



Surviving obesity



Husbands, wives, parents and children, who were overweight, eagerly interacted to learn success stories of operated patients and tried to understand details of surgery presented by Dr Ramen Goel, obesity surgeon, Bombay Hospital. Times Wellness organized a series of obesity and diabetes surgery public awareness programs. The atmosphere at the event was electric and optimistic.

Diya (name changed), an airhostess with Air India underwent sleeve gastrectomy by Dr Goel. She lost 15 kgs in two months and won her battle with obesity and her employer. Her grit and confidence was reflected in her talk at a Bandra meeting as she concluded 'I checkmated them'. She was allowed to fly again after months of being grounded for obesity. "The problem is not of losing weight but maintaining the lost weight," said Dr Goel. He also shared that Asha (name changed) from Bandra, operated six years back, has lost 90 per cent weight and is maintaining her weight as well.

21 year old Rasika, weighing 115 kgs, (name changed) from Thane was the lucky person who was offered free gastric band surgery after last series of Times Wellness programs in February. At a meeting at Thane, she oozed confidence after losing 22 kgs and hoped that she will lose another 25-30 kgs. Dr Ramen Goel, responding to a question said that in his experience, skin sagging is not seen in young patients if they start gym and get regular body massages.

I look at least 15 years younger after gastric bypass surgery, Mr Advani stated at Goregaon. His job responsibilities include food tasting. However, he still lost over 45 kgs in one year. His elder brother who resides in Congo underwent the same procedure by Dr Goel. Both of them swear by the results of bypass surgery.

Jagasia surprised the audience by revealing that he drove 17 kms himself to attend the seminar just one week after gastric bypass and had already lost 10 kgs. Contrary to popular belief, energy levels are higher and productivity also increases after bariatric surgery, the doctor clarified.

Yvette from USA, ready to fly back after gastric bypass surgery was extremely pleased with the medical care received in India and the individual attention Dr Goel gives to each of his patients. She attended the seminar at Worli to interact with people here, suffering with the same issue of weight maintenance after repeated attempts of successful weight loss. Dr Goel informed that as of now bariatric surgery is the only treatment for sustained weight loss for people who are 25-30 kgs overweight.

Anita, (name changed) a diabetic with blood sugar of around 300 mgs before surgery on medicines, has normal sugar levels even without medicines three weeks after surgery. "Over 84 per cent patients of type two diabetes have resolution of disease within two to three months of surgery and they do not need to take anti-diabetic medication thereafter," Dr Goel confirmed, citing various scientific publications. He also told a stunned audience that the surgery could be done even in thin diabetes with equally good results. "It is not a question of control of blood sugar alone but reduction of possible complications like heart attacks, strokes (paralysis), kidney failures, bleeding in eye and nerve damages etc," added Dr Goel.

It was unbelievable seeing active participation of well-read participants asking specific questions. Each of the meetings ended with participants profusely thanking The Times of India group for bringing cutting edge knowledge at their doorstep and hoped to attend similar programs that would be organized in the future.

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