

# Weight Loss ke Side Effects - A Contra view

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We always talk of the innumerable benefits of weight loss, but have you noticed hoardings & bus panels warning us of side effects of weight loss? Since most of our patients after bariatric surgery lose up to 80% of excess weight, we asked one of our patients to share her experiences of weight loss journey. We do agree that weight loss has side effects but of a different kind!

Ms Gowri Joshi (HR-Trainer) says the journey from 128 kgs to 70 kgs in 9 months after gastric bypass surgery was not easy. Being a HR trainer, she wears only branded western wear to be presentable. The cost of changing her wardrobe every 2 months is big but then she does not mind an opportunity to shop every month now.

She also laments loss of her constant companion - fat, an unwelcome guest, which stood by her through difficult & good times. Even though she tried to shake it off, fat as a true friend saw through her mischievous designs & made sure it always made a re-entry in her life. Now that she has lost it for good, she does feel the loss of a companion, if not a friend.

Though her office-mates & friends were sympathetic & friendly, she was not a part of inner group. Regaining her vitality after losing almost 80% of excess weight, she is now invited for all of office outdoor activities - treks, hiking trips & outstation getaways. She recalls the wonderful evenings & weekends she spent with her only companion before weight loss- her husband.

Another major problem after significant weight loss is her expense at parlors. Feeling more confident & presentable, she visits the beauty parlor spending on facials, massages etc. Being morbidly obese, she never felt like spending so much. This extra expense - is it not a side effect? She mocked.

Earlier despite best efforts the weighing scale hardly moved by 2 kgs in a month & thus she used to get de-motivated & gym routine was discontinued. Another side effect of successful weight loss is the motivation to lose more & to look better. Her fitness regimen is time consuming as her goals of a target weight are within reach now.

Another problem related to weight loss after bariatric surgery is that friends & family believe that she has taken a short cut for weight loss. It is difficult to break this negative connotation attached to a scientific treatment modality. Despite this 'side effect', she is happy that she had the courage to take a decision at the right time and change her life completely. To all those who believe that she has taken a short cut to lose weight and interfered with nature, she says that for the amount spent on the different diets, visiting farms & gym memberships, she could have purchased an apartment in South Mumbai.

She was worried about hair loss usually associated with weight loss. She had some hair fall too initially, but once she realized that regular protein & supplement can prevent this problem, it was not an issue anymore. She does have to remember to pack supplements on each of her outdoor trips.

Speak to her about loose skin, hair loss, lack of vitality or energy & she laughs out the notion - scientific weight loss has no place for these problems. Even 10 kgs weight in a month after surgery, should not have any of these problems.

Increased expense on clothes, travel, parlour, forced guilt of taking short cut for weight loss, less time for family, increased time spent at gym - these side effects of weight loss can be bothersome, but then who cares?

After weight loss she is a confident, different person, who contributes in her office, has new friends, feels good within, is admired by her husband & knows that she will never cross the century mark again.