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Clinical Evidence in Endobarietrics: Efficacy and Safety of ESG and T0Re

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endura
Weight Loss Solutions

Endoscopic Sleeve Gastroplasty (ESG)

Efficacy

In the multicentre randomised controlled **MERIT trial**, ESG achieved a **mean total body weight loss (TBWL) of 13.6% at 12 months**, significantly superior to lifestyle intervention alone.¹

Efficacy has been consistently confirmed in larger prospective cohorts. A prospective multicentre study reported a **mean TBWL of 15.5% at 12 months and 15.1% at 24 months**.²

In a large prospective cohort, ESG achieved a **mean TBWL of 21.2% at 12 months**, with a high proportion of patients achieving clinically meaningful weight loss.³

Efficacy was further demonstrated in a longitudinal cohort, reporting a **mean TBWL of 15.6% at 12 months**.⁴

IFSO Bariatric Endoscopy Committee meta-analysis reported a **mean TBWL of 17.56% at 12 months**, confirming reproducible efficacy across heterogeneous clinical settings.⁵

Mean TBWL of
13.6% at 12 months
Randomised Controlled Trial

Mean TBWL of
21.2% at 12 months
Large Prospective Cohort

Mean TBWL of
17.56% at 12 months
Meta-Analysis

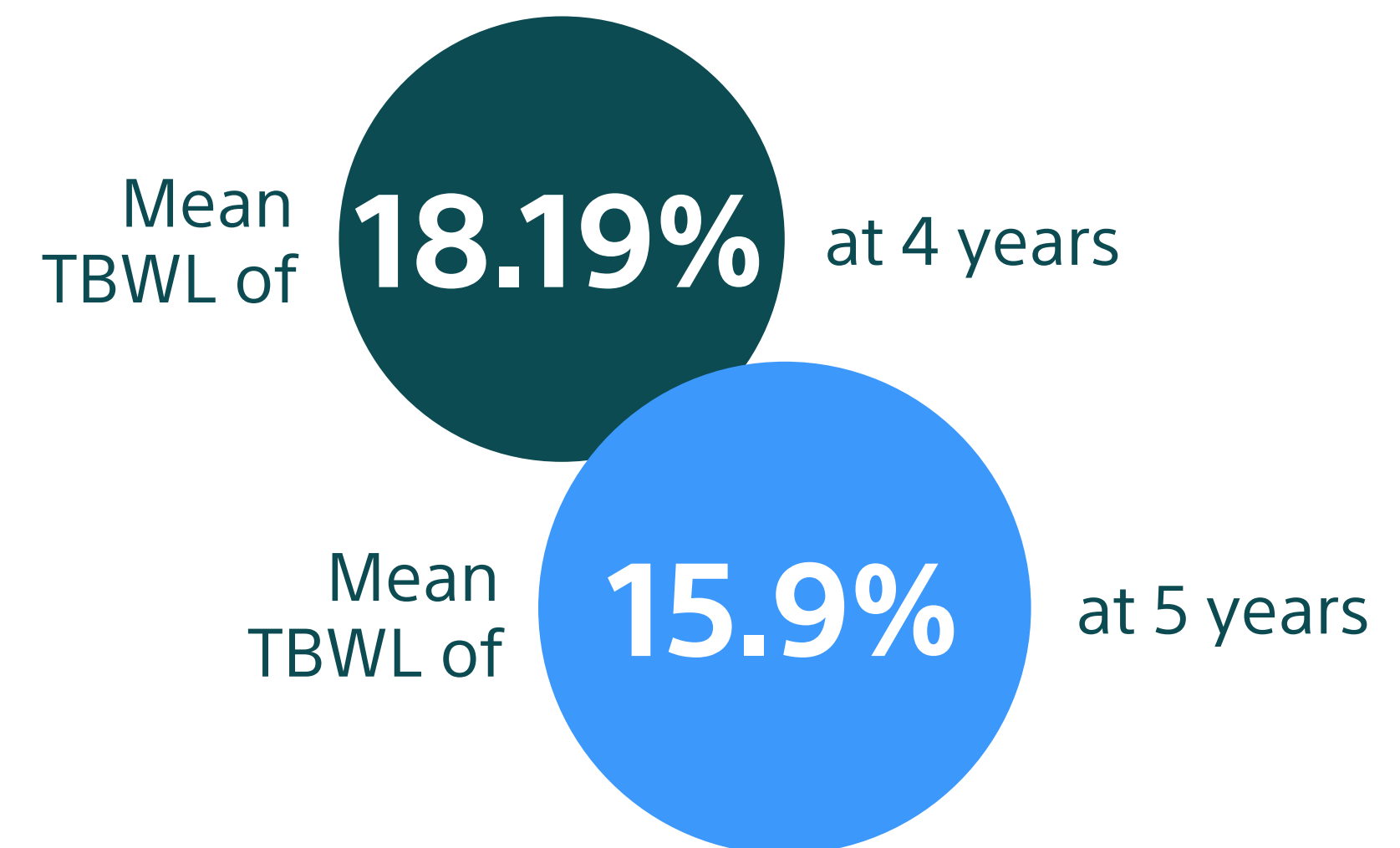




Long-Term Results

A prospective long-term study reported a **mean TBWL of 18.19% at 4 years**, with the majority of patients maintaining clinically relevant weight loss.³

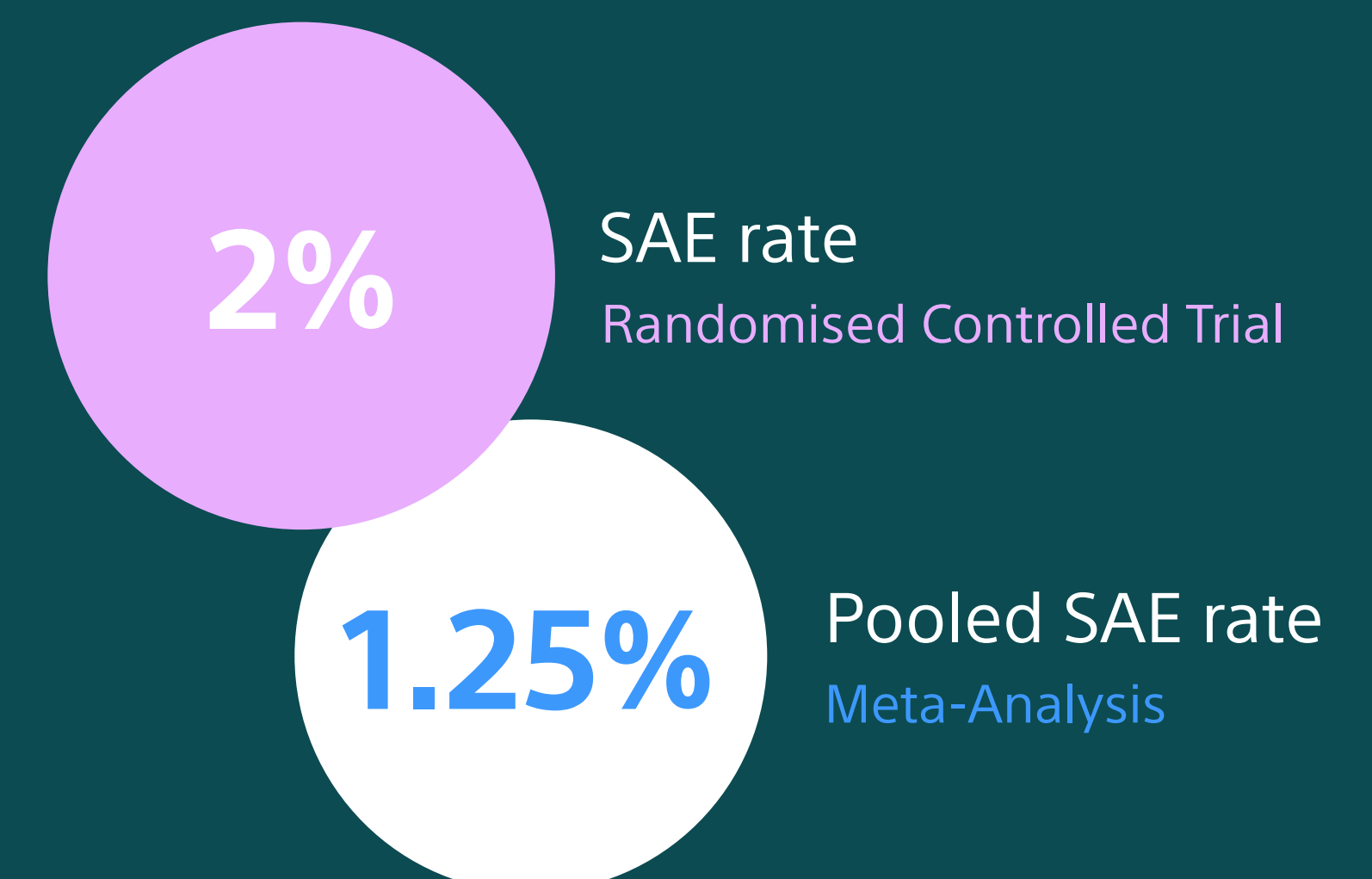
Five-year follow-up data confirmed a **mean TBWL of 15.9% at 5 years**, supporting long-term maintenance of efficacy.⁴



Safety

In the MERIT trial, the **serious adverse event (SAE) rate was 2%**, with no mortality and full resolution of all events.¹

In the IFSO meta-analysis, the **pooled SAE rate was 1.25%**, confirming a favorable and consistent safety profile across large populations.⁵





Transoral Outlet Reduction (TORe)

Efficacy

In a large retrospective cohort, TORe achieved a **mean total body weight loss (TBWL) of 8.5% at 12 months**, demonstrating clinically meaningful weight loss in patients with weight regain after Roux-en-Y gastric bypass.⁶

In patients treated for dumping syndrome and/or weight regain, TORe resulted in a **mean TBWL of 9.9% at 12 months**, confirming efficacy in both weight and symptom control.⁷ Mean **TBWL was 8.1% at 24 months**, with **61% of patients maintaining >5% TBWL**.⁷ Resolution of dumping syndrome was observed in **57.2% of patients at 24 months**.⁷

In a matched cohort comparison, TORe achieved comparable weight loss to surgical gastrojejunal revision; in the TORe cohort, **mean TBWL was 8.5% at 1 year, 6.9% at 3 years, and 8.8% at 5 years**, while maintaining a low severe adverse event rates.⁸

Mean TBWL of
8.5% at 12 months

Mean TBWL of
8.1% at 24 months

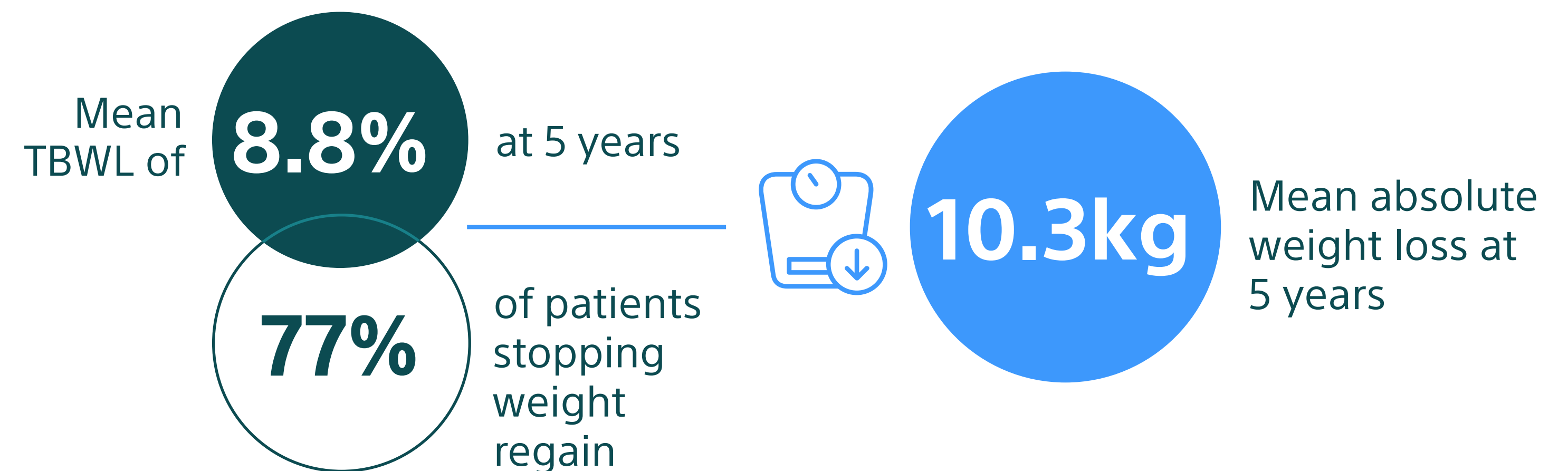
Mean TBWL of
6.9% at 3 years
8.8% at 5 years





Long-Term Results

In a large retrospective study, TORe resulted in a **mean TBWL of 8.8% at 5 years**, with **77% of patients stopping weight regain**.⁶ Mean absolute weight loss at 5 years was **10.3 kg**.⁶



Safety

In the 5-year follow-up study, **no severe adverse events were reported**, with an overall **SAE rate of 3.9%** and no mortality.⁶

In a matched cohort comparison, TORe was associated with **0% severe adverse events**, compared with **19.4% in the surgical revision group**, while achieving comparable long-term weight loss.⁸





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ESG

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TORe

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