

Article for anti-obesity day

Obesity is a disease and major health concern both in developed and developing countries. Obesity has become the #1 health problem in India. Today half of the population is overweight. Sedentary lifestyle and worst eating patterns leads to obesity. Permanent results come from permanent changes in diet and lifestyle.

Childhood obesity has reached epidemic levels in our country. Childhood obesity is known to have significant impact on both physical and psychological health.

Obesity causes many medical conditions like diabetes, cardiovascular disease, hypertension, sleep apnoea, respiratory problems, degenerative joints disease, infertility, depressions etc. To fight with obesity, Bariatric surgery is the ultimate option. It is not a cosmetic surgery but a life –saving intervention for morbidly obese patients battling with medical conditions. Weight loss surgery can not only help you look and feel better, it can also ensure that you lead a healthier life.

At our centre, **Naveli Bariatric Hospital**, we are focused on addressing obesity with modern treatment strategies research and education. Often losing weight is not simple as it sounds It requires follow up and rehabilitation.

According, to the Indian Criteria, if BMI is more than 32.5 with or without co-morbidities those types of patients are candidate for Bariatric surgery. As patients with BMI more than 32.5 have more hormonal issues rather than eating patterns.

Few success stories of our Patients who has undergone for bariatric surgery.

Before surgery 160kgs



78 kgs after 1 year of weight loss surgery



Before weight loss surgery
Weight 200 kgs



Weight after 1 year 102kgs



Before surgery weight 110 kgs



60kgs after 20months

