

# Treatment of Obesity

## Bariatric & Metabolic Surgery



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In recent times there has been a dramatic rise in the number of obese individuals in the Indian population. This increasing prevalence of obesity has been linked to numerous factors like westernization of Indian diet, an abundance of food, reduction in physical activity, stress and lack of sleep amongst various other factors. It is also essential to understand that obesity is not just a weight problem and is associated with a large number of associated diseases like type II diabetes mellitus, hypertension, lipid disorders, obstructive sleep apnea (OSA), cardiovascular diseases, fatty liver, polycystic ovarian disease, infertility, osteo-arthritis and it even increases the risk of cancers. So it will not be wrong to say that it is truly "the emperor of all maladies."

India being the diabetes capital of the world, the combined problem of obesity and diabetes, or as it is called "Diabesity", is even more concerning. Morbidly obese patients with diabetes benefit enormously by weight loss as it reduces the requirement of medications and improves glycemic control. This eventually leads to reduction in risk of development of secondary complications of diabetes like nephropathy, retinopathy, peripheral neuropathy, and others.

World Health Organization (WHO) has recognized obesity as a chronic disease which requires treatment. Many patients inflicted by obesity suffer in silence, not knowing the remedy. Many patients fall prey to dangerous unscientific methods of weight loss like fad diet and medications, which harm them more than benefit. It is, thus, imperative to treat obesity scientifically under the care of a dedicated multi-disciplinary team including dieticians, fitness trainers, psychologist, endocrinologists, and bariatric surgeon offering a tailor-made treatment for each patient. The treatment approach to such patients is step-wise, offering lifestyle modifications as the first

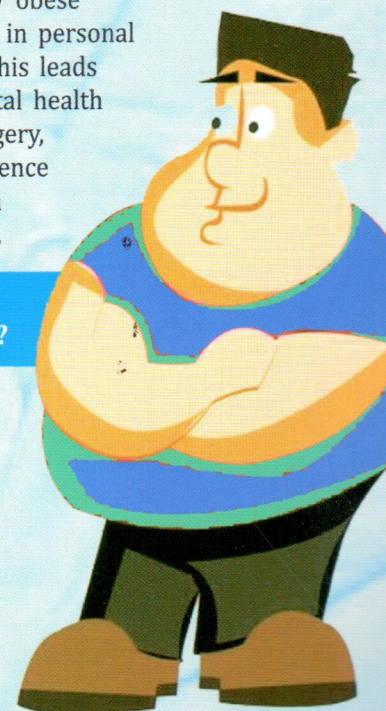
step. Patients who fail to achieve weight loss by such measures can consult a Bariatric surgical team.

As described above, bariatric/metabolic surgery is not the first option for treatment; nevertheless, it is the most effective therapy for morbid obesity and its associated diseases (co-morbidities). Bariatric surgery affords long term weight loss with sustained improvement of co-morbidities. Resolution of diabetes after bariatric surgery occurs in close to 80% patients (Buchwald, Henry, et al. "Bariatric surgery: a systematic review and meta-analysis." *Jama* 292.14 (2004): 1724-1737.). Patients are entirely off medications for diabetes maintaining normal blood sugar levels. Hypertension, lipid disorders, and OSA also have very high-resolution rates. Bariatric surgery results in improvement in both quality and quantum of life.

Talking about the quality of life, it has both health-related and social implications. Many obese individuals face social stigma in personal as well as professional life. This leads to poor self-esteem and mental health problems. After bariatric surgery, patients report higher confidence and better body image which improves their quality of life.

### Who is eligible for bariatric/metabolic surgery?

As per the Obesity & Metabolic Surgeons Society of India (OSSI) guidelines, any patient with a body mass index (BMI; calculated as weight in kgs/ height in M<sup>2</sup>) of



more 35 without co-morbidities and any patient with a BMI of more than 30 with obesity-related co-morbidities (eg. Type 2 diabetes, hypertension, OSA) having failed to achieve weight loss by lifestyle modifications, can be recommended for bariatric surgery. A patient with severely uncontrolled diabetes, not responsive to all forms of medication can be offered bariatric/metabolic surgery at a BMI as low as 27.5.

### Is bariatric surgery safe?

The safety profile of bariatric surgery is well established, both in the short-term as well as in the long term. However, bariatric patients need to maintain an annual follow up with the bariatric team (this checkup is similar to a yearly fitness checkup everyone should undergo). A yearly checkup ensures that the patients do not develop any nutritional deficiencies and also any maladaptive behaviors which may lead to weight regain. Major postoperative complications like anastomotic or staple line leaks are extremely low in experienced hands, to the tune of 1 in 1000 cases, which is even lower than the risk in a lap cholecystectomy (gall bladder removal surgery).

### How is the patient's journey after bariatric surgery?

After bariatric surgery, the patients starts losing weight at a rapid pace, usually, losing weight till one and a half years. Most patients lose 60% to 100% (on an average 75%) of their excess weight (total body weight - ideal body weight). During this process of rapid weight loss, patients are put on a supervised dietary regimen along with supplementation of multivitamins, calcium, iron and proteins. Patients are encouraged to eat small frequent meals with high protein content. They are also put on a regular exercise regimen having a combination of aerobic and anaerobic exercises under the supervision of a qualified fitness trainer. These measures ensure healthy weight loss so that patient loses only fat and not his / her lean muscle mass.

Bariatric treatment is a journey towards betterment of one's life making an unbreakable bond between the patient and his/her doctor. The happiness which we see on the faces of bariatric patients after they lose weight and other associated problems brings great satisfaction to us.

## We put our heart into healing yours

### Cardiology & Cardiothoracic Surgery

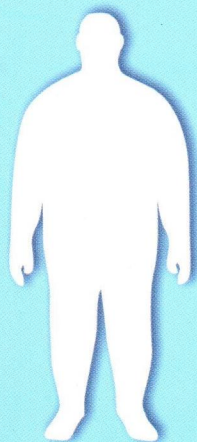
- Closed Heart Surgeries
- Open Heart Surgeries: CABG, including off pump, combined procedures (Valve replacement and repair with CABG)
- Total Arterial Grafting for CABG (LIMA/RIMA/RGEA)
- Re-do Cardiac Surgery
- Valvular and congenital heart diseases
- Beating heart surgery (off pump)
- Vascular surgeries including grafting
- Thoracic surgeries of all types
- Coronary angiogram (CAG) and Coronary angioplasty (PTCA)
- Peripheral Angiogram, Angioplasty
- Stenting of arteries – carotid, cerebral, renal, visceral, femoral etc. Balloon Aortic/Mitral/Pulmonary Valvuloplasty
- Embolotherapy for visceral bleeding
- MICS (Minimally Invasive Cardiac Surgery)

#### Health check-up services

- Basic Cardiac check-up ₹ 1,500/-
- Advanced Cardiac check-up ₹ 2,000/-

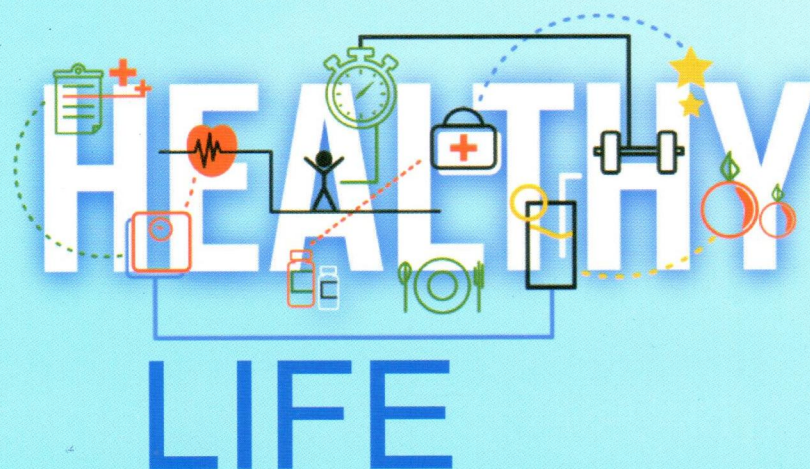


# Struggling with your weight?



- Are you lethargic?
- Do you suffer from breathlessness?
- Do you snore while sleeping?
- Do you suffer from joint pains?
- Have all your efforts to lose weight failed?

We can help you evolve to a



## Advanced Bariatric & Metabolic Surgery Clinic

- Bariatric Surgeon of National repute
- Highly experienced endocrinologists
- Diet counseling by experienced dieticians
- Physiotherapy & Rehabilitation
- Obesity prevention programme
- Lifestyle modification programme
- Medical therapy for obesity
- Advanced Bariatric & Metabolic Surgery