

ORIGINAL RESEARCH

Outcomes of Gastric Balloon-Assisted Weight Loss with Meal Counseling by Nutritionists: A Case Report of 10 Patients in Kenya.

Emily Wahome¹

¹Department of Nutrition and Dietetics, Mount Kenya University, Kenya P.O. BOX 342-01000, Thika, Kenya; 0009-0003-8157-0514

Corresponding Author's Email: milwahome@gmail.com

Abstract

Obesity is a growing public health problem in Kenya. The prevalence of adult obesity is currently 28.4% and the prevalence of non-communicable diseases such as diabetes and hypertension has been on the rise. Short-term interventions for weight management, like the intragastric balloon, have been adopted together with long-term lifestyle change and ongoing nutrition counseling for efficacy. This case report examines the effectiveness of combining gastric balloon therapy with personalized, meal planning from a nutritionist-prescribed diet in Kenyan adults on weight loss. Ten adults (7 females and 3 males) aged 27 to 49 years with a baseline Body Mass Index (BMI) ranging from 31.2 to 41.5 kg/m² were recruited from a private clinic in Nairobi. The subjects were provided with an intragastric balloon and a customized meal plan designed by a nutritionist. The meal plans were portion-controlled with half a plate being non-starchy vegetables, adequate protein and moderate carbohydrate diets. Follow-up was made every fortnight for a period of six months. Body weight, BMI, waist circumference, fasting blood glucose, and lipid profile were measured. Six-month follow-up was obtained in all ten subjects. Mean weight loss was 17.4 ± 3.6 kg, which represented 15.8% of initial body weight and a 6.1 kg/m² reduction in BMI. Mean reduction in waist circumference was 12.7 cm. Eight subjects reported feeling more energetic and physically fit. In 70% of cases, dietary adherence was good, in 20% fair, and in 10% poor. Few and temporary side effects like nausea and constipation were reported for the first week after insertion, with no serious complications noted. This case report demonstrates that the addition of individualized nutrition counselling to intragastric balloon therapy can have significant effects on weight loss, metabolic health, and quality of life. These results suggest that an essential ingredient for maintaining weight loss success is the multidisciplinary treatment with special attention to nutrition counselling.

Keywords: Gastric Balloon, Nutrition Counselling, Multidisciplinary Management