

XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



“Why I do not do ESG?”

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IFSO 2025 Santiago

Combined Therapies, The Dawn of a New Era

ifso2025.org

Disclosure Slide

Lilly[®]: consulting

Novonordisk[®]: consulting

Viatrix[®]: consulting

Medtronic[®]: consulting

Intuitive surgery[®]: expenses



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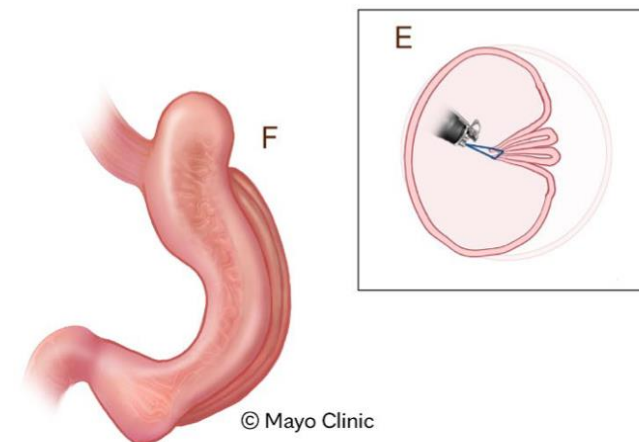


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Anatomical considerations

- ESG = gastric plication, fundus preserved
- No resection → ghrelin secretion maintained
- Concerns:
 - Less satiety?
 - Potential reflux?
 - Durability of the folds?



Weight loss outcomes

- Short- and mid-term %TWL after ESG = ~15–20%

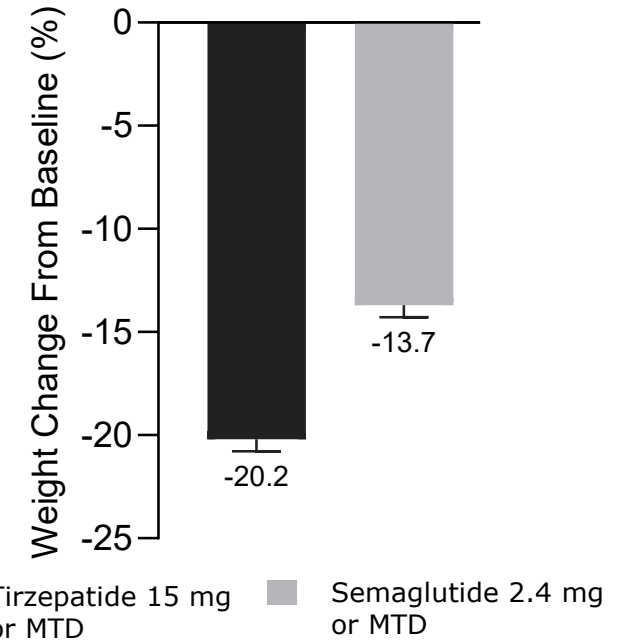
Huberty et al, gut 2020, Abu Dayyeh et al, Lancet 2022

- Comparable to pharmacological therapies:
 - **GLP-1 agonists : Tirzepatide**
 - Non-surgical, reversible → same ballpark results
- Question: what is the long-term sustainability?



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Surmount 5





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Accessibility & cost

- ESG cost in France: > 6000 €
- Not reimbursed → limited access to patients
- Raises questions about health equity



My own experience & training



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- trained in advanced endoscopy (University Diploma, Master's)

- Interested in endoscopic bariatric therapies used in daily practice : pig-tails, balloon dilation, endosponge...



- Associated investigator of the HAS-funded ESTIME trial
 - Inclusion criteria very restrictive :BMI 30–35, T2D since at least 10 years, not on insulin
primary endpoint = diabetes remission
 - Recruitment almost impossible!



Ongoing research & perspectives



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- New SOFFCO & Boston Scientific–funded protocol (PI: Pr Perretta) in preparation
- Will allow broader indications
- May help define the real place of ESG in our therapeutic arsenal





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Conclusion

- ESG = promising, minimally invasive
- Concerns remain: anatomy, outcomes vs GLP-1, cost, access
- **Future perspectives**:
 - Hope for **reimbursement in France**
 - ESG as a **bridge to surgery** or in **combination with drugs**
 - Algorithm in obesity treatment still needs to be defined