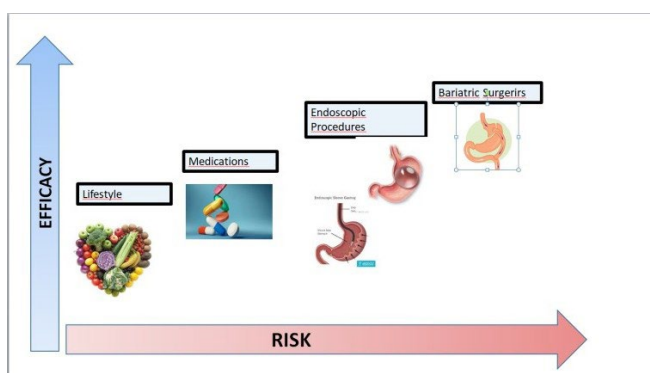


Fig 1: Risk and efficacy of different weight loss approaches

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Biography

Ali Khalil has the French board in gastroenterology with a fellowship in pediatric gastroenterology. His areas of expertise are pediatric and adult interventional and bariatric endoscopy. He was a speaker in more than 100 national and international congresses and published many articles in gastroenterology, hepatology and endoscopy. Currently, He is an assistant professor in Lebanese American University and head of gastroenterology division at Aman Hospital, Doha-Qatar.

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