

19-yr-old goes under scalpel to shed flab



19-year-old Jalila Ramji before undergoing the bariatric surgery

DNA Correspondent

A 19-year-old girl with a body mass index (BMI) of 70 underwent bariatric surgery at Agarwal Hospital in Malad on Thursday. The girl, Jalila Ramji, weighs 180 kg.

"Her BMI was 70 which fall in the super obese category. She was in touch with us for the last 4 years. She had come to us when she was 12 and weighed 120 kg. We tried different techniques for her to loose weight and finally decided to operate. She underwent a laparoscopic sleeve gastrectomy," said Dr Abhay Agarwal of the Agarwal Hospital.

According to doctors, her daily intake was 5,000 to 6,000 calories. "She has an eating disorder called comfort

BARIATRIC SURGERY

Bariatric surgery includes a variety of procedures to reduce weight. Weight loss is achieved by reducing the size of the stomach with an implanted medical device or through removal of a portion of the stomach

19-year-old Jalila Ramji has a body mass index of 70 and she weighs 180 kg. Her daily intake was 5,000 to 6,000 calories. She has an eating disorder called comfort eating. 14 of her family members had undergone the procedure

eating. Many people in her family are suffering from this and at least 14 of them have undergone obesity surgery," said Dr Agarwal.

Rubina Juma, Ramji's maternal aunt, said: "She lost her father four years ago because of obesity and related medical conditions. It was after this incident that we all got scared and many of us who were obese went ahead for the

bariatric surgery. Ramji is the only child and a first year commerce student. She was teased and was the centre of ridicule in school and college."

The doctors performed sleeve gastrectomy, which typically involves stapling and dividing and thus reducing the size of the stomach so as to enable the patients to eat small meals and feel satiated.

"They typically eat 5-6 small

meals through out the day totalling to approx 1,200 calories or so. The diet they need to follow is of high proteins and low calories (no oil/sugar/carbohydrates). She is estimated to loose about 80-90 kg after this procedure. These patients loose approx 75% of their excess weight in 2 years," said Dr Agarwal.

Experts say they are getting many requests to perform obesity surgery.

Dr Ramen Goel, obesity surgeon from the Bombay Hospital, said: "I have operated on a 16-year-old girl in Mumbai. Surgeries are recommended to people who have tried out all weight-loss methods and failed to loose weight. It should affect the person's normal lifestyle."