



OverStitch™

Endoscopic Suturing System

ENDOSCOPIC SLEEVE
GASTROPLASTY
(ESG)

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What is OverStitch™?

OverStitch™ – the Endoscopic Sleeve Gastroplasty (ESG) – is a modern bariatric procedure that can reduce the stomach volume by even as much as 70%. During the procedure, using a gastroscope, the OverStitch™ suturing system is inserted into the patient's stomach with which a doctor significantly reduces its size.

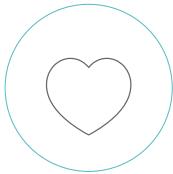
This non-surgical, minimally invasive procedure has significantly less complications. It leads to notable weight loss through food intake limitation, similarly to other bariatric procedures.

The Endoscopic Sleeve Gastroplasty requires adoption of a healthier lifestyle. In order to achieve long-term results, the patient shall introduce permanent, healthy changes in their diet and exercise regularly.

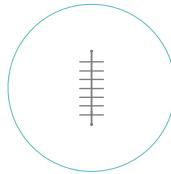


What are the benefits of ESG?

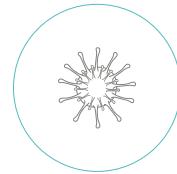
The Endoscopic Sleeve Gastroplasty offers a number of advantages over the traditional surgical gastric reduction, among which we can distinguish:



procedure safety and less complications



no scars, faster recovery



less pain, lower infection risk



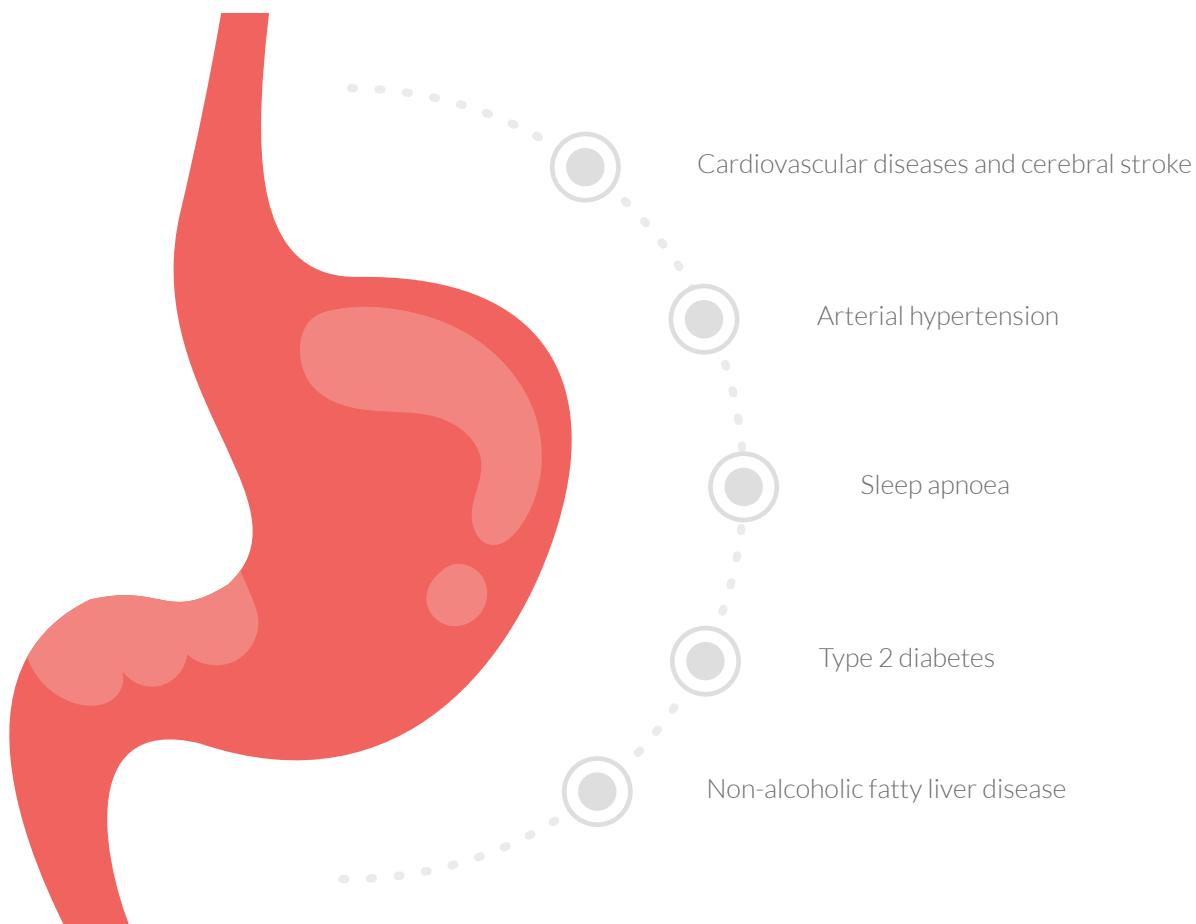
shorter hospitalisation



reversible method, not affecting the digestive tract anatomy

Why are ESG procedures performed?

The ESG procedure leads to reduction of excessive body weight and, in consequence, **limitation or elimination of health problems**, such as:



Who is the ESG procedure for?

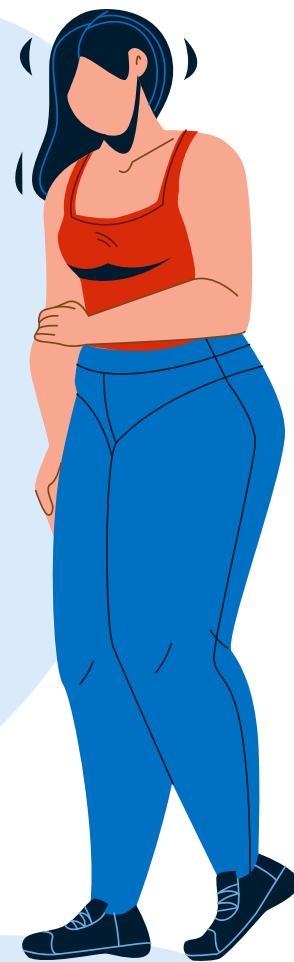
The Endoscopic Sleeve Gastroplasty is for people with body mass index (BMI) above 30 who haven't been successful in maintaining weight loss with lifestyle modification alone and who do not qualify or wish to pursue traditional bariatric surgery.

Qualification for the procedure is always carried out by the doctor who decides whether the Endoscopic Sleeve Gastroplasty would be indicated and beneficial for the patient. The patient must be determined to adopt a healthy lifestyle, attend regular medical follow-up and participate in behavioural therapy.

The Endoscopic Sleeve Gastroplasty is not appropriate for patients with a large hiatal hernia, gastrointestinal bleeding, gastritis and peptic ulcer disease. The ESG procedure is also contraindicated in structural anomalies of the oesophagus or pharynx and any neoplastic disease.

BMI

$\frac{\text{body weight in kg}}{(\text{height in m})^2}$



How to prepare for the ESG procedure?

If the patient qualifies for the Endoscopic Sleeve Gastroplasty, a healthcare team will give them detailed instructions on how to prepare. Medical examinations and laboratory tests may be required prior to surgery.

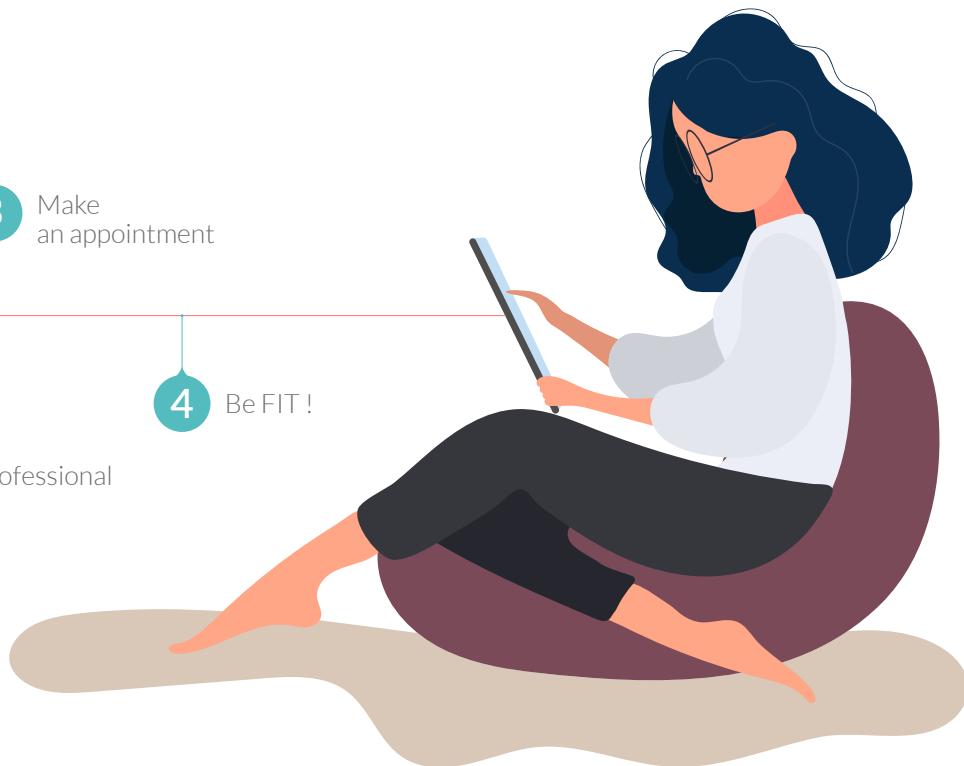
In addition, the doctor may place restrictions on eating, drinking and medications used. The patient may also be required to start a physical activity program.



The course of the procedure

The Endoscopic Sleeve Gastroplasty is performed under **general anaesthesia**. An endoscope with the OverStitch™ suturing system is inserted through the throat into the patient's stomach. Using the endoscope,

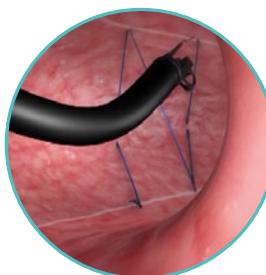
the doctor places sutures that change the structure of the stomach to reduce its volume. As a result, the amount of food the patient can eat is significantly restricted.



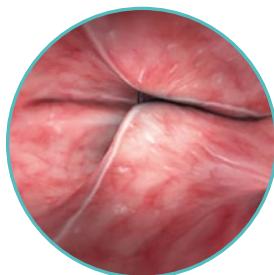
The course of the procedure



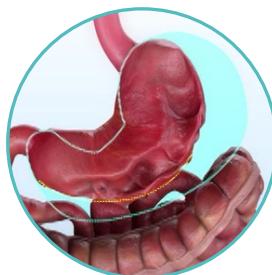
Insertion of an endoscope with the OverStitch™ suturing system into the patient's stomach



Suturing of the stomach wall



Tightening of the sutures in the stomach



Stomach volume reduction
by up to 70%

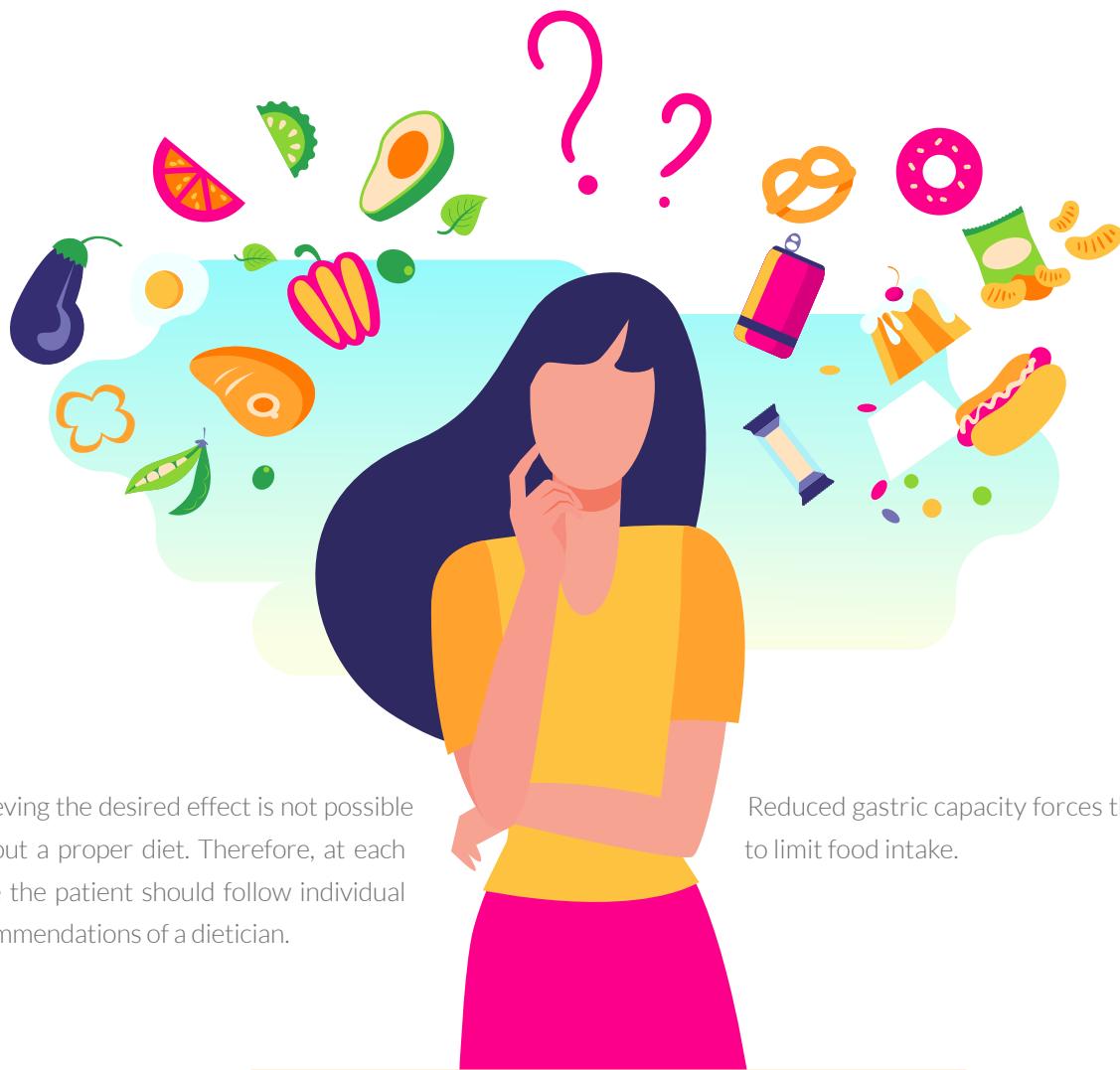
After the procedure

After the procedure, the patient usually stays in hospital for one day. In the first few days following the procedure, patients may experience nausea and abdominal pain, which will subside over time. For a few weeks lifting heavy things and straining should be avoided. It is advisable

to plan a holiday and allow the body to return to its full strength. For a minimum of two weeks after the surgery, the patient remains on a liquid diet and then, according to the recommendations of the dietician, switches to semi-solid foods and finally to a regular well-balanced diet.



Nutrition



Achieving the desired effect is not possible without a proper diet. Therefore, at each stage the patient should follow individual recommendations of a dietician.

Reduced gastric capacity forces the patient to limit food intake.

The procedure in numbers

60-90
minutes

procedure duration

48 h

required hospitalisation

70 %

stomach volume reduced
by up to 70%

100 %

fully reversible
procedure

Answers to your questions

How much weight can I lose?

To a large extent, the effect of the treatment depends on the patient's compliance with the recommendations of the doctor and dietician. Studies show that patients lose 18.2% of their body weight within a year*.

** Brazilian Endoscopic Sleeve Gastroplasty Collaborative. Brazilian Consensus on Endoscopic Sleeve Gastroplasty. Obes Surg. 2020 Aug 20.*

Is this procedure really for me?

The OverStitch™ procedure is intended for people who, despite their efforts and sacrifices, struggle with the obesity disease and their body mass index is over 30 BMI.

When will I see the effects of the treatment?

The first effects of the treatment are noticeable already after a few weeks. Change of lifestyle and diet are the basic factors favouring reduction of body weight, which results in resolution of comorbidities, e.g.: hypertension.

What is a reversible procedure?

The OverStitch™ procedure is fully reversible. The sutures can be cut at any moment, upon which they will be excreted with the food. No scars remain in the patient's body. The digestive tract anatomy is not altered.

Study results

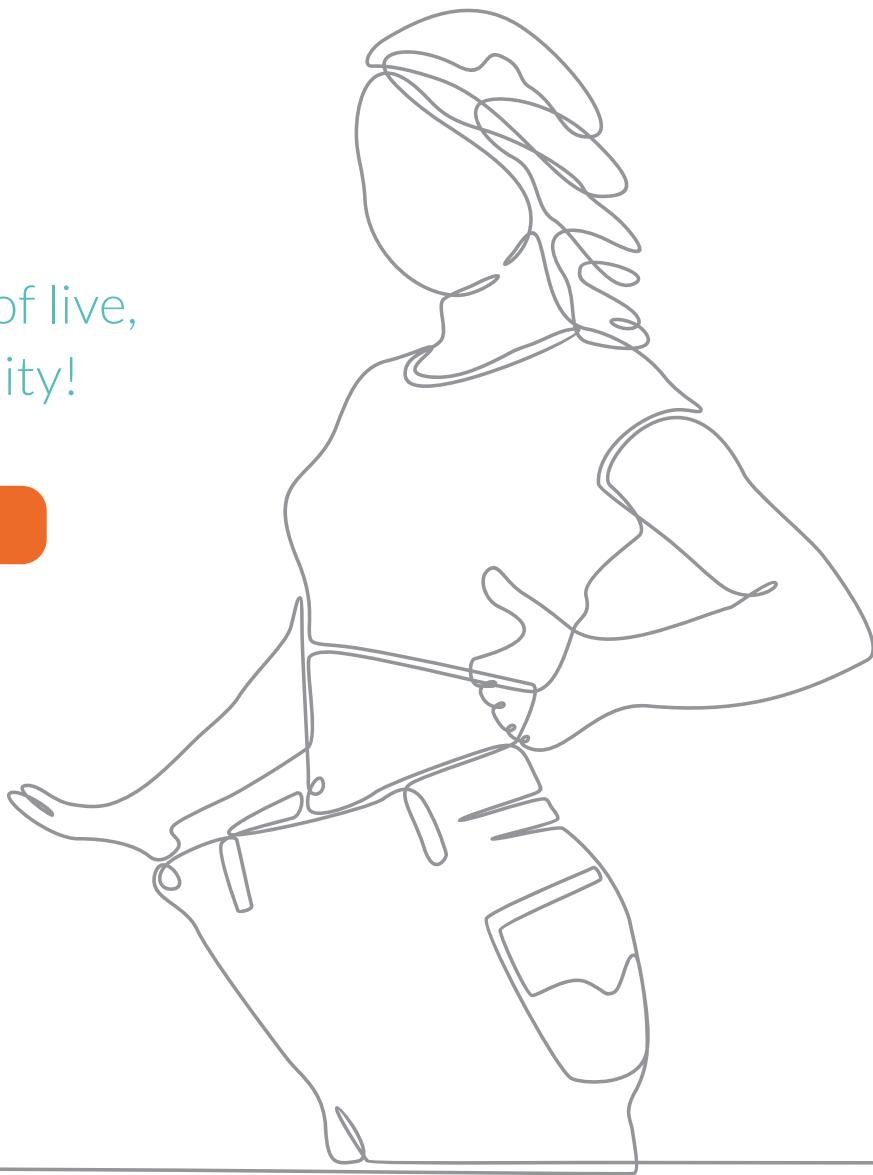
As with any other bariatric surgery, the patient's commitment to proper nutrition, physical activity and emotional health will play a large role in weight loss. Typically, if a patient follows all the guidelines of the medical staff, they can expect to lose 18.2%* of their body weight in a year.

**Brazilian Endoscopic Sleeve Gastroplasty Collaborative. Brazilian Consensus on Endoscopic Sleeve Gastroplasty, Obes Surg. 2020 Aug 20*



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overcome obesity!

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