



NEW STEP

... FOR A BETTER TOMORROW

Newsletter of Dr Ramen Goel's Bariatric Program



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Moderate Expectation, Improved Results

Dear friends,

2 points before I start on the topic assigned to me –

- Since I started bariatric surgery, almost all my patients are like people I had known for decades – they are friends & I must confess that it is a pleasure working to help achieve your goals. Practicing medicine was never so enjoyable as in last 10-12 years & the sole reason for this is YOU. So a big thanks to all of you for this enjoyment in my life.

- New Step is in a new format – reduced number of pages & crisper outlook. The reasons for this transformation is that most of our friends were not reading all of 20 pages & thus were likely to miss an important topic, besides our desire to have increased participation by all of you. Thus New Step will have 6 pages initially & we will be happy to increase them to 8-10 with your help.

Last 2 months I have discussed the issue of diabetes control extensively with some of the leading researchers across the globe. Most of them have reported diabetes resolution in 80% - 97% patients. These people are off medicines for diabetes & maintaining normal blood sugar levels. These people are expected to maintain normal blood sugar levels even after many years.

Many patients ask, 'why should we get operated if we had to avoid sugars etc after surgery too? My answer is simple 'you are expected to follow these dietary regime even without surgery but still you have to take medicines lifelong but after surgery you would be able to manage your sugar levels without medicines – a small price for larger benefit.'

Most of diabetes patients or their family members ask for guaranteed control of blood sugar for life. It is important for patients to understand is that surgeons typically operated on diseased organs & removed them to provide relief. Metabolic surgery involves operating to change the functional milieu of body & the hormonal change is expected to result in diabetes remission/control.



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Important points in forecasting surgical relief in diabetes surgery are –

1. It is possible to ascertain, with reasonable accuracy, the diabetes remission/control in over 90% patients before surgery.
2. Over 80% of operated patients can go off medicines for diabetes while maintaining their blood sugar levels.
3. Even if 10% - 20% patients may not go off medicines, their sugars are well controlled with minimum medicine intake.
4. Long term sugar control results in reduced complications of diabetes like heart attack, kidney failure, nerve damage & stroke etc.
5. Anti diabetes medicines have various side effects too, which can be completely avoided.

I am observing an unusual situation - for the first time, patients are more excited about getting surgery done than the surgeon. I am refusing surgery for more people than what I am operating. This is not because I do not want to operate but I want to tread extremely cautiously in a previously un-chartered territory. Though surgery does help blood sugar control it is important that we perform safe surgery consistently. Patients must understand necessity of pre surgery preparation besides post surgical supplement & diet modifications.

Friends, we are watching history created. Diabetes, which was considered a lifelong disease, is possibly avoidable, treatable & its complications are preventable. I am happy to be living in this era & being a part of this important development.

Dr. Ramen Goel



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



NEW STEP

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Page 3!



Hi I am Pooja Bose and am 31 yrs old homemaker with a 6 yr old son. I was always a plump girl but after my marriage my weight started going out of control. By 2008 April my weight was at a all time high of 115 kgs. With diet and exercise I did manage to loose 10-12 kgs but then it stopped and went into a see saw mode. I met Dr. Goel when I had lost all hopes of loosing anymore weight. Meeting Dr. Ramen Goel was a life changing experience.

Firstly he explained to me why the weight loss stopped and how the surgery would help. I had heard about this surgery before but was always apprehensive. Dr Goel patiently answered all my questions and made me feel comfortable.

I had the surgery in Jan 2010 and since then have lost 33 kgs but more than the weight loss its the change I see in myself. I have become more confident and do not hesitate to stand up for myself. Its so nice to go shopping and get clothes for me from any shop:))

The best part is my blood pressure and cholesterol are back under control and I have so much stamina which helps me be a better mother and homemaker.

Thank you so much Dr Ramen and a special thanks to Dr Madhu for all the guidance post surgery.

Pooja Bose



“Pooja is a warm and genuine person. She has been particular about the follow-up program and the results are there for all to see. She has been very supportive in the awareness activities. She has been actively involved with the seminars and also regularly contributes to the Newsletter”

Dr. Madhu Goel



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Happy Eating!

Moong dal (Lentil) with Methi (Fenugreek) leaves

This is a common recipe in some kitchens but wanted to share with all as it is light, tasty, easy to cook & healthy.

Ingredients

- Moong dal
- Methi leaves
- Tomato-1
- Garlic- 1 pod

Method

Saute chopped garlic, methi leaves & tomato in 1 teaspoon oil & cumin seeds. Boil Moong dal in salt & turmeric powder. Add the dal to the sautéed vegetables & add garam masala powder(optional) & lime juice You may have it plain or with brown rice or chapatti.

Pan Seared Fish

Ingredients

- Fish
- Ginger
- Garlic
- Salt
- Turmeric Powder
- Lime Juice
- Coriander Powder

Method

Marinate fish in ginger,garlic, salt, turmeric powder & lime juice. Add coriander powder & cook on a non stick pan on a slow flame.

Pani Puri

Ingredients

- Baked panipuri (available)
- Sprouts / boiled chana for filling
- For green chutney- green mango, coriander leaves, mint leaves.

For date chutney-

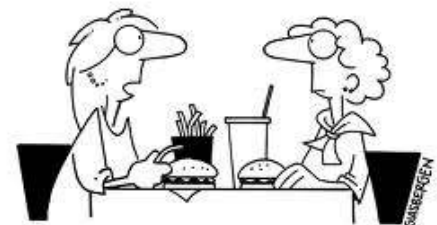
- Dates/ imli, jaggery
- Jeera powder
- Chat masala

Method

Filling- steamed sprouts or boiled chana / green moong Add black salt, roasted jeera powder, chat masala as per taste. Pani- Add the green chutney to cold water & add black salt, jeera powder, chat masala, lime juice as per taste.

Date chutney- Puree dates without seed. Cook for 5-10 minutes on low flame, add jaggery, salt & jeera powder.

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**"Every time I go on a diet, I lose my mind.
Unfortunately, it doesn't weigh very much."**



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Maximising Weight Loss After Surgery

Bariatric surgery helps patient achieve satiety with comparatively small meals. Reduced meal size leads to reduced calorie consumption with resultant weight loss. However an effective strategy to maximize weight loss involves portion control eating even after surgery.

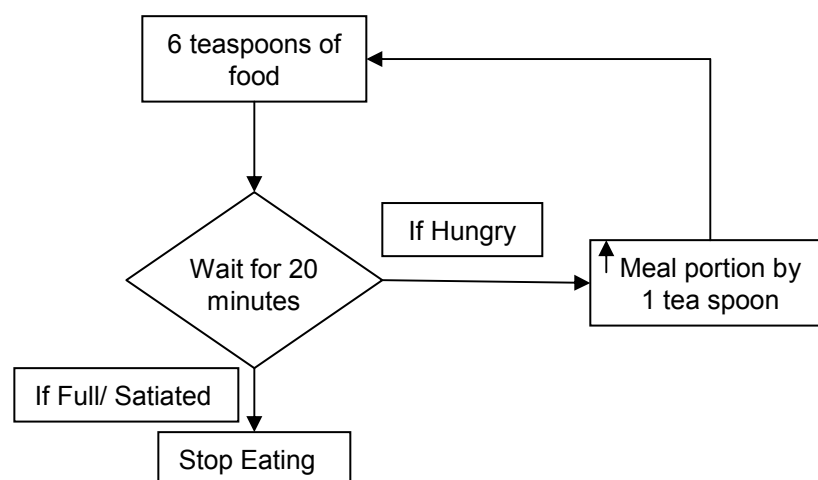
Usually, sensation of fullness of stomach is appreciated by brain at least 15-20 minutes later. This effectively means that there is a lag of 20 minutes between physical fullness of stomach & realization of this sensation by the mind. During this period the person may eat almost double of what is required. This can lead to following problems –

1. Excess calorie intake per meal – reduces the possible weight loss
2. Over-stretching of gastric pouch – usually bariatric patients lose weight over 12-18 months. Early stretching of stomach can reduce the duration of weight loss.
3. Increased discomfort after meal

A simple portion control eating pattern helps avoid these problems –

When the patient starts soft diet (usually 2 weeks after surgery), he/she is advised to eat maximum 6 teaspoonful(30 mls) food only & then wait for 20 minutes. There are 2 possible scenarios –

1. Feels full or satiated after 20 minutes - then he/she should continue to have this portion size in each subsequent meals as well.
2. Still remains hungry after 20 minutes – then person can increase meal size by 1 teaspoonful per meal & again wait for 20 minutes.



By following this regime, patient is able to - eat right meal portion increasing achievable weight loss,
-avoid rapid stretching of gastric pouch prolonging weight loss period.

Most of the relatives/friends of operated patients feel that if one had to eat limited portions & control hunger, why surgery was required. It is strange that none of the patient feels that way as all of them had tried hard in past & find it a simple & effective weight loss enhancing strategy after surgery.



Bariatric Happenings!

Dr Ramen Goel's Activities in 1st Quarter of 2011

January

1. Public seminars at Juhu, Vashi, Kandivali, Ulhasnagar, Marine Lines, PrabhaDevi, Mulund & Mira Road.
2. Invited faculty at the Fellowship program of Indian Association of Gastro-intestinal Endo-surgeons(IAGES) at Ooty. Demonstrated technique of Gastric Band surgery & took lecture on 'Current Status of Gastric Band Surgery'.

February

1. Invited speaker at Rotary Club Juhu on Weight loss & Diabetes Surgery.
2. Invited speaker at A ward medical association Colaba
3. Invited faculty at Asia pacific Meeting of International Federation for Surgery of Obesity & Metabolic Diseases(IFSO) at Rusutsu, Japan.
4. His research paper on 'Early Resolution of Type 2 Diabetes after SGIT Surgery' was adjudged amongst the Best 5 Papers presented in the inaugural ceremony of the conference.
5. Public seminar at Mathura, UP.

March

1. Invited Guest Expert at '2nd World Congress on Interventional Therapies for Type 2 Diabetes Mellitus'(WCIDT) held at New York.
2. Obesity & Diabetes Surgery Camp at Sujay Hospital, JVPD
3. Invited Faculty at '9th Annual Conference of Metabolic & Obesity Surgical Society of India'(OSSI) at Indore, MP

Bariatric Court

1. When can I start yoga after bariatric surgery?

Abdominal exercises can be safely done 3 months after surgery. Breathing exercises like Pranayam can be started immediately.

3. Can I regain the lost weight?

Surgery is a tool to help you lose weight. You can avoid weight regain by careful food selection & avoiding over eating. Regular over-eating can lead to early stretching of the stomach & less weight loss/weight regain. The choice of food is important – even small quantity of calorie rich food can give you extra calories.

Reflections

- Life does not provide warranties & guaranties. It provides possibilities & opportunities for those who dare to make best use of it.
- Dark is not opposite of light. It is just the absence of light.. Likewise..a problem is the absence of an idea, not the absence of A Solution!!