

The POSE-2 procedure for obesity: a safe and effective treatment option

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Introduction



Different treatment options



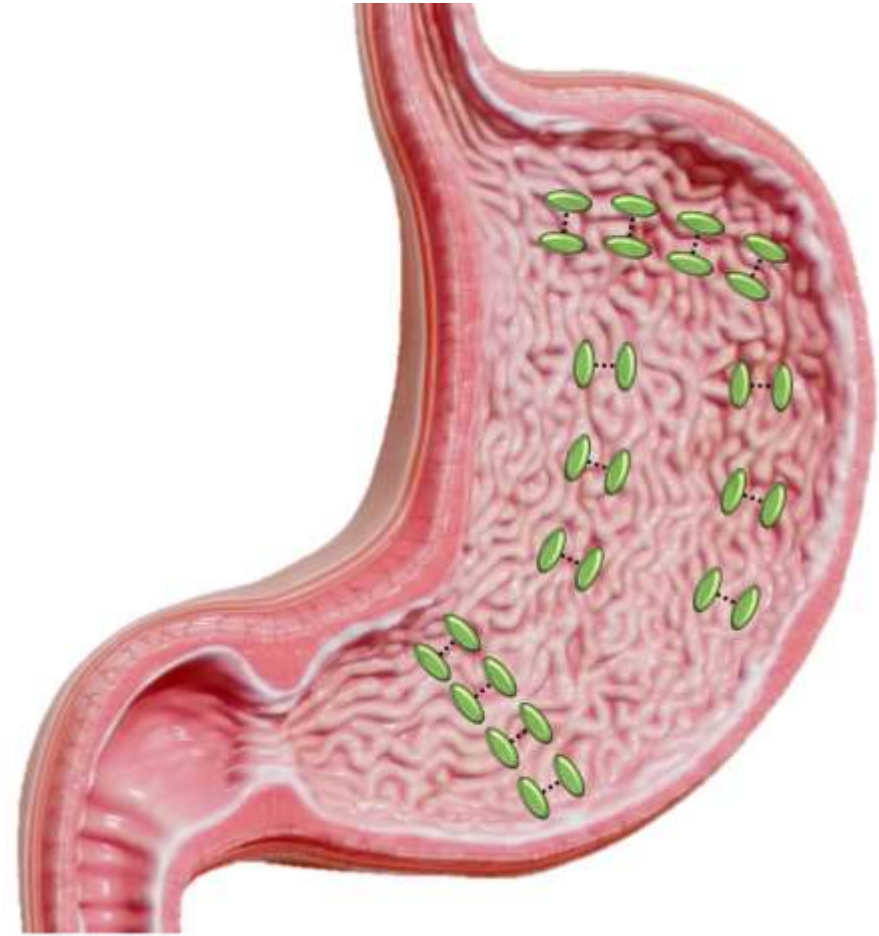
Endoscopic treatment

- POSE
- POSE-2

POSE vs POSE-2

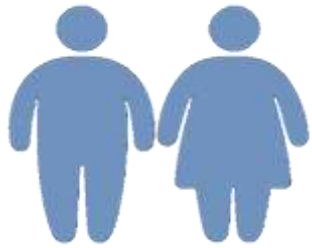


POSE



POSE-2

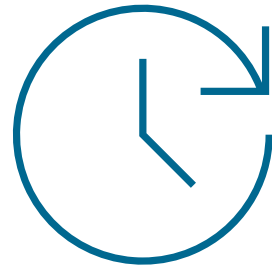
Method



Adult

BMI 30-40 kg/m²

No previous surgery



March 2019 –
November 2022



Retrospective data
study

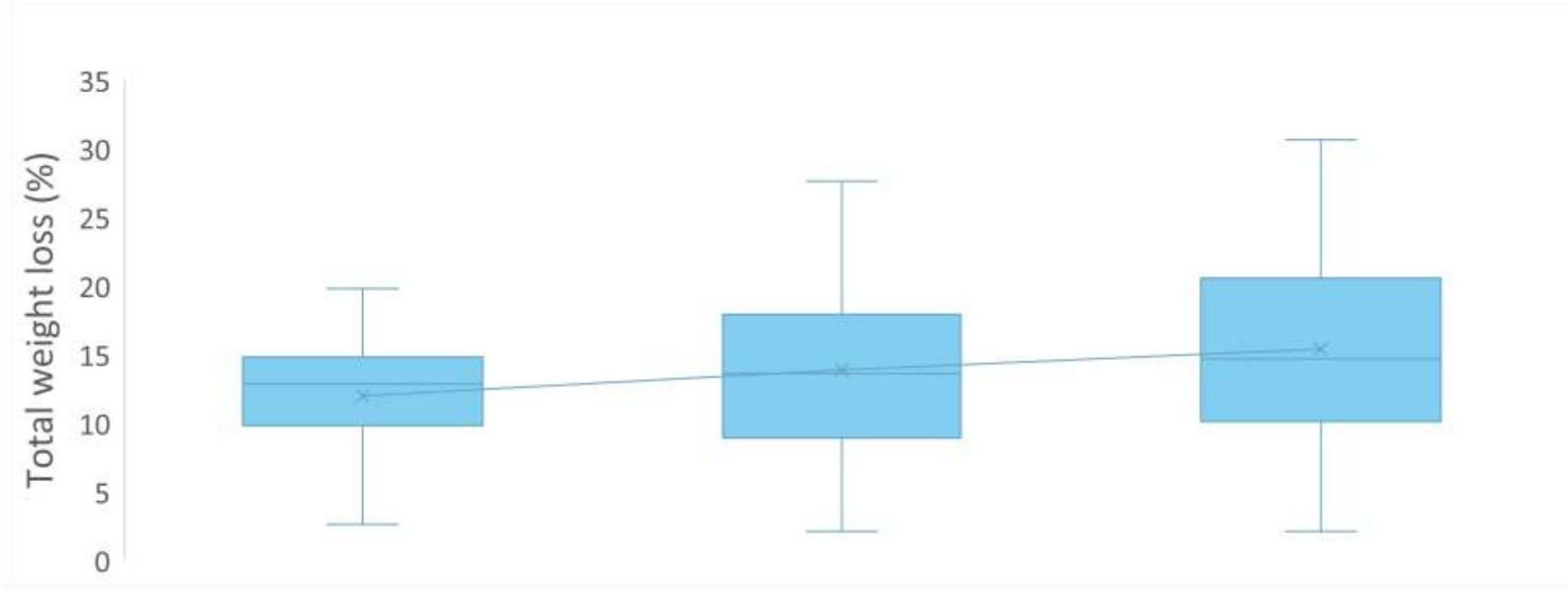
Patient characteristics

Patient characteristic	Count of N=46 (%)	SD	Minimum – maximum
Sex	40 female, 6 male (87% and 13%)	-	-
Mean age (years)	45.6	9.16	26 - 63
Mean height (cm)	171.07	8.92	156 - 196
Mean weight (kg)	101.14	12.38	75.6 – 135.3
Mean BMI (kg/m ²)	34.51	2.87	30.43 – 41.42
Hypertension	6 (13%)	-	-
Diabetes mellitus	1 (2%)	-	-
OSAS	3 (7%)	-	-
Hypercholesterolemia	2 (4%)	-	-
Pyrosis	8 (17%)	-	-
Active smokers	2 (4%)	-	-

Results

Postprocedural symptoms	Count	N%	Missing
Nausea/vomiting	17/46	37.0%	0
Pain	26/45	57.8%	1
Analgesics needed	24/42	57.1%	4
Daily use of PPI	40/45	88.9%	1
Multivitamin supplements used	42/44	95.5%	2
Protein supplements used	31/36	86.1%	10
Diet conform protocol	43/45	95.6%	1
Regular eating pattern	42/44	95.5%	2
Fluid intake conform protocol	42/46	95.7%	0
Satisfied between meals	44/46	95.7%	0
Mean days to return to work (SD)	5.67 (2.90)	-	31
Complications	0/46	0%	0

Weight loss



	3 months (n = 45)		6 months (n = 38)		12 months (n = 27)	
	TWL (kg)	TWL (%)	TWL (kg)	TWL (%)	TWL (kg)	TWL (%)
Mean	12.22	12.0	14.16	13.81	15.46	14.9
Standard deviation	4.96	4.63	6.99	6.51	8.82	8.39
Min. – max	1 - 22.7	1.1 - 19.8	2 - 30.7	2.1 - 27.6	2 - 34.2	2 - 30.6

Conclusion

- Safe and effective treatment option for people with obesity
- No complications in this study group
- Studies concerning long-term effect are necessary

Questions?



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