

Gastric Balloon in Dubai

[Gastric Balloon in Dubai](#), Abu Dhabi is a type of procedure that involves inserting a balloon in the stomach endoscopically to help you feel fuller soon. It's suitable for those who want to lose weight non-surgically.

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Are you struggling to lose weight and considering a non-surgical weight loss procedure? If you live in Dubai, you may be interested in the gastric balloon procedure. This non-surgical solution for weight loss has gained popularity in recent years, with many people achieving significant weight loss without undergoing surgery. In this article, we will explore what gastric balloon is, how it works, its benefits and risks, and where to find the best gastric balloon in Dubai.

What is a Gastric Balloon?

A gastric balloon is a non-surgical weight loss procedure that involves placing a soft, silicone balloon in the stomach to limit the amount of food that can be consumed. The balloon is inserted through the mouth using an endoscope and filled with saline solution, which expands the balloon to the size of a grapefruit. The balloon remains in the stomach for six months, during which time patients can expect to lose significant weight.

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How does a Gastric Balloon work?

The gastric balloon works by reducing the amount of food that can be eaten at one time. The balloon takes up space in the stomach, leaving less room for food, and therefore, reducing the amount of calories consumed. Additionally, the balloon helps to slow down the digestion process, making patients feel full for longer periods of time.

Who is a Candidate for a Gastric Balloon?

A gastric balloon is typically recommended for individuals with a body mass index (BMI) between 30 and 40 who have struggled to lose weight through diet and exercise alone. Candidates for the procedure should also have a commitment to making lifestyle changes that will support weight loss, such as following a healthy diet and regular exercise routine.

How is a Gastric Balloon Procedure Performed?

The gastric balloon procedure is performed on an outpatient basis, meaning patients can go home the same day. The procedure usually takes about 20-30 minutes and is done under sedation or general anesthesia. The doctor will insert the deflated balloon through the mouth and down into the stomach using an endoscope. Once in place, the balloon is filled with saline solution, and the doctor will remove the endoscope.

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