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Abstract

TITLE: Spatz Adjustable Balloons: Results of Adjustment for Intolerance and for Weight Loss Plateau

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ABSTRACT BODY: Background: The Spatz3 Adjustable balloon system is approved for 1 year implantation and allows multiple changes in the balloon volume during the course of implantation. Other intragastric balloons are approved for 6 months and their balloon volumes remain the same for the entire 6 months of implantation.

Aims: To determine the utility and efficacy of adjustment of the Spatz intragastric balloon

Methods: The results of 239 patients in 7 series of Spatz balloon patients were reviewed to determine the effect of balloon volume adjustment during the 1 year course of therapy with the Spatz and Spatz3 adjustable balloons. Patient weights were measured prior to balloon volume adjustment and at extraction. Adjustments were made for intolerance or weight loss plateau.

Results: The group's mean BMI was 37.1(28.7-73); mean weight 102.1 kg (71.6-210.3); mean age 41 (19-70); 168 female and 71 males; mean balloon volume at implantation 468 ml (400-600 ml). Balloon volume adjustments were performed in 132 patients: 26 downward adjustments of a mean 170 cc (100-200) which alleviated early intolerance in all pts; 106 upward adjustments were performed as shown in the Table.133 pts that did not undergo upward adjustment lost a mean 1.4 kg from month 5 to month 12 compared with

the 8.9 kg weight lost by the adjusted group of patients. The 1 year mean wt loss for the 106 upward adjusted pts was 20.4 kg with 18.2 %wt loss and 43.4 %EWL. The 1 year mean wt loss for the non-adjusted patients was 16.4 kg with 15.2 %wt loss and 39.7 %EWL.

Conclusions: The adjustability function of the Spatz balloon serves 2 functions: alleviating early intolerance, and yielding extra weight loss for those with weight loss plateau.

Upward adjustments

# patients	Mean Volume (range)	Time of Adjustment (range)	Mean added weight loss after adjustment (range)
106	236ml (150-400)	4,5 months (2,8-8)	8.9 kg (5-14.9)