

Knot without surgery!

A growing number of young girls are turning to surgeons in quest for a perfect figure before marriage

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There was a time when many girls were unable to tie the knot, or find suitable partners due to some physical abnormality like a squint, or a nose that was awkward in shape. These inaccuracies could, however, be corrected with proper treatment.

Obesity was another problem because of which many a girl missed the bus, but surgery to rectify this problem was rather unheard of then.

Things, nowadays, have changed drastically. Take the case of 25-year-old Asmita Desai-Pimple who weighed 113 kgs before marriage. She felt the need to shed the unwanted fat, and approached an obesity surgeon two years ago.

Asmita was no exception. In fact, it has become a sort of a trend, with a growing number of young girls approaching obesity surgeons in quest of a perfect figure.

Virar resident Asmita, with the help of her to-be husband, approached a surgeon and got herself operated. Within seven months she lost a whopping 40 kgs and not long after, tied the knot.

"Marriage was not the only problem. I could not also breathe properly, especially while climbing staircases. Since I was already overweight, I was afraid that in future I could be prone to diabetes and blood pressure, which is why I decided to opt for surgery. Prior to this I was a bit shy due to my weight, but now I have opened out. My husband was very supportive and backed me through the difficult period, and we got married after I lost the excessive weight," said Asmita. Gauri Shah (name changed) is another such young girl. "Before undergoing surgery, due to my being overweight I was rejected by many suitors, and that made me quite depressed. But after surgery I lost 40 kgs. Now my father is looking out for a suitable groom, and my family in planning to get me married by this Diwali," Gauri. Eligible girls are not the only ones caught up in this trend, even obese men are turning to surgery. A 27-year-old man from Vile Parle on condition of anonymity said, "My girlfriend's weight is 45 kg and though we've been seeing each other for some years now she refuses to marry me unless I shed some weight. At present my weight is 120 kg, and I plan to go in for obesity surgery. All overweight girls, however, are not made to undergo surgery merely because they may think they need to. Due to increasing medical awareness, a lot of girls do not hesitate to seek surgery. But we do not operate on girls who weigh around 60-65 kgs. Instead we advise such girls on going on a proper diet and taking up exercises, said Dr Sanjay Borude, obesity surgeon, Breach Candy Hospital and Jaslok Hospital. On Asmita we performed the gastric banding surgery. Most girls who come to us have a common aim --- acquiring a slim figure before marriage. Very few overweight girls come to us purely because of health problems, he said. Dr Raman Goel, obesity surgeon of Bombay Hospital, said that 40 per cent of the patients come to them before marriage to reduce. We do not always suggest surgery, but enlighten them on ways to achieve the right size and weight. Still, most of girls opt for surgery.

GASTRIC BANDING SURGERY

A day before surgery, the patient is kept on a liquid diet. Through surgery, a band made of elastic is placed around the stomach near the upper end, creating a small pouch and a narrow passage that leads into the larger portion of the stomach. This restricts the size of the stomach and subsequently reduces the food intake of the patient.



Asmita Desai, pictured two years ago, before the surgery

