

## ENDOSCOPIC GASTROPLASTY IN THE TREATMENT OF OBESITY: A LITERATURE REVIEW

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## **INTRODUCTION**

Obesity is a chronic, multifactorial and genetic disease. It is one of the main public health problems in the world. Endoscopic gastroplasty refers to a new option for patients who are in the intermediate range: they do not respond to usual therapy and there is still no indication for surgery. Thus, this less invasive endoscopic procedure provides weight loss to those not treated surgically, allowing earlier care, including for children, adolescents and the elderly.

## **OBJECTIVE**

Analyze the current literature on endoscopic gastroplasty, aiming to contribute to knowledge of the principles and care focused on this method.

## **METHOD**

This is a descriptive bibliographic review of articles selected from databases such as VHL, PubMed, LILACS and SCIELO, in the period between 2016 and 2021.

## **RESULTS**

After applying the eligibility criteria, patients undergoing endoscopic treatment lost 7.05 kg and 4.99 kg more than patients in the control group at 6 and 12 months. The weight loss results are significant, with no serious adverse events. After two years of follow-up, 59.1% reached the goal in the first month, 95.2% in six months and 98.7% in one year. No significant difference was found due to gender, age or initial BMI. The groups with the best results are the youngest. There are usually no serious complications. Endoscopic gastroplasty is a less invasive and cheaper alternative to conventional bariatric operations, with promising results, especially when performed in conjunction with multidisciplinary monitoring.

## **CONCLUSION**

From the above, it is clear that endoscopic gastroplasty is a form of treatment with significant advantages in view of the results seen in the medium and long term, even with better results in young patients and demonstrating that multidisciplinary monitoring by doctors, nutritionists and psychologists brings greater effectiveness in the evolution of the prognosis of patients undergoing this type of endoscopic treatment. Furthermore, this less invasive method is considerably beneficial in not causing serious complications.