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## *An overview and introduction to intragastric balloon therapy for treatment of obesity*

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## **Abstract:**

There are currently one billion obese and overweight people in the world. Just a small portion of the patients indicate a desire or have the ability to have surgery. At present there is no medical cure for obesity. Over the past 30 years, endoscopically placed intragastric balloons (IGBs) have been an important part of the treatment of obesity, effectively bridging the gap between bariatric surgery and lifestyle modification/pharmacotherapy. They have typically been considered an efficient and reversible, less invasive, non-surgical method for weight loss because they offer a constant feeling of satiety that encourages the consumption of smaller portions of food, easing maintenance of a low-calorie diet. It is possible to reduce the surgical and anesthetic problems associated with bariatric surgery by achieving the weight loss done with the balloon. The goal of this review is to give a current summary of the insertion, removal, types, history, side effects, and mechanism of intragastric balloon treatment for obesity.

## **Keywords:**

Obesity, BMI, Intragastric balloons (IGB), Fluid-filled balloons, Gas-filled balloons, Swallowable balloons, Endoscopy.