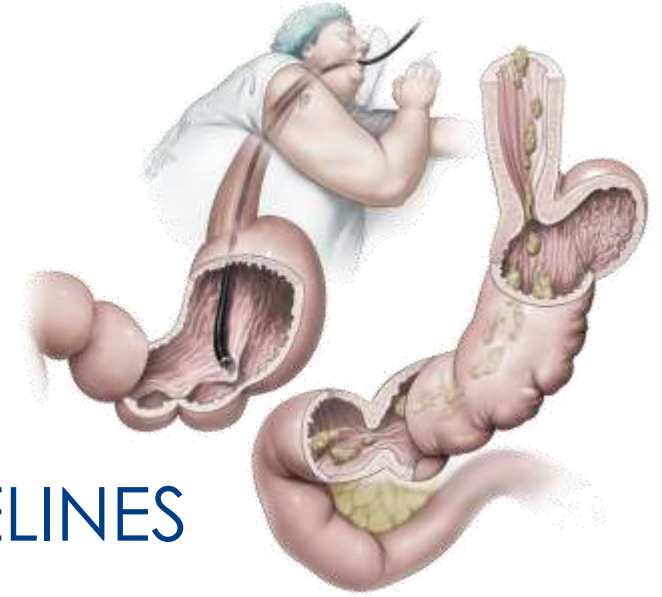


IFSO CONSENSUS CONFERENCE 2023: DEFINITIONS AND CLINICAL PRACTICE GUIDELINES

ENDOSCOPIC TREATMENT OF OBESITY

Christine Stier
Germany



PICTURE. © DR. LEVENT EFE. COURTESY OF IFSO



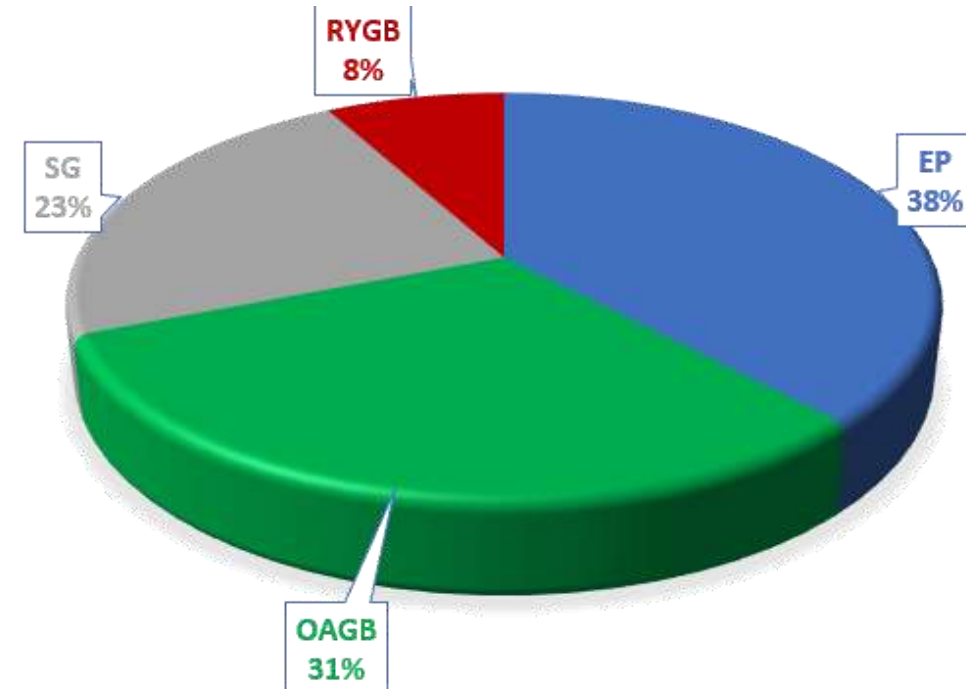
COIs in accordance with 'EACCME criteria'.

ADVISORY BOARDs & CONSULTANCIES

- NovoNordisk, Danmark
 - Apollo EndoSurgery, TEXAS
 - Johnson & Johnson Europe & USA
 - Lohmann & Rauscher Germany
 - Cranax Medical France
 - NitiNotes Israel
- **PERTICIPANT IFSO's CONSENSUS CONFERENCE HAMBURG 3/23**

There was no funding or mutual benefit regarding this presentation

CASE MIX DISCLOSURE. PROCEDURES >> 5000





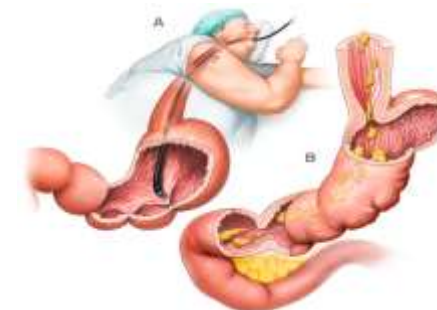
THE IFSO's CONSENSUS CONFERENCE ON DEFINITION AND CLINICAL PRACTICE GUIDELINES, March 2023 in Hamburg





IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



CONSENSUS CONFERENCE

9/10 March in Hamburg

“The Algorithm for the Multimodal Management of Obesity”
BASED ON DEFINITION AND CLINICAL PRACTICE GUIDELINES

FACULTY

Bariatric Surgeons

Aayeed Al Qahtani, Saudi Arabia
Ali Aminian, USA
Luigi Angrisani, Italy
Ahmad Bashir, Jordan
Estuardo Behrens, Guatemala
Jean Marc Chevallier, France
Ricardo Cohen, WOF, Brazil
Pierre Garneau, Canada
Khaled Gawdat, Egypt
Ashraf Haddad, Jordan
Jacques Himpens, Belgium
Thomas Inge, USA
Lillian Kow, Australia
Ken Loi, Australia
Juan Antonio Lopez Corvala, Mexico
Abdelrahman Nimeri, USA
Francis Pattou, France
Luis Poggi, Peru
Jaime Ponce, USA
Gerhard Prager, Austria
Almino Ramos, Brazil
Francesco Rubino, UK
Paulina Salminen, Finland
Andres Sanchez Pernaute, Spain
Scott Shikora, USA
Cunchuan Wang, China
Natan Zundel, USA

Physicians

Nasreen Al Faris, Saudi Arabia
Caroline Apovian, USA
Rachel Batterham, UK
Dror Dicker, Israel
Claudia Fox, USA
Lee Kaplan, USA
Nabijša Lalic, IDF, Serbia
Guilherme Macedo, WGO, Portugal
Alex Miras, UK
Tarissa Petry, Brazil
Arya Sharma, Germany
Josep Vidal, Spain

Endoscopists

Barham Abu Dayyeh, USA
Mohit Bhandari, India
Christine Stier, Germany
Chris Thompson, USA

Integrated Health Professionals

Barbara Andersen, Austria
Dale Bond, USA
Silvia Leite Faria, Brazil
Violeta Moize, Spain
David Sarwer, USA

Delphi Expert

Kevin White, USA

4 /43 endoscopists only
11/28 surgeons perform EBMT procedures

13.30 – 14.30 Endoscopy for the Treatment of Obesity

Chairs: Barham Abu Dayyeh, Christine Stier, Chris Thompson, Mohit Bhandari, CC Wang, Luis Poggi

Objectives of the session – Reasons why we are aiming to this

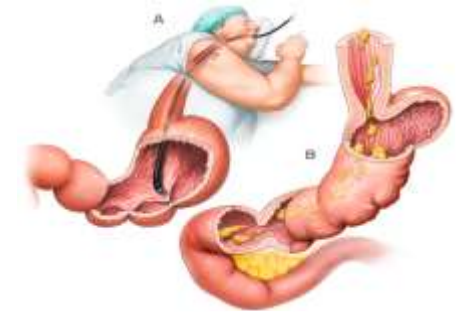
13.30 – 13.40 RCT for class I and II obesity for endoscopic sleeve gastrectomy, **Barham Abu Dayyeh**

13.40 – 13.50 Endoscopic treatments in adolescents, **Christine Stier**

13.50 – 14.00 Endoscopic treatments for metabolically challenged patients, **Christopher Thompson**



NAPOLI
2023



THE IFSO's CONSENSUS CONFERENCE – RESULTS OF THE DELPHI PROCESS REGARDING ESG





THE IFSO's CONSENSUS CONFERENCE – INDICATION RANGE WITH RESPECT TO OBESITY CLASS



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
ESG combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adults with class I obesity.	38	1	Agree	78.9%	Yes



NAPOLI
2023



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
ESG combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adults with class II obesity.	39	1	Agree	89.7%	Yes

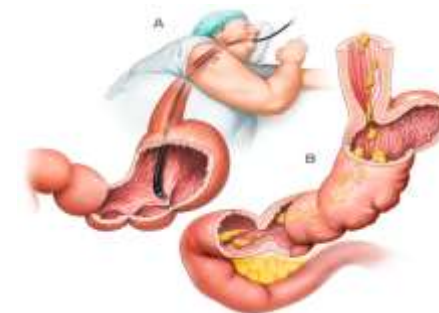


NAPOLI
2023



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
ESG combined with lifestyle intervention is an acceptable management option for adults with class III obesity who either do not qualify (given medical or psychological comorbidities) or do not wish to pursue MBS.	42	1	Agree	87.5%	Yes



THE IFSO's CONSENSUS CONFERENCE – CONSENTED DURABILITY



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
In individuals with class I obesity and comorbidities, ESG is effective at inducing sustained weight loss that remains at 12-24 months follow-up.	38	1	Agree	76,3%	Yes



NAPOLI
2023



THE IFSO's CONSENSUS CONFERENCE – COMPARED TO NON-INVASIVE THERAPIES



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
In individuals with class I obesity and comorbidities, ESG is superior to LIFESTYLE CHANGES/AOM/NEITHER/BOTH.	39	1	Lifestyle changes	74.4%	Yes



NAPOLI
2023

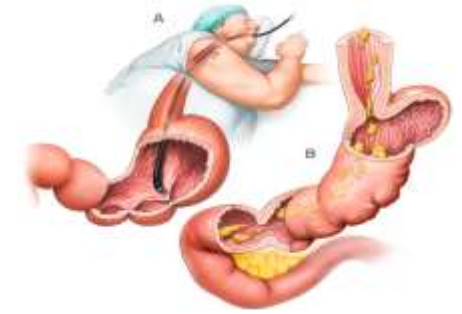


THE IFSO's CONSENSUS CONFERENCE – INDICATION FOR APPLICATION IN ADOLESCENTS (**Milestone**)



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
ESG combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adolescents with class II obesity.	40	1	Agree	72.5%	Yes



NAPOLI
2023

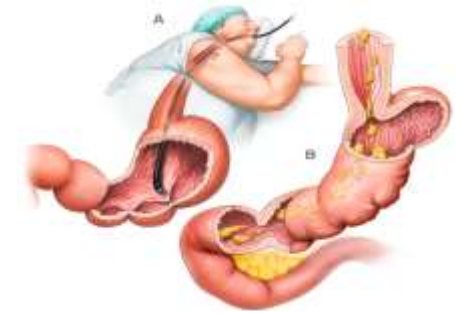


THE IFSO's CONSENSUS CONFERENCE – RECOMMENDATION WHEN A PATIENT DOESN'T WANT AN INTERVENTION (CLASS 1- OBESITY)



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
In individuals with class I obesity and comorbidities, ESG is not suitable if an individual does not want surgical treatment.	39	1	Disagree	71.8%	Yes



NAPOLI
2023

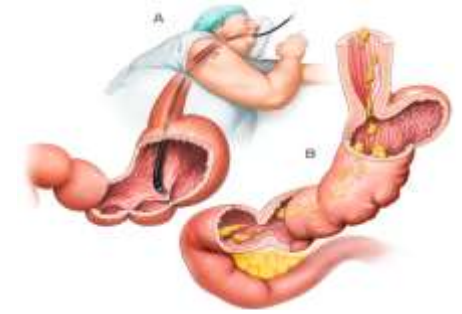


THE IFSO's CONSENSUS CONFERENCE – **NO CONSENS** ON THE USE OF ESG IN ADOLESCENTS WITH CLASS 1 OBESITY



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



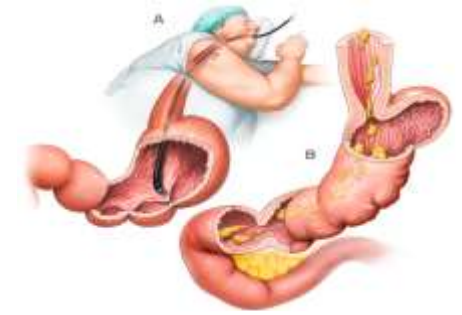
RESULTS REGARDING ESG

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=13	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
ESG combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adolescents with class I obesity.	41	2	Agree	56.1%	No



NAPOLI
2023

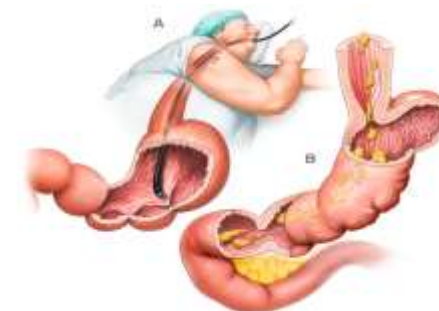


THE IFSO's CONSENSUS CONFERENCE – **NO CONSENS** ACHIEVED ON THE USE OF INTRAGASTRIC BALLOON



IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023



RESULTS REGARDING IGB

“The Algorithm for the Multimodal Management of Obesity”

STATEMENTS N=15	N	ROUND REQUIRED	MOST COMMON SELECTION	PERCENTAGE CONSENSUS	CONSENSUS ACHIEVED
IGB therapy combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adolescents with class II obesity.	42	2	Disagree	59.5%	No
IGB therapy combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adolescents with class I obesity.	42	2	Disagree	54.8%	No
IGB therapy combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adults with class II obesity.	41	2	Agree	53.7%	No
IGB therapy combined with lifestyle intervention is preferable to lifestyle interventions alone, for the management of adults with class I obesity.	41	2	Disagree	51.2%	No
IGB therapy combined with lifestyle intervention is an acceptable management option for adults with class III obesity who either do not qualify (given medical or psychological comorbidities) or do not wish to pursue MBS.	41	2	Disagree	51.2%	No

N = number of voters in deciding round; ESG = endoscopic sleeve gastroplasty; LGB = laparoscopic gastric banding; IGB = intra-gastric balloon; MBS = metabolic and bariatric surgery; AOM = anti-obesity medication. Shaded cells indicate non-consensus.

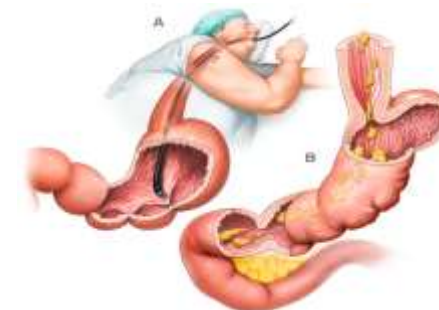


IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023

IFSO's CONSENSUS BOOK

“The Algorithm for the Multimodal Management of Obesity”

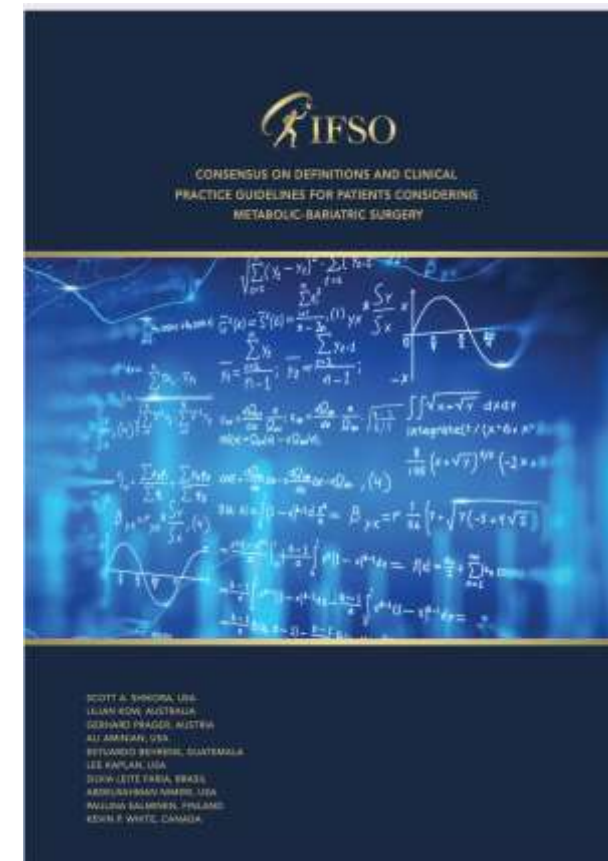


THE RESULTS OF

“THE ALGORITHM FOR THE MULTIMODAL TREATMENT OF OBESITY”

based on DEFINITION AND CLINICAL PRACTICE GUIDELINES

ARE SUMMERIZED IN THE IFSO CONSENSUS BOOK



Kow L, O’Kane M, White KP, Macedo G, Shahaira R, Toouli J, et al. Methodology and results of a joint IFSO-WGO Delphi Survey of 94 intercontinental, interdisciplinary experts in obesity management. [publication pending]. 2023.



"The Algorithm for the Multimodal Management of Obesity"

CONCLUSIONS AND TAKE HOME

IFSO EXPERTS CONSENTED ON THE INDICATION FOR ESG.

- OVER LIFESTYLE INTERVENTION IN PATIENTS WITH **OBESITY CLASS 1 AND 2**
- IN PATIENTS WITH **CLASS 3** OBESITY THAT ARE **NOT ELIGIBLE FOR SURGERY**
- OVER LIFESTYLE INTERVENTION IN **ADOLESCENT PATIENTS WITH OBESITY CLASS 2 (MILESTONE PROJECT)**



Kow L, O’Kane M, White KP, Macedo G, Shahaira R, Toouli J, et al. Methodology and results of a joint IFSO-WGO Delphi Survey of 94 intercontinental, interdisciplinary experts in obesity management. [publication pending]. 2023.



“The Algorithm for the Multimodal Management of Obesity”

Kow L, O’Kane M, White KP, Macedo G, Shahaira R, Toouli J, et al. Methodology and results of a joint IFSO-WGO Delphi Survey of 94 intercontinental, interdisciplinary experts in obesity management. [publication pending]. 2023.

CONCLUSIONS AND TAKE HOME

THERE WAS NO CONSENSUS ON THE USE OF INTRAGASTRIC BALLOONS, NEITHER IN THE TREATMENT OF ADULTS NOR IN ADOLESCENT PATIENTS WITH CLASS 1, 2. THE SAME IS TRUE FOR PATIENTS WITH OBESITY CLASS 3 THAT ARE NOT ELIGIBLE FOR BMS.

CORRESPONDING CONSENSUS.

THE JOINT-IFSO-WGO DELPHI STATEMENT IN OBESITY MANAGEMENT (2022)





IFSO CONSENSUS CONFERENCE 2023

Hamburg, March 9-10, 2023

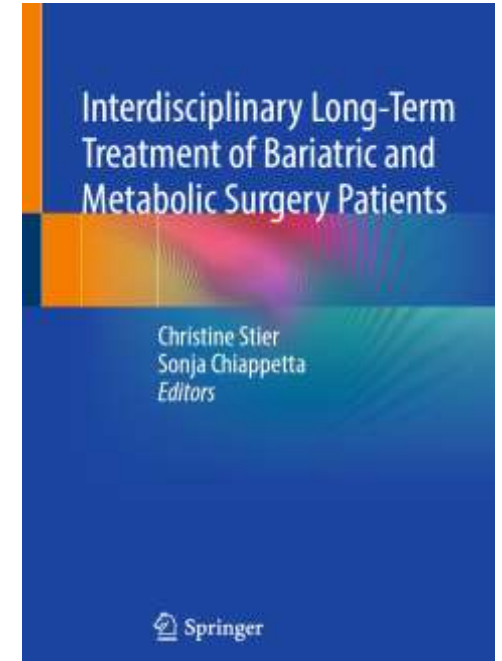
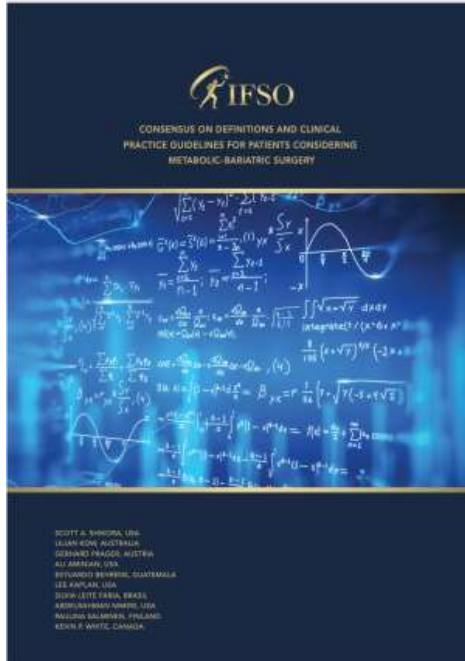
“The Algorithm for the Multimodal Management of Obesity”

WE **WORKED** A LOT

WE **CONSIDERED** A LOT

WE **DISCUSSED** A LOT

WE **ACHIEVED** A LOT



WITH SPECIAL THANKS TO DR. MANUELA MAZZARELLA AND DR. KEVIN WHITE

THANK YOU FOR YOUR KIND INTEREST



NAPOLI
2023