

Band, balloon, or bypass?

THE Obesity Management Clinic at Bombay Hospital held an educational programme on 'obesity surgery' yesterday at the hospital's S P Jain Auditorium. Comprising a presentation and talk by consultant obesity surgeon, Dr K Raman Goel, the session also included questions by prospective patients and some previous patients shared their experience.

The focus was on the kinds of obesity surgery: balloon, banding and bypass. The key points in a freewheeling, non-formal meeting were: Dr Goel emphasised that, "one has to exercise, after the surgery too. There is no getting away from that." He also added, "alcohol is contraindicated post-surgery. Not only is it calorie-dense, it is also very dangerous."

Then, Dr Goel introduced a patient whose knees had given way because of his weight, which was 173 kgs. He originally came in for knee replacement, but he needed to lose weight for the operation to have the desired effect. So, he undertook



WEIGHING THE OPTIONS: Dr R Goel (right) speaks at the seminar, while a patient looks on PIC/ SHADAB KHAN

gastric banding and today he has lost 50 kgs. The patient, said to an interested audience, "I have 80 per cent relief on my knees because of the weight loss. Even though I am heavy at 120 kgs." Dr Goel emphasised that obesity is a disease. It is not simply the lack of will power that is

commonly believed.

Dr Atkins must take a bow. There was a great deal of emphasis on protein intake, with Dr Goel saying that, "eat your proteins first. You may realise that you are so full eating protein that you do not need rice or chapattis." Other points made as questions flew

threw the air thick and fast.

- Check your weight regularly
- Maintain a food log
- Ensure you drink enough water
- Take supplementation
- Look at plastic surgery procedures (to remove loose, hanging skin) two years after surgery.