

Experts call for surgical intervention to tackle rising obesity in women

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Bariatric surgery can offer hope



In India obesity is a major worry. Also, women outnumber men in this lifestyle malady. In the urban population, 23 per cent of women are obese, compared to 20 per cent of men. Obese women also face a higher risk of contracting a variety of cancers, stroke, diabetes, high cholesterol, and BP.

The traditional ways of achieving this goal through dieting, doing exercise, and taking weight-loss pills have limited scope. Therefore, the right option boils down is the long-term weight-loss plan. Though liposuction is said to be a long-term option, persons undergoing this procedure tend to gain weight after some time. But, this doesn't happen in surgical interventions such as bariatric surgery.

"Bariatric surgery falls under two categories – Restrictive surgery, and Restrictive and malabsorptive surgery. The former, which entails Sleeve Gastrectomy helps reduce the stomach by 15 per cent of its original size, permanently reduces the size of the stomach, and helps lose up to 60 per cent of the excess weight in 6-12 months," said Dr G Moinoddin, Bariatric & Metabolic Surgeon, Dr Moin- Obesity & Laparoscopy Center.

Sleeve gastrectomy is done through a single incision through the umbilicus, with little or no scarring and very little pain. The recovery time is also short.

"Bariatric surgery offers lots of benefits, which can be categorised as 'Psychological', 'Physiological', and 'Treatment of Comorbidities'. Post-weight-loss, the person gets a better sense of self. BP and diabetes are resolved speedily. For those unable to conceive, chances of pregnancy improve," said Dr Moinoddin.