

Unique surgery cures man of Type 2 diabetes

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Working as a cylinder deliveryman in the city of Mathura, Vrajendra Singh was losing his vision and had difficulty in walking. Singh had a healthy diet and his working patterns did help him exercise but this 52-year-old man was suspected of having Type 2 diabetes about 10 years ago.

Fed up of his ailment, Singh decided to get operated with a unique ileal interposition surgery at Bombay Hospital.

Singh said, "I could not afford the surgery, but surely wanted one as my life was at a stake because of Diabetes. Now I have resumed my work and have no side-effects."

Dr Ramen Goel performed ileal interposition surgery for the first time in India at Bombay hospital. The surgery has brought a 'diabetic-free living' for Singh and raised hopes for many more who are diabetic.

In this surgery, a part of the large intestine is inter positioned near the stomach. This part produces GLP, a hormone that increases insulin secretion and also produces beta cells.

The advantage of the surgery is that when the food is accumulated in the stomach, as the GLP producing part (ileal) is near, the secretion will occur immediately. This will lower the sugar level in the individual, and diabetes can be controlled.

Normally, for the glucose to reach ileal may take an hour but post surgery, the GLP produced by ileal will start working in about 10 minutes. Thus faster the process of insulin secretion, less will be the sugar level increase.

This surgery may cost nearly Rs 2 lakh, informed Dr Goel.

At an average, a diabetic patient spends about Rs 2000 to Rs 3000 on his monthly medication and has a high risk to get operated for cardiac and kidney problems, thus a surgery costing Rs 2 lakh can be considered affordable as per the experts.

Also only 3 to 4 institutions have started performing these surgeries and Bombay Hospital in Mumbai is the first one to initiate this in entire Asia.

Diabetes can be extremely dangerous if not controlled resulting in loss of vision, damage to nerves, blood vessels, kidney failure and increased risk of heart attacks.

Elaborates Dr Goel, "Surgery should be the last resort. In the case of Singh where diabetes led to other complications, a surgery like this was needed."

When asked if children who suffer from type 2 diabetes can also get operated, Dr Goel said a categorical no and wanted them to alter lifestyles and resort to healthy living.