

Mayo Clinic News Network

Title: New Balloon Therapy Lifts Weight Loss Burden / Date: August 2015

Intro: Two-thirds of the population is either overweight or obese. Now, there’s a new option for those who need medical help, but don’t qualify for weight loss surgery. This week Mayo Clinic surgeons were the first in the U.S. to implant a new device recently approved by the FDA. While it involves the *temporary* placement of a special balloon in the stomach, it has the potential for long-lasting results. Here’s Dennis Douda for the Mayo Clinic News Network.

Video

Audio

Total running time [0:00]	/// NATS
Dennis Douda speaking	Mark Harlan is about to take a bold step to lose the excess pounds that are making him sick. He’s among the one -third of Americans considered to be obese, which is creating a host of other ills. Dr. Manpreet Mundi is Mark’s endocrinologist.
TITLE: Manpreet Mundi, M.D. Mayo Clinic Endocrinology	“So, often with obesity comes hand in hand diabetes, high blood pressure, high cholesterol. Often times the liver can be affected as well.”
TITLE: Mark Harlan Weight Loss Patient	“It was a struggle to take it off. And, I mean, to say you can’t take weight off sounds kinda silly, but I can’t take it off. And what this is gonna do is give me a jump start to get it off.”
Dennis Douda speaking	“This” is a minimally invasive, outpatient procedure, which Mark will be the first person in the U-S to undergo since its approval by the Food and Drug Administration.
TITLE: Christopher Gostout, M.D. Mayo Clinic Gastroenterology	“It’s something we’ve been waiting for, for an extremely long time.”
Dennis Douda speaking	Called an Intra-gastric Balloon it’s essentially a tough, fluid-filled ball that’s placed in the stomach. Dr. Christopher Gostout is in charge of Mayo Clinic’s Developmental Endoscopy Unit.
Dr. Christopher Gostout speaking	“It’s a useful tool because it’s simple. It’s easy to put in, very low risk.”
Dennis Douda speaking	The procedure itself only takes about 20 minutes.
Dr. Abu Dayyeh speaking	“We insert the balloon with endoscopic guidance using a camera connected to a scope. We guide the balloon into the stomach.”

	Once we are in the stomach we start filling the balloon with a salt solution to the volume of about 600 milliliters.”
Dennis Douda speaking C.G. Courtesy: Orbera	Gastroenterologist Barham Abu Dayyeh says besides giving patients a sense of being full, it slows the rate food empties the stomach. After 6 months, the balloon is deflated and removed. In clinical trials, patients lost 3 times more weight than those using diet and exercise alone.
TITLE: Barham Abu Dayyeh, M.D. Mayo Clinic Gastroenterology	“And the majority of weight that they lost at 6 months, the time the balloon comes out, was maintained at a year.”
Dennis Douda speaking	But, as with any weight loss procedure, Dr. Abu Dayyeh says the final results are greatly improved by a comprehensive, multidisciplinary team approach and patient education.
TITLE: Karen Grothe, Ph.D. Mayo Clinic Psychiatry & Psychology	“They have some level of awareness of portions, choices, level of activity; that’s what they’re going to need to be successful long term.”
Dennis Douda speaking	Mark’s goal is to lose 20% of his body weight and keep it off for good. For the Mayo Clinic News Network, I’m Dennis Douda.

Anchor tag: As for Mark, he’ll be on a liquid diet for a week or so and then begin eating soft foods. In 3 weeks he’ll be back on a normal diet, but restricted to 1000 calories a day. The balloon procedure is expected to be the most helpful to those with a Body Mass Index in the 30 to 40 range.

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.

[]

For more information, visit our website at ... **[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.MayoClinic.org> or voice tag "MayoClinic.org" for more information.]**