

AFTERNOON DESPATCH & COURIER

HEALTH

& Fitness

GET THE MOST OUT OF LIFE

SATURDAY, JANUARY 19, 2002

ENERGY RECIPE: Oriental Snow Peas



1 tbsp soy sauce; 1 tbsp vinegar; 1 tbsp honey; ¼ tsp red chilli powder; ½ tsp salt; 1 tbsp vegetable oil; 4 cloves garlic, crushed; 300 gm snow peas, trim ends (cut each into 2 pieces if they are over 2 inches long); 2 tbsps roasted peanuts, crushed

1. Mix together soy sauce, vinegar, honey, chilli powder and salt. Set aside.
2. Heat oil in a wok on high heat. Add garlic. Stir-fry for a few seconds. Add snow peas, peanuts and sauce mixture. Stir-fry for about three minutes. The snow peas must be coated with the sauce but they must not discolour or wilt. Serve hot or cold.

SURGERIES AVAILABLE FOR MORBID OBESITY

Research has shown that for morbid obesity, exercise, eating the right kind of food etc. can do little. Surgery is the only option. Dr. K. Raman Goel, laparoscopy obesity surgeon, and one of the only two members of the International Federation of Surgery for Obesity (IFSO) enlightens on the surgeries available:

Laparoscopy Adjustable Gastric Band Surgery (LAGBS): The surgery works on the concept that one keeps on gobbling food till the stretched muscles in the stomach gets the sensation of satiation of hunger and sends the signal to the brain to stop eating. So, by reducing the size of the stomach, the satiation level falls, and the consumption is also reduced leading to less accumulation of fat. Hence, by LAGBS the volume of the stomach is reduced from its usual 1000 cc to 25-50 cc.

In LAGBS, a silicon band is wrapped and fixed around the stomach, laparoscopically. The band is connected to a titanium port under the skin for adjustment of weight loss without any further surgery. The band creates a functional small pouch in the stomach, which gets filled up after eating 25-50 cc of food. This provides satiety or feeling of fullness. Thus post surgically, the person eats less, and less frequently. If the desired weight loss does not occur then a needle is pierced through the skin, puncturing the membrane of the port which would inflate the band and reduce the band size. The best thing is that the patient can walk out of the hospital after 24 hours of the surgery.

The usual benefits after the weight loss are, over 90 per cent of diabetes patients do not require insulin or oral medicine, over 90 urinary incontinence.

Liposuction: It is a procedure that can help sculpt the body by removing unwanted fat from specific areas, including the abdomen, hips, buttocks, thighs, knees, upper arms, cheeks and neck to re-contour the body. The best candidates for liposuction are normal-weight mild obese people with firm, elastic skin who have pockets of excess fat in certain areas.

Through a tiny incision, a narrow tube or cannula is inserted and used to vacuum the fat layer that lies deep beneath the skin. The cannula is pushed through the fat layer, breaking up the fat cells and suctioning them out. The suction area is provided by a vacuum pump or a large syringe, depending on the surgeon's preference.

Liposuction is normally safe, as long as patients are carefully selected. Though, they are rare, complications can and do occur. Risks increase if a greater number of areas are treated at the same time, or if the operative sites are larger in size. The combinations of these factors can create greater hazards for infection, delays in healing, formation of fat clots or blood clots, which may migrate to the lungs and cause complications. Numbness and pigmentation changes may occur, and sometimes additional surgery may be recommended.

Implantable Gastric Stimulation System: A needle is implanted in the stomach wall. This needle is connected to a pacemaker like device under the skin. Whenever the patient feels hungry, the pacemaker can be activated through a remote control device, by which the needle vibrates to give a sensation of fullness, without eating food.

Intra Gastric Stimulation Balloon: Balloons are inserted laparoscopically in the stomach to occupy the space. As balloons have ruptured in a couple of cases inside the stomach itself, getting entangled with the intestine, this surgery is discouraged.

There are other surgeries like Remote Controlled Swedish Band (successfully performed on animals), Laparoscopic Bilio-Pancreatic Diversion and Laparoscopic Gastric Bypass which are not available in India yet.

(Contact Dr. K. Raman Goel at The Apollo Clinic; 282-9722, 282-9707)



Silicon band (in white) with injection chamber used for Laparoscopy Adjustable Gastric Band Surgery

LOSE FAT, STAY FIT

Gone are the days of dieting and pumping iron in the gym to rattle obesity. The new mantra is eat to your heart's content till your flab goes away. Read on to know how you can control your weight by eating the right food. However, for people suffering from morbid obesity, we discuss methods of surgery available.

check your fat as for every kg that you lose, you increase your longevity by three to four months.

If you are curious to know what category of obesity you fall in, then check the Body Mass Index (BMI), as stipulated by the World Health Organisation. BMI is the weight in kilogram by height per square metre. While BMI 25 to 29.9 (Grade I) is considered overweight, BMI 30 to 39.9 (Grade I) is severe overweight and BMI above 40 is morbid obesity (Grade III).

If you fall under one of the above categories, who have tried all the conventional methods of weight loss like crash dieting and working out in a gym, and still the irritable flab refuses to go away, read on to know what can help you.

BY A STAFF REPORTER

Did you know the fattest of fat people in the world do not live beyond 40 years? Scary, ha! Wake up. Though obesity does not cause death in itself, by pre-disposing a host of ailments and exacerbating many serious medical conditions, it has become one of the major killer diseases.

Obesity is a chronic disease, caused by dysfunction of neuro-regulatory system connected with eating. Remember, by taking stock of your fat, you save yourself from becoming a victim of diabetes, high blood pressure, heart diseases, breathing problems, back and joint pains, gall stones, sleep apnea (breathlessness while asleep) and cancers. So

OBESITY MANAGEMENT – THROUGH PROPER LIFESTYLE

Dr. Vivek Nigam of Goodhealth, a specialist in obesity management, tells you to tackle your obesity by leading the right life-style.

Why is it that two people eating the same food do not have a similar effect on their bodies — one puts on weight, while the other doesn't? Why two people doing the same level of exercise produce different results — one loses weight, the other doesn't? The answer is the flawed life-style that you are leading which may range from eating at the wrong time or eating only once, or hurriedly gobbling your food without chewing it properly. House-wives who do not have much work at hand, who do not have anybody to communicate, gorge on food to fill up the void in their life.

Obesity is a life-style syndrome, a by-product of today's life-style. Apart from life-style, the other kinds can be diabetic obesity, thyroid obesity, post-delivery obesity, menopausal obesity and teenage obesity. So the first step to control obesity is to pin point the cause and then rectify it. Though walking and going to a gym are good for cardiovascular fitness and strength, people revert back to their original shapes once they stop it. Most people who enroll in a gym, drop after few months.

The different ways to deal with obesity are:

- First find out if you are leading a flawed life-style and try to rectify it.
- Increase the protein content in the diet and consume less of carbohydrates. Proteins develop muscles which in turn burn fat. Eat spinach, almond, soya bean and soya tofu as they are rich in proteins.
- Tune your diet properly. Have breakfast like a king, lunch like a prince and dinner like a pauper.
- Eat four to five times a day and always eat slowly.
- Meditate: It relieves stress, increases the energy level, and you would have less chances of leading a wrong life-style.

(Dr. Vivek Nigam can be contacted at Goodhealth on 637-4000/4567)

