OverStitch™ System Full-Thickness Suturing Provides Bariatric Solution

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The OverStitch™ Endoscopic Suturing System continues to gain recognition as a viable tool in addressing patient weight regain following bariatric surgery. Recent studies have presented the Overstitch System as a strong choice for Roux-en-Y Gastric Bypass (RYGB) revisions over other endoscopic revision options including sclerotherapy and other superficial suturing devices.

Roux-en-Y Gastric Bypass (RYGB) is one of the most common bariatric procedures in the U.S. and as the number of surgeries increases, post-operative weight regain has become a growing concern.2 The majority of patients undergoing RYGB regain 30% of the weight they have lost and almost one-third of patients regain most of the weight they have lost.2, 3

Surgical revisions are problematic and carry high risk of major complications so professionals are turning to less invasive endoscopic techniques and devices to address weight regain.2, 3

How the OverStitch System May Help

While weight regain after RYGB can be the result of multiple factors, several recent studies indicate that weight regain is correlated with a dilated or larger gastrojejunal (GJ) stoma diameter as well as an enlarged gastric pouch.1-4 Data in one study showed that five years after RYGB, each 10mm increase in the GJ stoma diameter was associated with an 8% increase in weight regain.3

Many research studies suggest that endoscopically reducing the patient’s GJ stoma diameter, in a procedure known as transoral outlet reduction (TORe), is effective in treating or preventing weight regain.1-5 In addition, other current studies indicate that Overstitch with full-thickness sutures offers significant advantages over other endoscopic suturing methods.2, 4, 5

Recent research comparing Overstitch with several traditional techniques and devices for bariatric revision suggests that Overstitch is a promising alternative.

Sclerotherapy versus OverStitch. Sclerotherapy uses repeated injections of sodium morrhuate around the gastrojejunal anastomosis aperture (GJA) to induce scarring to create a smaller, less compliant GJA. A recent study showed that while both this technique and full-thickness sutures were effective in halting weight regain, a significantly higher percentage of patients achieved cessation of weight regain and subsequent excess weight loss using Overstitch (94.9% versus 58.6% in the sclerotherapy group).5

Suction-based Superficial Suturing devices versus OverStitch. Previous endoscopic suturing devices have been limited in their capability to place full thickness stitches. Full-thickness suturing (with OverStitch) is proving to be more effective and providing more durable results, according to a comparison study by Drs. Kumar and Thompson.2, 4 Their study showed that patients with full-thickness suturing had a higher percentage of weight loss at 6 months than patients with superficial suction-based suturing.4

For more information about the advantages of the OverStitch System, [click here](https://ir.apolloendo.com/products/overstitch/?esheet=51477535&newsitemid=20161213005882&lan=en-US&anchor=click+here&index=1&md5=a0ff8d97833b1b6af827aa611c756bb)[1].


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