

Mayo Clinic News Network

Title: Balloon Lightens Weight Loss Burden / Date: June 2016

Intro: Up to a third of the population is considered moderately obese, with a body mass index (BMI) between 30 and 40. Last summer, Mayo Clinic doctors were the first in the U.S. to implant a new weight-loss device for those in that group who need medical help, but don't qualify for bariatric surgery. As the first clinical results are being assessed, Mayo experts say the device, a balloon, has the potential to benefit millions of people. Here's Dennis Doua for the Mayo Clinic News Network.

Video

Audio

Total running time [1:58]	/// VIDEO
Mark Harlan speaking	“A little over a year ago, I was feeling so bad, I almost could not get off the sofa.”
Dennis Doua speaking	Today, however, Mark Harlan says he feels like an entirely new man.
Mark Harlan speaking	“I got a very, very clean bill of health yesterday, incredible bill of health. I’m feeling awesome.”
Dennis Doua speaking TITLE over animation: Courtesy: Orbera	What made the difference? Six months earlier, Mark became the first person in the U. S. to receive the Orbera intragastric balloon. It was inflated in his stomach in a minimally invasive, endoscopic, out-patient procedure. Its purpose: to help Mark lose excess weight after years of repeated dieting and lifestyle changes had failed.
TITLE: Christopher Gostout, M.D. Mayo Clinic Gastroenterology	“It’s a useful tool because it’s simple. It’s easy to put in – very low risk.”
Dennis Doua speaking	The grapefruit-sized, saline-filled balloon works in two ways. It takes up space in the stomach, so patients eat less, and it slows gastric emptying, so they feel full longer. It was the extra help Mark needed to jump-start his weight loss.
TITLE: Barham Abu Dayyeh, M.D. Mayo Clinic Gastroenterology	“He lost about 30 pounds – about 15 percent of his total body weight.”
Dennis Doua speaking	After six months, the procedure is reversed, and the balloon is removed.
TITLE: Mark Harlan Intragastric Balloon Patient	“There’s no feeling. It’s like I don’t feel any different today, in my stomach, than I did yesterday.”
Dennis Doua speaking	The benefits go far beyond simply slimming down. Mark’s cholesterol level dropped. For the first time in years, his Type 2 diabetes is under control.

TITLE: Andres Acosta, M.D., Ph.D. Mayo Clinic Gastroenterology	“He’s on a third of the amount of insulin that he was requiring. He’s on only one blood pressure medication, instead of the two.”
Mark Harlan speaking	“I had some fatty liver problems; they’re all gone. Liver enzymes are in shape.”
Dr. Andres Acosta speaking	“But, then, we need to think about what else we need to do to continue to work to keep the weight off.”
Dennis Douda speaking	The answer is teamwork, from a multidisciplinary group of experts providing collaborative, integrated care.
Dr. Barham Abu Dayyeh	“Expertise in gastroenterology, endocrinology, psychology and nutrition, and we said this is the team that’s going to work with you down the line.”
Mark Harlan speaking	“And, it’s a lifelong commitment on both parts – on both the part of the team and myself.”
Dennis Douda speaking	For the Mayo Clinic News Network, I’m Dennis Douda.

Anchor tag: In a randomized clinical trial, people who had the intragastric balloon procedure, along with behavioral therapy, lost 29 percent of their excess weight at the end of one year, compared to 14 percent in a group that received behavioral therapy alone.

Disclosure: Mayo Clinic has a financial interest in Apollo Endosurgery, manufacturer of the Orbera managed weight loss system. Revenue Mayo Clinic receives is used to support its not-for-profit mission in patient care, education and research.

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