



### **TRIMMING THE FAT**



There are more than 150 million obese people in India. They face all sorts of problems like depression, fatigue, public ridicule and joint/knee pain. Some of them can't tie their shoe laces, descend stairs or fit in one seat on a plane or bus. A fat person has a worse quality of life than someone suffering from Cancer. We aren't of course talking about the "pleasantly plump" but grotesquely fat, the kind of people who just seem to keep getting larger no matter what they do, how little they eat or how much ever they 'exercise'

People work long hours, eat fast food with high calorie intake, lead a stressful life with no time to exercise. This leads to excess intra-abdominal fat and this unwanted fat give rise to Insulin resistance and Diabetes, high blood pressure and heart disease. It's a cycle.. the patient gains weight so becomes less active and because s/he is less active so s/he gains more weight. Obesity is estimated to be the number two killer disease of the 21<sup>st</sup> century.

Dr Abhay Agrawal who runs the Dept of Bariatric (Obesity) surgery - a centre of Excellence with a 100% success rate at the Asian Heart Institute has been trained in specialized Laparoscopy Bariatric Surgery from France, Austria and USA. He is one of the few handful surgeons who has treated many patients and is actively performing a sizable number of Obesity surgery procedures in the country today.

Bariatric surgery is the only scientifically proven method of treating morbid obesity. Diet and exercise will sooner or later fail in a patient with BMI over 33. His team of Dietician, Endocrinologist, counselor and Anaesthetist are well experienced in handling the difficulties faced in treating obese patients. Bariatric Surgery is considered as the mother of all Laparoscopic surgeries and requires lot of training and special facilities. The procedures (Gastric Banding or Gastric Bypass) are tailor made according to the patients needs and patients are discharged in 36-72 hrs after surgery. Permanent weight loss of about 20-50 kgs every year for the next three years is seen. Most women who have only dreamt of being in shape to wear western outfits and jeans feel it's a dream come true! It's a transformation in the quality of life.

If he continues the same way, in few years time the earth will be lighter by a few tons!

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