



XXVIII IFSO
World Congress

9-12 September 2025
Santiago, Chile

Metabolically Healthy Weight Loss in Latin America with the Swallowable Gastric Balloon: Preserving Lean Body Mass

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Medical Affairs

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Disclosures



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Presenter is an employee of Allurion Technologies, which funded this research



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Background & Objectives

- Preserving lean body mass (LBM) is critical for lasting weight management
- Many therapies → weight loss, but effects on body composition differ

Swallowable Gastric Balloon Program (SGBP)

4-month non-endoscopic gastric balloon

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behavior change program (telehealth + connected scale + AI coach)

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weight loss **AND** preservation of LBM

- **Objective:** Assess weight and body composition outcomes of the SGBP in Latin American patients



Methods

- Retrospective analysis of 5,649 patients (2020–2024)
- SGBP digital platform + at-home BIA scale
- Follow-up: 4 months minimum
- Metrics captured:
 - Weight loss (WL), % Total Body Weight Loss (TBWL)
 - Fat Mass (FM), Visceral Fat Index (VFI)
 - Muscle Mass (MM), Lean Body Mass (LBM)



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Results



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N=5649	Baseline
Age	40.3 ± 10.1 years
Sex	72.0% female
Weight	92.2 ± 18.3 kg
BMI	33.6 ± 5.2 kg/m ²

	4 Months
Weight loss	11.7 ± 6.0 kg
%TBWL	12.6 ± 5.7%

	4 Months Change from Baseline
Lean Body Mass	+6.1%
Muscle Mass	+6.8%
Fat Mass	-12.0%
Visceral Fat Index	-12.6%

p<0.0001 at each time point compared to baseline.



Conclusions

- SGBP achieves clinically meaningful weight loss (12.6% TBWL in 4 months)
- Weight loss driven primarily by fat reduction, with lean mass largely preserved
- Demonstrates potential for sustainable, metabolically healthier outcomes in weight management



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