

Bariatric Surgery Department



Dr. Parag G. Patel

MBBS, MS, FMAS, FIAGES, FAIGE,
Fellowship in Stomach Surgery (South Korea)
Fellowship in Bariatric Surgery (Taiwan)

Bariatric Coordinator

Vaishali Patel
87994 04100

Bariatric Surgery Team

ANESTHETIC

Dr. Punit Rawal

MBBS, MD, Cardiac Anesthetic

Dr. Dipal Thakar

MBBS, MD, Anesthetic

Dr. Rahul Phapale

MBBS, DNB, Anesthetic

PHYSIOTHERAPIST

Dr. Mayuri Lakhavani

Physiotherapist

Dr. Behula Patel

Physiotherapist

Dr. Smita Chavda

Physiotherapist

DIETICIAN

Trupti Trivedi

Kesar Shekh



Bariatric (Obesity) Surgery Department



Zydus Hospital

Nr. Indira Gandhi Statue, Anand-Lambhvel Road, Anand-388001

For more information: 97732 37705

www.gobesitysurgery.com  Gobesity



Full time, expert and experienced doctors | Transparent billing | Fix Packages | No hidden cost

WHAT IS OBESITY? AM I OBESE?

It's abnormal deposition of fat which leads to increase in weight which is higher than the ideal weight in that age and height.

It's calculated by BMI or WAIST CIRCUMFERENCE

$$\text{BMI} = \frac{\text{WEIGHT IN KG}}{\text{HEIGHT IN CM}^2}$$

According to BMI calculation

20-24.9- normal weight

25-29.9-over weight=orange zone

30-34.9-grade 1 obesity=red zone

35-39.9-grade 2 obesity=red zone

40-49.9-grade 3 obesity=red zone

50 or above-super obese=red zone

Calculate your BMI and know how obese you are.

WAIST CIRCUMFERENCE

Male - 90 cm or above

Female - 80 cm or above

WHY SHOULD I WORRY ABOUT OBESITY?

Obesity is a disease which is associated with many other diseases

- Type 2 diabetes (40times higher risk of dm 2 in obese as compare to normal weight individual)
- Hypertension

- Ischemic heart disease and heart failure
- Stroke and paralysis
- Dementia and depression
- Fatty liver, NASH (non alcoholic steato hepatitis)
- Joint pains, gout
- Sleep apnoea, snoring, obesity hypoventilation syndrome
- Dyslipidemia
- Dvt and venous stasis
- Infertility and menstrual irregularities
- Urinary incontinence

WHAT ARE THE REASONS FOR OBESITY?

- **Diet:** High calories diet, junk food, excessive diet.. Use of beverages, alcohol, high sugar juices, irregular meals
- **Life Style:** sedentary life style, lack of exercise
- **Diseases:** certain diseases like hypothyroidism, pituitary tumors, might be associated with obesity
- **Hereditary:** certain families have obesity in their genes

To Know The Reason For Your Obesity, Consult our Multidisciplinary Team In Zydus Bariatric And Metabolic SURGERY DEPARTMENT

How Can I Cure My Obesity And Obesity Related Disease/ Problems?

- **Diet:** our expert dieticians will help you to prepare a diet chart to get rid of your obesity
- **Exercise:** Our physiotherapist will help you to prepare a exercise plan to burn more calories without injuring your body
- **Surgeries:** if you are not able to loose weight with your conservative trials, our expert bariatric surgeon will help you to cure your obesity and related disorders.

What is Bariatric / obesity / metabolic Surgeries? How Do They Work?

- These are surgeries being performed on your stomach and intestines to restrict your diet and to bypass your calories to loose weight and get rid of metabolic syndromes like diabetes, dyslipidemia, hypertension etc.

To Know More About Types And Details Of Surgeries, Kindly Visit Our Bariatric And Metabolic Surgery Department

Are Bariatric Surgeries Safe?

- Yes. They are safe. They are done with laparoscopy so less painful, early recovery and early discharge from the hospital. Patient can mobile on the day of surgery and can resume work/office in a week.

What Are The Benefits of Bariatric Surgeries Over Conventional Diet And Exercise?

- Diet and exercise together can help you loose 10-15% of your excess body weight. And you have to maintain the schedule to have sustained effects. Weight regains are the main problems associated with these methods. These methods are useful for over weight persons rather than obese persons.
- Bariatric surgeries will help you to loose 60-80% of your excess body weight depends on types of surgeries

being done. Bariatric surgeries will ensure you sustained weight reduction for 10-15 years.

- Along with weight surgeries will help you to cure/control your comorbidities like type 2 dm, hypertension, dyslipidemia etc.
- Studies have proven that these surgeries may cure diabetes, helps to control it properly, reduces doses of insulin, helps to get rid of insulins, reduce numbers of medication required to control diabetes.
- It helps to control hypertension and dyslipidemia

Who Can Undergo Bariatric Surgery?

- BMI 40 or more with or without comorbidities
- BMI 35 or more with comorbidities
- BMI 32 or more with comorbidities like dm, ht
- BMI 27.5 or more with uncontrolled dm (hba1c more than 7)
- BMI 30 or more with waist circumference more than 80 in females and more than 90cm in males

Why Zydus Bariatric And Metabolic Surgery Department ?

- Team of bariatric surgeon, physician, dieticians, physiotherapist to address the whole obesity and obesity related diseases
- Most advanced laminar flow operation theatres
- Most advanced high definition laparoscopy systems
- Full time availability of dedicated anesthesiologist and intensivists
- Most advanced ICU set ups
- Excellent nursing care

All These Facilities With The Most Affordable Price In Entire Gujarat .

'it's Not Just The Weight You Lose; But The Life You Gain!!'