

Women in menopause are not so disadvantaged: outcomes of Endoscopic Sleeve Gastroplasty based on fertility status.

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I have no potential conflict of interest to report



Background

Menopause



- Hormonal changes (↓estrogens & relative hyperandrogenemia)
- Android fat distribution
- Increased TBW (aging process, ↓physical activity, medications)

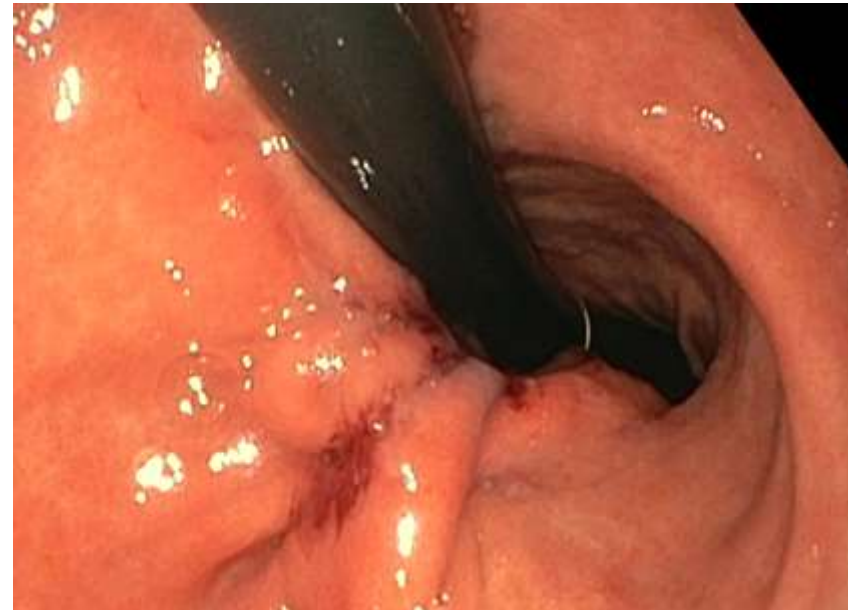
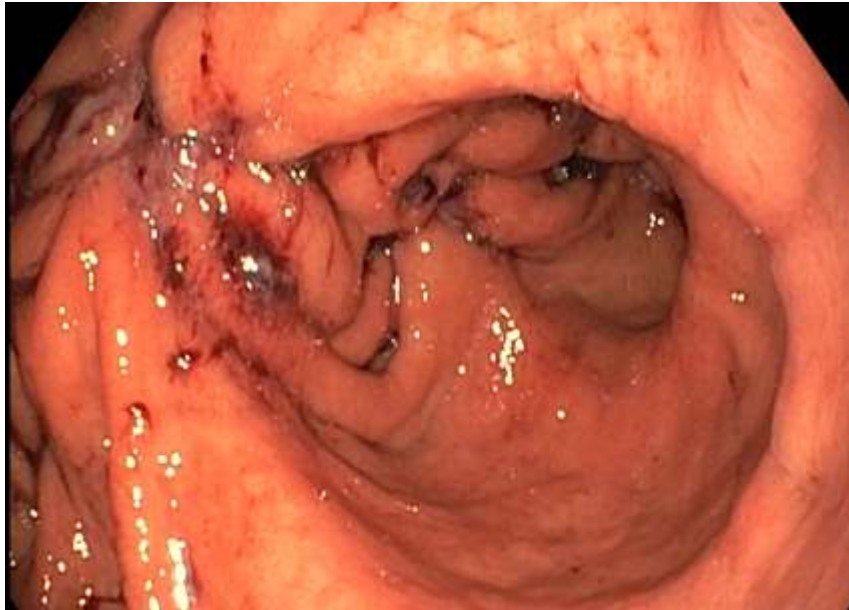


Obesity: > 43% of menopausal women

Background

Endoscopic Sleeve Gastroplasty (ESG)

ESG is *effective* in weight loss & *safe* (SAEs < 2%)



Background and Aim

- Effects of menopause on BS → menopause is associated with lower weight loss outcomes*
- Effects of menopause ESG: no data!
- **Aim:** to assess the possible effects of menopausal status on weight loss outcomes after ESG.



*Waledziak et al, 2022

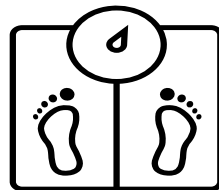
*Ochner et al, 2013



Material and Methods

- Retrospective analysis of a prospective database:
 - Women undergoing ESG (May 2017-Oct 2021)
 - Assessment of menopausal state (Yes/No)
 - Comparison between pre- & post-menopausal women (Mann-Whitney U test)

• **Outcomes:** WL, %EWL, %TBWL



+ QoL(BAROS score)



Results

Of 204 women undergoing ESG (May 2017-Oct 2021): 79 menopausal women (38.7%), and 125 non-menopausal women (61.3%).

	Age (year)	BMI (kg/m ²)	Weight (kg)
Non-Menopause(N=125)	38.0 (12.0)	99 (15.0)	36.4 (4.6)
Menopause (N=79)	54.0 (7.0)	95.0 (18.5)	36.6 (5.7)
<i>p</i>	<i><0.01</i>	<i>0.699</i>	<i>0.167</i>

No SAEs.

Adherence to MDT follow-up at 24 months: 80.0% for **menopausal women** and 73.0% for **non-menopausal women**, respectively.

Results

	6 MONTHS			
	WL	EWL	TBWL	BAROS
Menopause (N=73)	15.0 (10.0)	50.8 (24.7)	15.2 (8.6)	3.5 (1.5)
Non-Menopause (N=111)	17.0 (9.0)	54.9 (34.6)	17.2 (8.6)	4.0 (2.0)
P	0.017	0.068	0.0190	0.039
	12 MONTHS			
	WL	EWL	TBWL	BAROS
Menopause (N=69)	13.0 (11.0)	47.8 (31.4)	14.1 (13.0)	3.5 (2.3)
Non-Menopause (N=113)	16.0 (13.5)	52.5 (41.5)	16.3 (13.5)	3.5 (2.8)
P	0.162	0.318	0.2230	0.506
	24 MONTHS			
	WL	EWL	TBWL	BAROS
Menopause (N=40)	13.0 (15.6)	40.5 (39.3)	13.6 (14.8)	2.6 (2.9)
Non-Menopause (N=62)	10.0 (11.8)	35.4 (45.0)	10.4 (13.4)	2.5 (3.4)
p	0.4	0.716	0.5190	0.776

WL= Absolute Weight Loss; EWL=Excess Weight Loss; TBWL= Total Body Weight Loss; BAROS = Bariatric Analysis and Reporting Outcome System questionnaire



Conclusions

- ✓ Non-menopausal women who undergo ESG show better outcomes in the short term.
- ✓ This advantage does not persist in the medium and long term.
- ✓ Main limitations: retrospective nature, loss to FU, single-center bias.

Menopausal status does not seem to be a significant determinant of weight loss outcomes after ESG in the long term.