

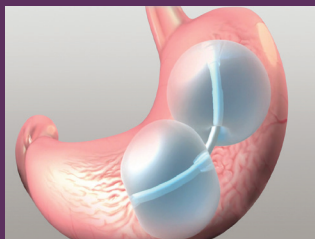
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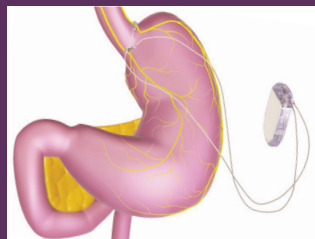
Medical Devices for Obesity Treatment



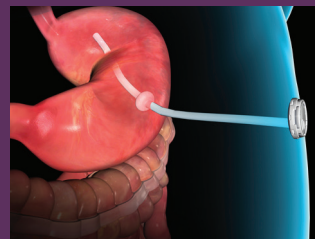
1. Adjustable Gastric Band



2. Gastric Balloon



3. Vagus Nerve Stimulator



4. Gastric Emptying System

Eating healthy and exercising are important for managing weight. Medications approved by the FDA also can help you stick to your diet plan. However, if you are struggling with losing weight or keeping the weight off, and if your health is at risk, you may be curious about the new FDA-approved medical devices.

What are the benefits of medical devices?

- They are inserted by a trained physician (usually a surgeon or gastroenterologist).
- They can be removed.
- They have fewer side effects than bariatric surgery.
- They often cost less than bariatric surgery (but usually are not covered by insurance).

These new devices are not a replacement for behavioral counseling, medications, or surgery, but they may be a valuable treatment tool for some people when used in tandem with other treatment approaches.

The FDA-approved devices are:

- 1 Adjustable gastric bands** (LAP-BAND or REALIZE) are inflatable tubes inserted surgically at the top of the stomach to squeeze it, make it smaller, and limit the amount of food you can eat at one time.
 - They can be inflated or deflated by a physician to adjust to your stomach size.
 - Unlike the other devices listed below, the gastric band can be used long term.
- 2 Gastric balloons** are also inserted in the stomach to help you eat less and still feel full, thus potentially jump-starting weight loss. The balloons are removed after 6 months.
 - Two of the available devices (Orbera and ReShape) are inserted through the mouth using a flexible tube (endoscope). Once in place, the balloon is filled with salt water (saline) to fill part of your stomach and help you feel full.
 - Another type of balloon (Obalon) is simply swallowed and then filled with gas.

- 3 ReShape vBloc vagus nerve stimulator** blocks hunger nerve signals between your stomach and brain during meals and other times when you tend to eat. It is a surgically implanted electrical pulse generator that slows food emptying from your stomach, making you feel fuller longer and reducing the amount of food you want to eat.

- 4 AspireAssist gastric emptying system** reduces the amount of food that your body absorbs.

- The device has a tube that connects the inside of your stomach to the outside of your belly. The tube is connected to a small handheld device that sucks out part of your meal.
- About 20 minutes after you eat, you connect the device to the tube, and about one-third of the food you have eaten is sucked into the device. Then you dump the contents into the toilet.

Are these devices right for you?

- They were designed for people who are at least 18 years old, have a lot of weight to lose, and have not been able to lose weight and keep it off.
- Balloons are for patients who are more than 35 pounds overweight (body mass index [BMI] greater than 30).
- Gastric bands, ReShape vBloc nerve stimulator, and AspireAssist are for patients who are more than 75 pounds overweight (BMI of 35 or more) and have weight-related health problems like high blood pressure, diabetes, or high cholesterol.
- Most insurance companies do not yet cover these devices. They tend to be expensive, costing around \$10,000. So while they are valuable for many patients, they are currently not frequently used.
- Because many of these devices are removed after a few months, they must be followed with other forms of obesity treatment, like counseling and medications.

Scott Kahan, The Obesity Society Clinical Committee Chair, Department of Health Policy and Management, Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, USA.

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Disclosure: Members of the TOS Clinical Committee report consulting fees from Novo Nordisk, Orexigen, and Rhythm Pharmaceuticals.