



XXIX IFSO World Congress

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Risk of De Novo GERD After Endoscopic Sleeve Gastroplasty Versus Laparoscopic Sleeve Gastrectomy: Systematic Review and Meta-Analysis

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TORONTO2026

The Future of Obesity Management:
From Weight Loss to Health Gain



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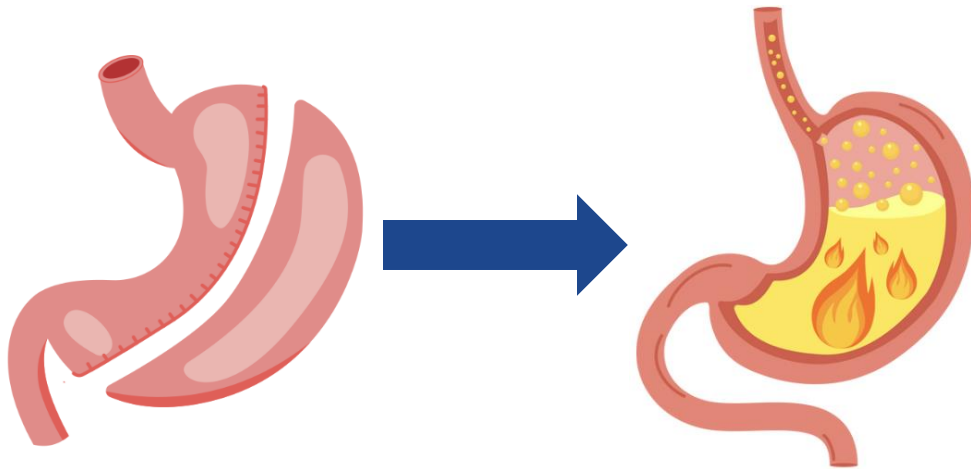
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Disclosure Slide

☒	No, nothing to disclose
☐	Yes, please specify:



Background



LSG is the most performed
bariatric procedure worldwide

~20% develop de novo GERD
after LSG

ESG preserves the fundus and
angle of His

Its impact on de novo GERD
remains poorly defined



Aims & Place in the Literature

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First meta-analysis
specifically assessing de
novo GERD



Compare de novo GERD
incidence after ESG vs
LSG



Compare short-term
weight loss (%TBWL)



Methods: Screening

- February 2026

Embase®

196



Cochrane

19

PubMed

128



- Included studies

- Adult patients undergoing **LSG** or **ESG**
- Studies reporting **DN-GERD** rate

- **Non-comparative studies**
- **Conference abstracts or non-full-text publications**

- Main Outcome:
 1. **DN-GERD rate**
 2. **%TBWL**



Results: Study Population



- 3 comparative studies
- 323 patients
 - 147 undergoing ESG
 - 176 undergoing LSG



Baseline characteristics
comparable



Follow-up: 6-12 months



Results: DN-GERD

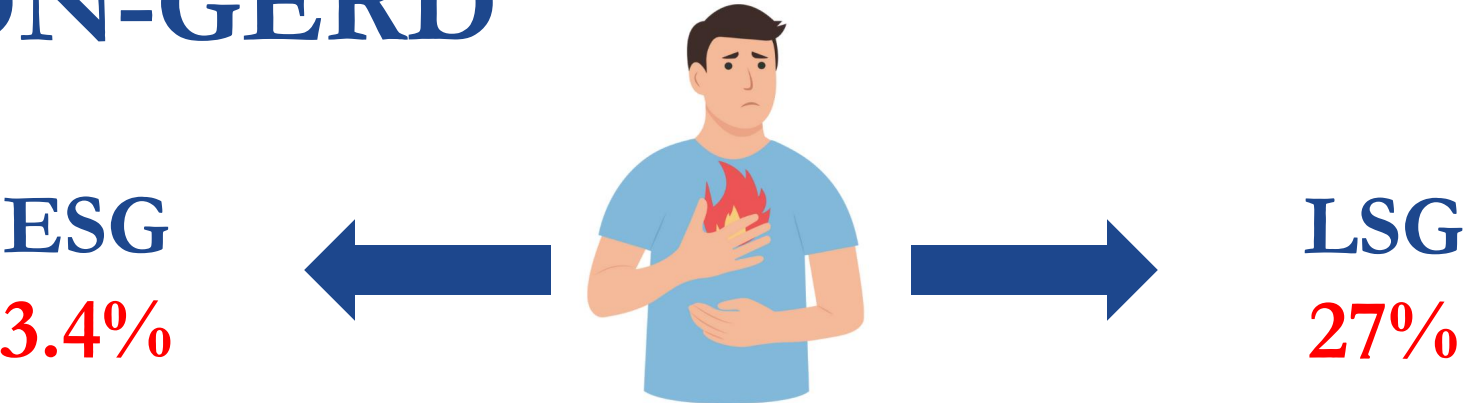
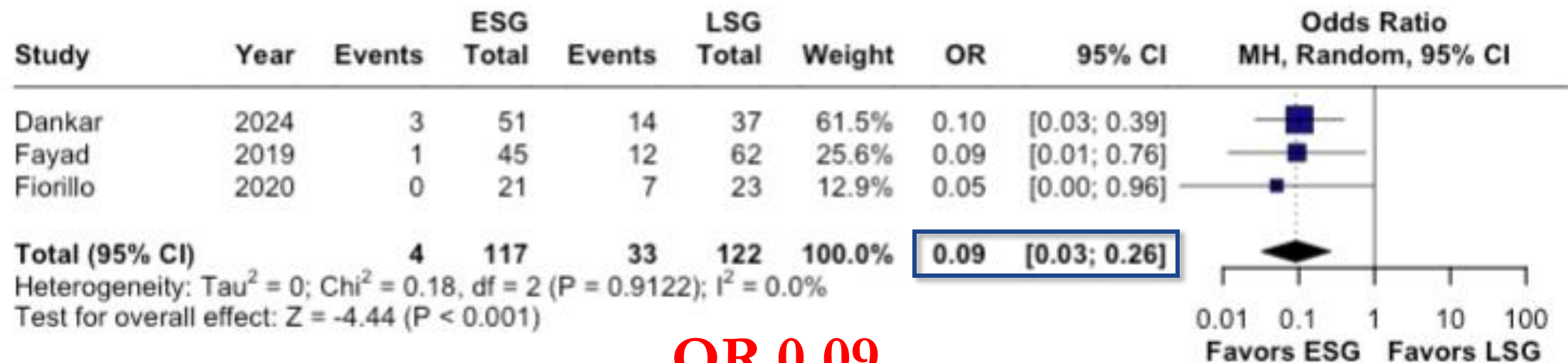
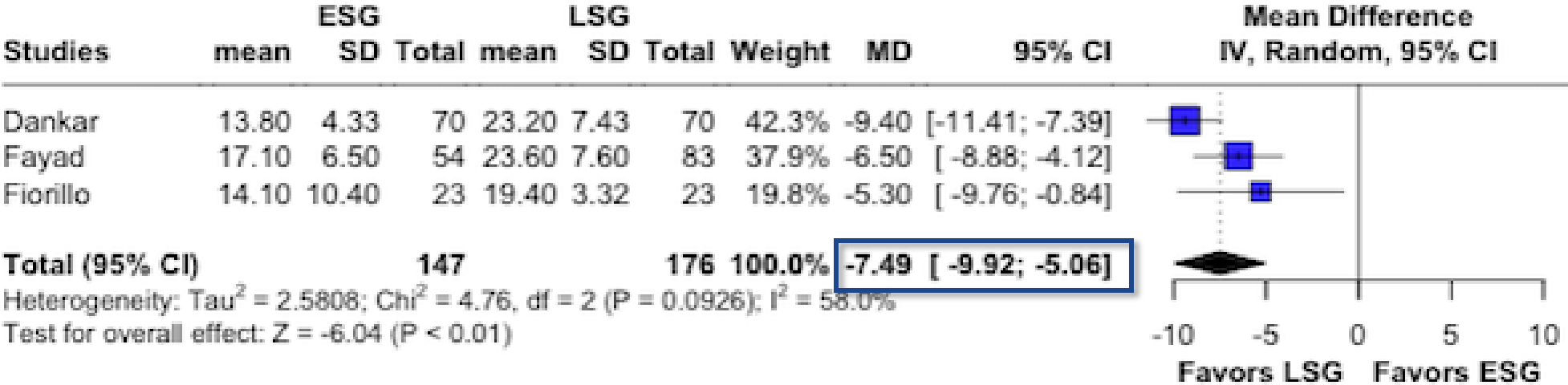


Figure 1. ESG vs. LSG, De Novo GERD rate



Results: %TBWL

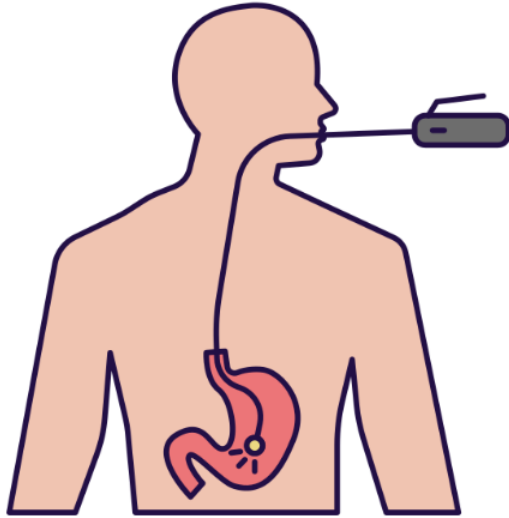
Figure 1. ESG vs. LSG, %TBWL



MD -7.49%
95% CI -9.92 to -5.06; I²=58%



Conclusion



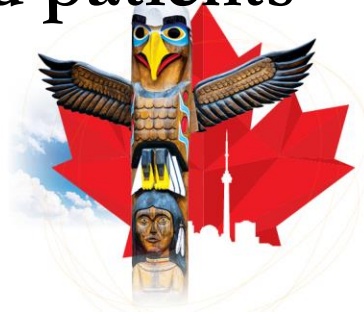
Lower DN-GERD risk
after ESG



LSG achieved greater
weight loss



ESG may represent a
reflux-sparing alternative
in selected patients





Thank you for your attention!

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"Advancing Multimodal Obesity Care"

24-27 August 2027

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