



Modified-ESD Plus APC and Suturing for Treatment of Weight Regain After Gastric Bypass

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Abstract

Background Mechanisms for weight regain after gastric bypass are not fully understood and the process is likely multifactorial. The initial step in the management of weight regain is a comprehensive evaluation of contributing factors. While lifestyle modification is fundamental, it has limited efficacy which can be enhanced by medications and/or endoscopic revision. Anatomic changes such as larger pouch size and dilation of the gastrojejunal anastomosis (GJA) may contribute to increased postoperative weight gain. Endoluminal revisions offer an effective and less invasive management strategy for this population. **Methods** A 55-year-old female with history of RYGB in 2006 presented with weight regain. She was referred to our unit for endoscopic evaluation.

Results During endoscopy, a large GJA (25 mm in diameter) was diagnosed. A novel trans-oral outlet reduction (TORe) was then performed. A modified ESD was first performed on the GJA, followed by argon plasma coagulation of the margins of the ESD. Then a purse-string TORe with suturing was performed, using a 10 mm balloon to size the GJA. On 6-month follow-up, patient lost 20 lb. and 12.26 %TBWL and EGD showed a 10 mm diameter GJA. On 1-year follow-up, patient weight loss was 14 lb. and 8.58 %TBWL. The follow-up endoscopy showed a 12 mm diameter GJA.

Conclusion Endoluminal therapies are safe, reproducible, and effective in the treatment of weight regain and should be utilized as a first-line approach to manage this condition. This novel-combined approach is feasible and may be more effective in the treatment of weight regain.

Keywords Obesity · Bariatric surgery · Endoscopy · TORe · Recidivism

Electronic supplementary material The online version of this article (<https://doi.org/10.1007/s11695-019-03808-5>) contains supplementary material, which is available to authorized users.

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Introduction

Mechanisms for weight regain after gastric bypass are not fully understood and the process is likely multifactorial. The initial step in the management of weight regain is a comprehensive evaluation of contributing factors. While lifestyle modification is fundamental, it has limited efficacy which can be enhanced by medications and/or endoscopic revision [1, 2]. Anatomic changes such as larger pouch size and dilation of the gastrojejunal anastomosis (GJA) may contribute to increased postoperative weight gain [2]. Endoluminal revisions offer an effective and less invasive management strategy for this population [1, 3].

Material and Methods

A 55-year-old female with history of Roux-en-Y gastric bypass (RYGB) in 2006 presented with weight regain. Her weight pre-

RYGB was 206 lb. and her nadir weight was 144 lb. However, her weight subsequently increased (163 lb., BMI: 27.9) and she failed diet and medical therapy. She was referred to our unit for endoscopic evaluation and possible treatment.

Results

During endoscopy, a large GJA (25 mm in diameter) was diagnosed. A novel trans-oral outlet reduction (TORe) was then performed. A modified ESD was first performed on the GJA, followed by argon plasma coagulation (APC) of the margins of the ESD. Then a purse-string TORe with suturing was performed, using a 10-mm balloon to size the GJA. The patient tolerated the procedure well. She was kept NPO for the night post-procedure followed by 3 days of clear liquids. Then, the diet was advanced to 6 weeks of a full liquid diet, followed by 2 weeks of soft diet. Subsequently, the patient returned to a regular diet post RYGB. On 6-month follow-up, patient lost 20 lb. and 12.26% of total body weight loss (%TBWL) and EGD showed a 10-mm diameter GJA. On 1-year follow-up, patient weight loss was 14 lb. and 8.58 %TBWL. The follow-up endoscopy showed a 12 mm diameter GJA.

Conclusion

This novel endoscopic combined approach is feasible and may be more effective in the treatment of weight regain.

Additionally, a RCT would be helpful to better understand the cost-benefit ratio of this technique and would provide further insight into the optimal care of this challenging population.

Compliance with Ethical Standards

Conflict of Interest Authors 1 and 2 have no conflict of interest. Author 3 reports fees as a consultant for Boston Scientific, USGI Medical, Olympus, and Apollo Endosurgery.

Ethical Approval Institutional Review Board of the Hospital approved the study. A consent was signed by the patient before the procedure.

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