

# iWAIST Trial: ERCG (Endoscopic Radial Compression Gastroplasty) vs Optimized Lifestyle Intervention for Weight Loss

NCT07237750

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Liu Yan
Enrollment	216 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Asian adults aged 18-65 years.
- BMI 24.0-37.4kg/m<sup>2</sup>(Chinese standard)
- Failed prior conservative weight loss attempts e2 months
- Willingness to comply with follow-up.
- Provided written informed consent.

### Exclusion (31)

- Prior gastrointestinal surgery with clinically relevant sequelae.
  - Active or clinically significant gastrointestinal disease, including inflammatory conditions (e.g., esophagitis, Barrett's esophagus, Crohn's disease), peptic ulcer disease (gastric/duodenal ulcer), or neoplastic lesions.
  - Any condition associated with an increased risk of upper gastrointestinal bleeding.
  - Hiatal hernia \>2 cm or severe/refractory gastroesophageal reflux disease (GERD); acid reflux requiring e2 medications for symptom control.
  - Esophageal/pharyngeal structural abnormalities that may impede endoscope passage (e.g., stricture, diverticulum).
- ... and 26 more (see full listing online)

## Locations (2 total)

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The fifth Medical Center of Chinese PLA General Hospital, Beijing, Beijing, Beijing Municipality, China  
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