

Bariatric surgery



Dr Ramen Goel Honourable Laparoscopy and Bariatric(Obesity) Surgeon Wockhardt Hospital gives an insight into Bariatric surgery and how it benefits in greater weight loss than conventional treatment, leads to improvement in quality of life, increase in life expectancy, adds more scope to employment ability, sustained and significant weight loss of over 30-50 kilograms, 80 per cent to 90 per cent resolution and improvement in associated diseases like diabetes, hypertension, and obesity related diseases.

Every day a fat person dies a series of small deaths. At times these small deaths occur due to physical hardship in doing day to day work and, at times, it occurs due to social ridicule and peer mockery. The invention of Bariatric surgery is simply based on the quote by Cyril Connolly that, "Imprisoned in every fat man a thin one is wildly signalling to be let out" is befitting.

There are only eight Bariatric surgeons in India. Two surgeons operate at Wockhardt, Mumbai with experience of over 130 patients, largest number in the country.

Bariatrics is the branch of medicine that deals with obesity. The term bariatrics was created from the Greek root baro ("weight," as in barometer) and suffix -iatrics ("a branch of medicine," as in pediatrics). It is concerned with obesity surgery.

Bariatric surgical procedures are major gastrointestinal operations that seal off most of the stomach to reduce the amount of food one can eat, and rearrange the small intestine to

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reduce the calories the bodies can absorb. The surgery drastically diminishes the caloric intake through either restricting the amount of food patients can ingest or allowing for significant malabsorption of ingested food.

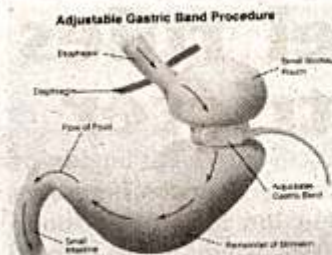
Bariatric surgery is a treatment option for patients with morbid obesity. This surgery

Morbid obesity is a disease, which is chronic and life long. Morbid obesity is a significant cause of preventable early deaths. Morbid obesity is an extreme health hazards with medical, psychological, social, physical and economic co morbidities.

helps in losing weight by altering the body's food digestion and absorption.

As Dr Ramen Goel says, "Bariatric surgery is only available treatment option for 30 kilograms overweight persons. Patients suffering from diabetes would be benefited the most."

Even at home you burn 1500-2000 calories every day. Ladies inherently have more



fat than men. There are three trigger periods for manifestation of obesity in women with genetic inclination as on puberty, pregnancy and menopause."

Generally, Bariatric surgery is reserved for people who are unable to achieve or maintain a healthy weight through diet and exercise, are severely overweight, and who have health problems as a result. It may be considered if your body mass index (BMI)

BMI or Body Mass Index is a measure of calculating a person's excess weight. It is calculated by the following formula BMI = Weight (Kilograms) / Height (m.) x Height (m.)

is 40 or higher (extreme obesity). Your BMI is 35 to 39.9 (obesity), and you have a serious weight-related health problems such as diabetes or high blood pressure.

Wockhardt Limited, the most renowned healthcare institution in India, is associated with Harvard Medical International, USA. As associate hospitals of HMI in India, Wockhardt hospitals benefit from the extensive learning and experience of Harvard Medical School and its affiliated institutions world-wide. Wockhardt Hospitals Group has established a chain of super speciality hospitals at Mumbai, Bangalore, Hyderabad, Kolkatta and Nagpur.

Till date Wockhardt Hospitals, Mulund, has performed five Bariatric Surgeries (four Gastric Band + One gastric Bypass). All patients are doing well and losing weight gradually but considerably. The services available are Gastric Band Surgery, Gastric Bypass Surgery and Sleeve Gastrectomy. For further information please feel free to call on 022-67994121/23, 9820634474.

To be continued....

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