Intragastric balloons: a temporary treatment for obesity

Allison C

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Authors' objectives
The aim of this report is to summarize the available information on the use of intragastric balloons (Trade Mark: Heliosphere Intragastric Balloon System, manufactured by Helioscope in Vienne, France, and distributed by Montreal-based Triumph Medical Products) as a temporary non-surgical treatment for obesity that induces short-term weight loss by partially filling the stomach to achieve satiety and reduce food intake.

Authors' conclusions
Moderate weight loss may be achieved if patients adhere to a weight-reduction program. Weight gain often recurs when the balloon is removed after six months.

Abdominal pain, nausea, and vomiting are common, particularly in the first week after balloon implantation.

More data on benefits, harm, and cost-effectiveness are required before the intragastric balloon can be compared with other short-term weight loss interventions, including low-caloric diets.

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Address for correspondence
600-865 Carling Avenue, Ottawa, ON K1S 5S8 Canada. Tel: +1 613 226 2553; Fax: +1 613 226 5392; Email: jills@ccohta.ca

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