

Diet, Nutrition and Obesity

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Surgery for Morbid Obesity and Metabolic Disorders

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Obesity is the most preventable lifestyle disease. Morbid obesity is on an alarming rise, and metabolic syndrome is an alarming health condition and the serious part is that more than 60% of obese may be suffering from it.

The factors include central obesity, high insulin resistance, high blood pressure, and deranged cholesterol levels. Other factors that increase the risk of metabolic syndrome are age, family history, sedentary lifestyle, women with PCOS, Obstructive sleep apnea (OSA).

Having one or more of these factors will seriously increase the risk of heart attack and stroke. The risk increases multifold if the person suffers from morbid obesity.

Bariatric & Metabolic surgery is a safe and effective modality of treatment option for those suffering from severe and morbid obesity. These procedures have a positive impact on metabolic or hormonal changes that play a major role in hunger, satiety and also reduces fat absorption. This causes exaggerated weight loss, improvement and/or resolution of diabetes, hypertension, dyslipidemia, sleep apnea, and other weight related illness. Ideally these patients have up to 80 – 90% resolution of excess weight & 95 – 100% resolution of diabetes and may continue even without medications for rest of their life.

Surgery helps in preventing all the complications of comorbidities as well and increased patients life expectancy and quality of life by more than 90%, which in other words means that the patient can live a healthy life as healthy as any fit healthy person of their age.

Biography

XXXX has completed his PhD at the age of 25 years from Andhra University and postdoctoral studies from Stanford University School of Medicine. He is the director of XXXX, a premier Bio-Soft service organization. He has published more than 25 papers in reputed journals and has been serving as an editorial board member of repute. (Up to 100 words).