



Obesity, commonly considered a cosmetic problem, has become one of the major public health problems in our country today — more than one third of Indians are overweight and roughly 1.15 billion people in developing countries have severe obesity (defined as being 35 kg or more overweight). Obesity has surpassed many diseases including Diabetes and Heart conditions and resulted in major cause of premature death and many other medical conditions, including cardiovascular conditions, hypertension, sleep apnea, degenerative joint diseases and many more.

At Anya Gastro Surgicentre, our program is focused on addressing obesity with modern scientific treatment strategies, research and education, because losing weight often is not as simple as it sounds. Our Centre offers a variety of services to meet your needs, including guidance from a dietician, training by a fitness therapist and bariatric surgery (also known as gastric bypass, or weight-loss surgery) — a proven safe and effective treatment option for many, many people.

Carefully researching your options is an important step in your search for the best weight management program. We are confident that you will discover how the Centre excels in so many ways and how the program is right for you.

Please call us with any questions. We look forward to serving you.

Sincerely,

Dr Anish Nagpal

Director of Anya Obesity & Gastro Surgicentre

WHAT IS SEVERE OBESITY?

Severe obesity, known also as “morbid obesity”, is defined as being approximately 35 kg or more above the ideal body weight. This condition is associated with the development of life-threatening complications such as hypertension, diabetes and coronary artery disease, to name a few.

Numerous treatment approaches to this problem have been advocated, including low calorie diets, medication, behavioral modification and exercise therapy. However, the only treatment proven to be effective in long-term management of morbid obesity is surgical intervention.

WHAT CAUSES SEVERE OBESITY?

The cause of severe obesity is incompletely understood. There are probably many factors involved. In obese persons, the set point of stored energy is too high. This altered set point results in from a low metabolism with low energy expenditure, excessive caloric intake, or a combination of the above. Severe obesity is not a case of simple lack of self-control by the patient.

WHAT ARE THE TREATMENT OPTIONS?

In 2004 the American Society for Bariatric Surgery, now the American Society for Metabolic and Bariatric Surgery (ASMBS), published a consensus statement that surgical treatment is the long lasting option of Morbid Obesity. However, all patients should know the other options available for moderate weight loss.

Diet

Regulating dietary intake is one of the most important components in the treatment of obesity. Caloric restriction can be achieved by low calorie diets and very low calorie diets. Low calorie diets restrict daily caloric intake by 500 to 1000 kcal per day, with a goal of inducing a 1- to 2-lb weight reduction per week. Very low calorie diets provide 200 to 800 kcal per day and are used often when there is a need to achieve more rapid

weight loss, although results do not differ significantly at 1 year. Success ultimately relies on reducing energy intake, despite considerable controversy regarding the optimum macronutrient composition (eg, low fat versus low carbohydrate) in a diet.

Behavior modification

Behavior therapy aims to modify behavior with regard to energy consumption. Often, it is integral to a comprehensive weight loss program, involving self-monitoring, stimulus control, cognitive behavior modification, goal setting, self-esteem, assertiveness training, relaxation exercises, nutrition, stress management, and social support, among others.

Exercise

Physical activity or exercise is important in the treatment of obesity and is a valuable tool in any weight-reduction program. Exercise alone, however, produces only small weight losses, with its greatest role apparent in long-term weight loss maintenance.

MEDICALLY MANAGED WEIGHT-LOSS

Medically managed weight-loss programs provide treatment in a clinical setting with a licensed healthcare professional, such as a medical doctor, nurse, registered dietitian and/or psychologist. These programs typically offer services such as prescription of weight-loss medications, nutrition education, physical activity instruction and behavioral therapy. Although medications are available to induce weight loss, there does not appear to be a role for long-term medical therapy in the management of morbid obesity. Medications that reduce appetite can result in 5-10 kg. weight reduction. However, weight gain is rapid once medication is withdrawn.

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