

19-year-old undergoes weightloss surgery

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A 19-year-old girl underwent weightloss surgery at a Malad hospital on Thursday. Jalila Ramji weighed 180 kgs, and said that she never felt full no matter how much she ate. Nothing worked when she tried to loose weight, and she opted for bariatric surgery.

"Typically, her intake would be anywhere between 5,000-6,000 calories a day. She had lost her father due to obesity related medical conditions and many of her family members had similar problems," said



Jalila Ramji

bariatric surgeon Dr Abhay Agarwal who operated on Ramji, and earlier, on her relatives.

Ramji, who now lives in Nairobi, said she used to be teased and was ridiculed in school and college.

Ramji underwent sleeve gastrectomy which involves stapling the stomach, thus reducing its size. This enables patients to eat small meals and feel satiated. Agarwal pointed out that exercise is also an important aspect of the multidisciplinary approach to weightloss treatment.

"Ramji is estimated to loose about 80-90 kgs after this procedure," said Agarwal, adding that such patients lose about 75 per cent of their excess weight in 2 years.