**Bariatric and Weight Loss Surgery**

**Overview:**

Achieving a healthy weight promotes overall health and well-being. However, for some individuals, traditional methods of diet and exercise may not be sufficient to achieve significant weight loss. In such cases, weight loss surgery, also known as bariatric surgery, has emerged as one of the most effective surgical methods for Obesity and a range of its health impacts.

**Obesity:**  is a medical condition, in which excess [body fat](https://en.wikipedia.org/wiki/Adipose_tissue) has accumulated to such an extent that it can potentially have negative effects on [health](https://en.wikipedia.org/wiki/Health). People are classified as obese when their [body mass index](https://en.wikipedia.org/wiki/Body_mass_index) (BMI) is over 30 [kg](https://en.wikipedia.org/wiki/Kilogram)/[m2](https://en.wikipedia.org/wiki/Square_metre)

**Impact of Obesity or excess weight:**

The impact of excess weight on one's health and quality of life cannot be overstated. Being overweight can make it difficult to maintain an active lifestyle and hinder the ability to engage in activities that bring joy and fulfilment. Moreover, excess weight affects physical health, and obesity can also contribute to various medical conditions, including:

* Diabetes
* High Blood Pressure
* Sleep Apnea
* Arthritis
* Asthma
* Acid Reflux
* Infertility
* High Cholesterol
* Osteoarthritis, especially in weight-bearing joints such as the knees, because extra weight can damage the cartilage and bone
* [Non-alcoholic fatty liver disease (NAFLD)](https://www.niddk.nih.gov/health-information/liver-disease/nafld-nash/definition-facts)
* Urinary incontinence happens when pelvic muscles that are weakened from chronic (long-term) obesity can no longer help maintain bladder control
* [Gallbladder disease](https://www.niddk.nih.gov/health-information/digestive-diseases/gallstones/dieting)
* Depression or other mental health conditions
* Cancers, such as pancreatic, colon, breast, and liver cancers

Our dedicated Bariatric & Weight Loss Surgery Department is committed to helping patients overcome the challenges associated with obesity and its related health issues. The Department of Bariatric & Weight Loss Surgery offers a transformative solution for individuals who have struggled to achieve sustainable weight loss through conventional methods. Our team understands the challenges faced by patients dealing with obesity-related conditions, and we are committed to providing personalized care and support throughout their weight loss journey.

**Bariatric Procedures:**

We offer a range of Bariatric (Weight Loss) procedures, each planned to work in different ways to promote weight loss and improve overall health. These procedures can be categorized into two main types:

1. **Gastric restriction procedures:** bariatric weight loss surgery involves the use of surgical techniques to reduce the size of the stomach. By creating a smaller stomach pouch, these procedures limit the amount of food an individual can consume, leading to a feeling of fullness with smaller portions. Laparoscopic Sleeve Gastrectomy
2. **Malabsorptive procedures:** on the other hand, alter the way the body absorbs nutrients from food. By rerouting the digestive tract, these procedures reduce the number of calories and nutrients absorbed by the body, leading to weight loss.

In some cases, a combination of Mini Gastric bypass and Roux-en-Y Gastric bypass may be recommended to achieve optimal weight loss results.

At our hospital, Bariatric surgeries are performed using Minimally Invasive Techniques, such as Laparoscopic Surgery. These techniques involve small incisions, resulting in reduced scarring, shorter recovery times, and lower risk of complications. **We use staples & consumables from the world’s best companies.**

Before recommending any weight loss surgery, our team conducts a thorough evaluation of each patient's medical history, lifestyle, and individual goals. We believe in a patient-centered approach, and our primary objective is to ensure the safety and well-being of our patients throughout their weight loss journey.

Weight loss surgery is not a quick fix, but rather a powerful tool that, when combined with a commitment to lifestyle changes, can lead to significant and sustainable weight loss. Our Bariatric Surgery Specialty is dedicated to supporting patients at every step, providing comprehensive post-surgery care and guidance to help them achieve long-term success in their weight loss and overall health goals.

If you are struggling with obesity and related health conditions, we encourage you to explore the possibilities of weight loss surgery and the potential for a healthier, happier, and more fulfilling life with the virtue of bariatric weight loss surgery. Our team is ready to work with you and your primary care physician to determine the best path forward on your journey to a healthier you.

**Preventive Obesity Package at Jeevan Jyoti Hospital**

Taking a cue from the fact that the modern lifestyle has been marred by unhealthy practices and improper diet habits, Jeevan Jyoti Hospital offers a Preventive Obesity Package. Our multidisciplinary team of weight-loss experts guides the patients regarding proper weight management. Preventive Health Checkup ensures that the complex medical disorders due to obesity are detected on time.

Our Preventive Obesity Package carves the path to recovery and better health by focusing on an individual’s obesity-related issues and guides them in the process of weight management through dietary modifications, physical activities, medications, and bariatric surgery.

**Why Choose Us:**

Availability of minimally invasive/keyhole surgery techniques with high success rates, without any complications at affordable cost.