

HOLISTIC TREATMENT FOR OBESITY AT PSG HOSPITALS



A person is overweight/obese when the energy intake is more than the energy expenditure. In technical terms, it is abnormal and excessive fat deposition (more than 35% in females and more than 25% in males). Today, more people are dying due to obesity than starvation. Obesity is a leading preventable cause of death worldwide, with increasing rates in adults and children.

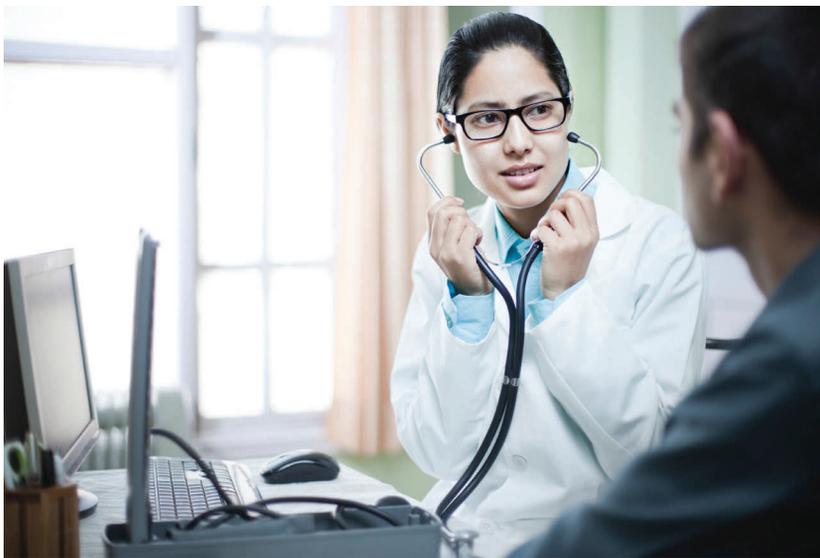
BMI is a number calculated by dividing a person's weight in kilograms by his or her height in metres squared. BMI is used in determining obesity. An adult with a BMI of 30 or greater is clinically obese. BMI is not used to determine a person's actual percentage of body fat, but it is a good

indicator to categorize weight in terms of what is healthy and unhealthy. The World Health Organization (WHO) has identified obesity as an epidemic and as the largest global, chronic health problem in adults. In India 39 million adults are obese. Childhood obesity is also increasing world wide.

The traditional weight loss attempt always would be diet and exercise. But the approach differs from person to person. Obesity is disease and needs treatment, it is not a cosmetic problem. The treatment protocol should be a holistic approach covering Diet, Exercise, Medicines, Key Hole surgeries (Laparoscopic Procedures) and Endoscopic Procedures. The advantages of Laparoscopic Bariatric Surgery include no

pain; scarless / no scar; discharge in 3-4 days and early to normal work. Medical conditions resolved include Type 2 Diabetes, Hypertension, Cardiac Function Improvement, Osteoarthritis, Sleep Apnea, Stress Incontinence, GERD and Cholesterol.

In 2005, PSG Hospital was the first hospital in India to do bariatric surgery. It was the first medical college and hospital in India to start a dedicated bariatric unit. It was also the first 2000-bedded multispecialty medical college and hospital in India to adopt a holistic approach for overweight/obese individuals. The bariatric team has operated a patient with weight of 234kg. It adopts a dedicated multi-disciplinary approach on obesity with consultations by Bariatric Surgeon and Bariatric Nutritionist.



“It maximises the chance of cure and minimises the adverse effects to the surrounding healthy tissues. Proton therapy

is effective against many kinds of cancer, but is particularly effective in challenging cancer sites including tumours affecting

the eye and brain, tumours close to the brain stem, spinal cord or other vital organs, head and neck cancers, deep seated abdominal and pelvic cancers, recurrent cancers and paediatric cancers where children and young adults are at a particular risk of lasting damage to organs that are still growing,” adds Dr. Rakesh Jalali, Medical Director & Head of Radiation Oncology, Apollo Proton Cancer Centre.

The focus also is to help patients return to a normal life soon. Dr. Sandhya Ravi, Managing Director and Consultant General Surgeon, Prameya Health says, “Over the years when medical and social support diminishes and patients have to manage on their own, a programme