



ESG Clinical Leaflet

Meaningful results

Clinical evidence shows that ESG (Endoscopic Sleeve Gastroplasty) can result in significant, lasting weight loss when used in conjunction with a prescribed diet and exercise program.

The body of evidence supporting the safety, effectiveness, and durability of the ESG procedure has been developed over 10 years and includes both level 1 evidence and large meta-analyses.

25K

ESG Procedures performed worldwide

10K

Patients included in clinical studies

>250

Clinical papers and abstracts published on the ESG procedure, including follow-up out to 5 years¹

MERIT study

The Multicenter Endoscopic Sleeve Gastroplasty Randomized Interventional Trial (MERIT)² evaluated the safety and effectiveness of ESG versus a medically monitored regimen of diet and healthy lifestyle over a 2 year period. The MERIT Trial was a randomized clinical trial at nine US centers, enrolling 209 individuals aged 21-65 with class 1 or class 2 obesity and who agreed to comply with lifelong dietary restrictions.

49%

Mean percentage of excess body weight loss at 12 months

68%

68% of patients maintained most of their weight loss out to 2 years

2%

In the MERIT Study, ESG had a 2% rate of serious adverse events (Clavien-Dindo grade III or higher)

100%

100% of patients without new or worsening GERD

92%

92% of patients with DM Type II experienced clinical improvement according to their physician

67%

67% of patients with HTN experienced clinical improvement according to their physician

¹ Asokkumar R., et al. DEN Open. 2023.

² MERIT Study. The Lancet. 2022