

# Effect of Weight Loss From ESG Plus Lifestyle Changes vs. Lifestyle Changes Alone in Sleep Apnea Patients

NCT07082608

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Asian Institute of Gastroenterology, India
Enrollment	74 participants

## Key Eligibility Criteria

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### Inclusion (10)

- Age  $\geq$  18years.
- Obesity defined by ethnic specific BMI cut-offs through  $\leq$  40 kg/m<sup>2</sup>.
- Diagnosed with moderate to severe OSA (Apnea-Hypopnea Index [AHI]  $\geq$ 15).
- Stable weight ( $\leq$  5 kg change) within 3 months prior to screening
- Failure or inadequate weight loss with conservative methods:

... and 5 more (see full listing online)

### Exclusion (16)

- Any previous or planned surgery for sleep apnea or major ear, nose, or throat surgery
- Significant craniofacial abnormalities that may affect breathing
- Diagnosis of central or mixed sleep apnea, or diagnosis of Cheyne-Stokes Respiration Obesity related
- History of disorder, other than OSA, associated with insomnia or excessive daytime sleepiness
- Obesity induced by other endocrinologic disorders, or monogenetic or syndromic forms of obesity

... and 11 more (see full listing online)

## Locations (1 total)

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Asian Institute Of Gastroenterology Hospitals, Hyderabad, Telangana, India