

Obesity Management Programme

Embark on a weight-loss journey



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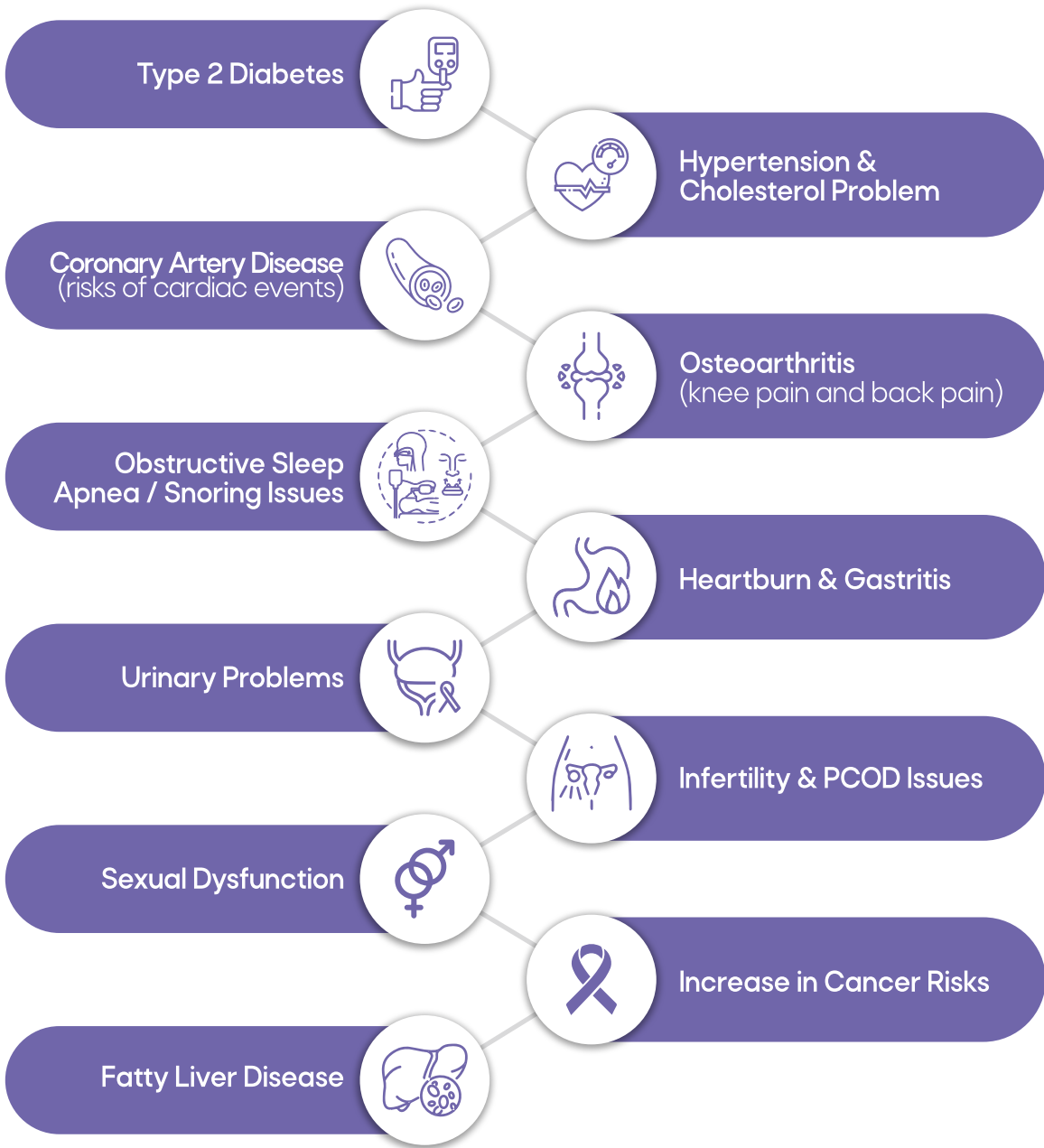
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Thank you for choosing Sanar International Hospitals for Obesity Management. We understand your concern and are here to help you. Our experts will guide and assist you in achieving better health with evidence-based scientific treatment.



Why worry about Obesity?

Obesity is a chronic multifactorial disease associated with the accumulation of excessive fat in the body. It can affect the entire body's functioning and cause various physical discomforts, deformities, and ailments. Obesity is no longer considered a cosmetic issue caused by a lack of self-control and overeating. Instead, it is now recognised as a chronic progressive disease resulting from various environmental and genetic factors. One major concern associated with Obesity is that it affects heart health, which can be life-threatening if not checked and treated in time.





Obesity is not “Healthy”

In India, a significant section of the society views Obesity as a symbol of prosperity and people with severely increased weight are considered "healthy".

In actuality, Obesity is a serious condition that needs clinical management. WHO has now termed 'Obesity' a major health concern and one of the leading causes of lifestyle-related deaths (which can be prevented).

Obesity is neither a healthy physical state nor a symbol of prosperity

There is also the need to end the social stigmas associated with Obesity and instead give support and contribute to building a healthier society.

Why wait for better health?



Obesity related facts

- The best diet is a healthy and wholesome diet that you can adhere to in the long term as well
- Calorie-restricted diet helps in reducing weight
- Exercise helps in maintaining weight

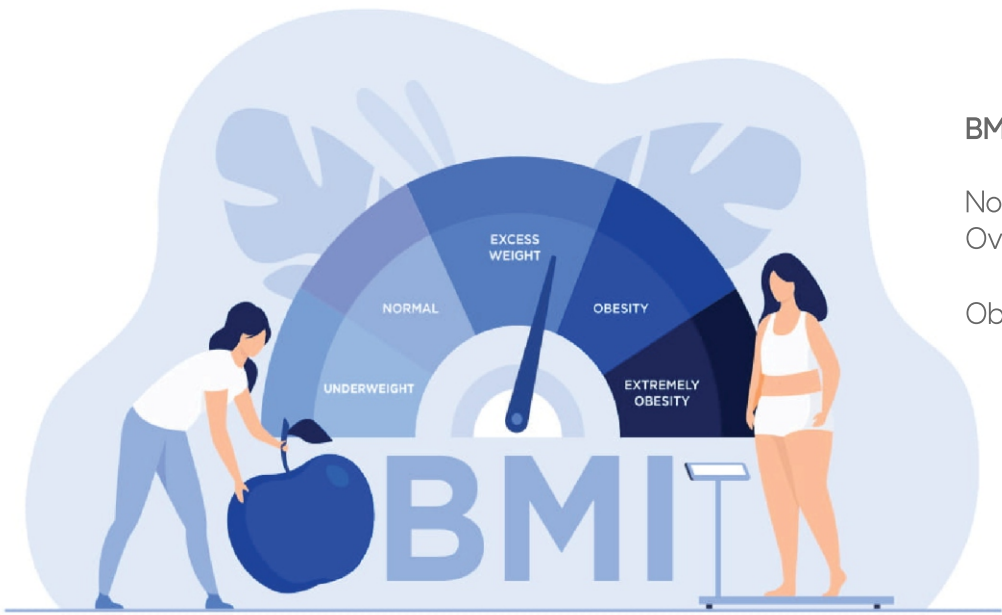
Are you overweight?

How to check if one is overweight or not?

Checking the Body Mass Index (BMI) is one of the simplest ways to assess whether one is overweight or affected by Obesity.

Calculation of BMI (Body Mass Index)

$$\text{Weight(KG)} \div (\text{Height} \times \text{Height}) \text{ m}^2 = \text{BMI of the person (KG/m}^2\text{)}$$



BMI Categories

- Normal weight = 18.5 to 24.9
- Overweight = BMI more than 25 and less than 30
- Obesity = BMI of 30 or greater

*For Indians and Asians, BMI - 27.5 and more is defined as obese.

Treatment for Obesity

At Sanar International Hospitals, we offer a range of personalised treatment plans post assessment of an individual's Obesity condition. Every treatment plan is precisely curated in accordance with the specific needs of the patient, thereby giving a personalised touch for better outcomes.

Assessments such as BMI calculation and evaluation of underlying diseases help us to choose appropriate treatments and guide the clinical management of Obesity.



Healthy Diet:

Our expert dieticians keenly assess all the factors and help you with a detailed diet plan. Since every patient has unique dietary requirements, diet and maintenance plan is customised specific to patient's needs.



Medication:

Apart from lifestyle-related ailments, a wide spectrum of underlying diseases can lead to Obesity. At Sanar International Hospitals, after initial investigations and check-ups, one is guided to work on related illnesses for long-term benefits. Our physicians would guide you on appropriate pharmacological and latest non-invasive treatments available.



Exercise (Physiotherapy):

Physical exercise plays a key role in reducing weight and maintaining the right body posture and structure. Physiotherapy practice trends are considered to be helpful in recovery from prolonged illnesses. Likewise, in Obesity Management, Physiotherapy paired with proper medication can help enhance overall health. The Physiotherapy sessions offered at our hospital are planned as per the consultation and ongoing treatment.

Obesity and Bariatric Surgery

Bariatric Surgery is required only in a selected group affected by severe Obesity





What is Bariatric Surgery?

Bariatric Surgery is a set of procedures that cause weight loss either by restricting the amount of food the stomach can hold, causing malabsorption of nutrients, or with a combination of both gastric restriction and malabsorption.

Most weight loss surgeries today are performed using Minimally Invasive Techniques (Laparoscopic Surgery) where patients can walk soon after the surgery. The hospital stay usually remains for 2 to 3 days.

Commonly performed Bariatric procedures include, Laparoscopic Sleeve Gastrectomy and Gastric Bypass Surgery. Some of these procedures can also be performed with Minimally Invasive Key-hole surgery.

Non-Surgical Intervention

When diet, exercise, and lifestyle changes do not give desired results, there are also options for other non-surgical interventions, including balloon placement and a range of non-invasive endoscopic procedures. However, these options are reserved for selected patients, and our expert team will guide those who can benefit more from such procedures.

Importance of Bariatric Surgery

When a patient has very high BMI like 40 kg/m^2 , the chances of reaching a normal body weight for a lasting period of time are considered to be less than even 1% (source: ASMBS), and for the same reason, surgery is an effective option for the patients with severe Obesity. There is reasonable scientific evidence that proves surgery is not only effective in weight loss but also helps in the resolution of chronic Obesity-related illnesses like Diabetes, Hypertension, Cardiovascular Disorders, Osteoarthritis, etc. The NIH (National Institute of Health), NHS (National Health Service), and other reputed bodies like WHO recognise Bariatric Surgery as the only effective treatment to fight against severe Obesity and maintain the right body weight in the long run.

What are indications of Bariatric (Weight Loss) Surgery?

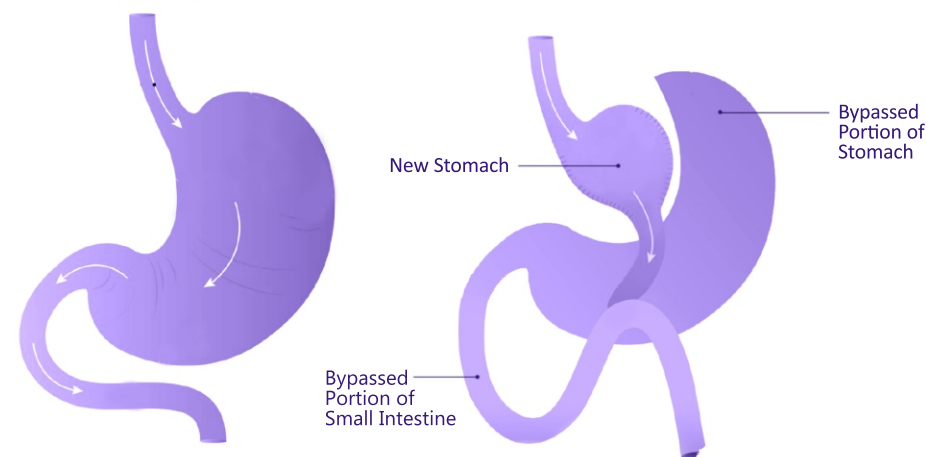
Qualification for Bariatric Surgery in India majorly include

1. BMI 37.5 or more than 100 pounds overweight
2. BMI 32.5 and at least one or more Obesity-related co-morbidities such as Type II Diabetes (T2DM), Hypertension, Sleep Apnea and other Respiratory Disorders, Non-alcoholic Fatty Liver Disease, Osteoarthritis, Lipid Abnormalities, Gastrointestinal Disorders, or Heart Disease.
3. Inability to achieve a healthy weight loss sustained for a period of time with prior weight loss efforts

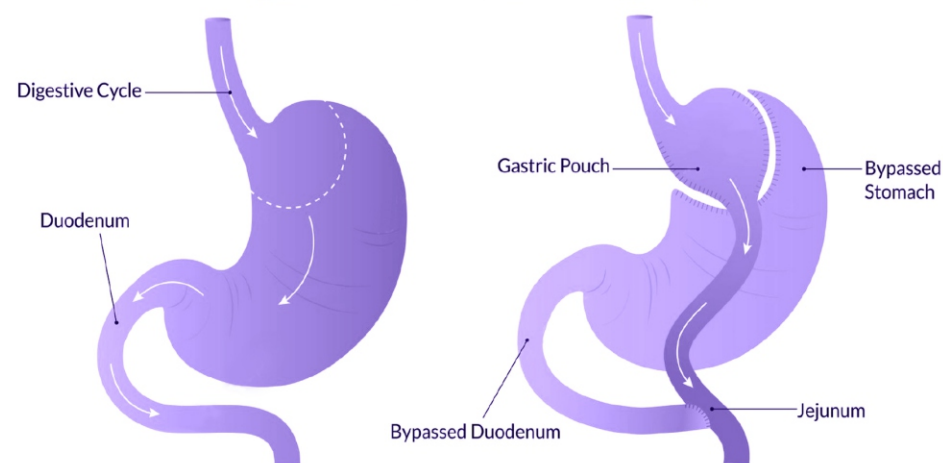


Common Procedures:

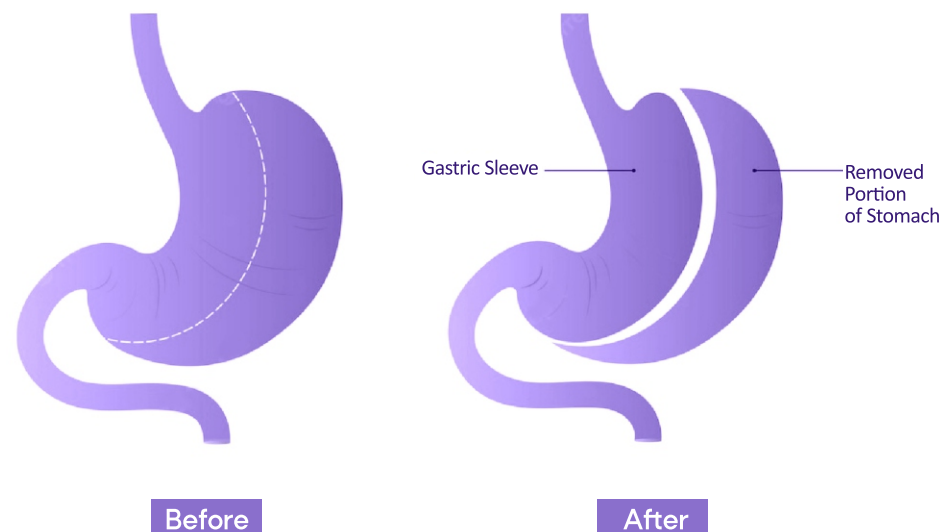
MINI-GASTRIC BYPASS



GASTRIC BYPASS SURGERY



VERTICAL SLEEVE GASTRECTOMY



Benefits of Bariatric Surgery:

- **Effective weight loss**
which is measurable to the tune of more than 30 kg (not merely 5 to 10 kg)
- **Long-term maintenance of weight loss**
with major studies showing more than 50% EWL (Excess Body Weight Loss) maintained for more than 16 years
- **Resolution of Obesity-related illnesses**
like Diabetes, Hypertension, Sleep Apnea, Osteoarthritis, and improvement in Cardiac function
- **Improved longevity**
as compared to individuals who were eligible for the surgery but did not undergo the procedure
- **Improved quality of life**
leaving a positive impact on almost every aspect like self-esteem, social interaction, employment, and sexual function. Singlehood and issues like depression and anxiety are also significantly reduced following Bariatric Surgery