

Bariatric Surgery



What is Morbid Obesity?

- Morbid Obesity is a disease, which is chronic and lifelong.
- Causative factor of the disease is due to excessive fat storage.



What is BMI?

- BMI or Body Mass Index is a measure of calculating a person's excess weight.
- It is calculated by the following formula

$$\text{BMI} = \frac{\text{Weight (in Kilograms)}}{\text{Height (in m.)} \times \text{Height (in m.)}}$$

The BMI of the person is:

	Western	Asian
Average Built	21 - 25	18 - 22.5
Overweight	25 - 30	22.5 - 27.5
Obese	30 - 40	27.5 - 37.5
Morbidly Obese	> 40	> 37.5

What are the risks associated with Morbid Obesity?

Morbid Obesity is an extreme health hazard with medical, psychological, social, physical and economic co-morbidities.

- There is increased risk of developing high blood pressure, diabetes (type 2), heart disease, stroke, gallstone disease, cancer of breast, prostate and colon.



- Morbidly obese people are victims of prejudice and public ridicule due to their size. This repeated mental trauma leads to psychological illness such as depression.
- Discrimination at work results in poor socio-economic condition.
- Morbid Obesity is a treatable cause of early preventable deaths.



Why should Morbid Obesity be treated?

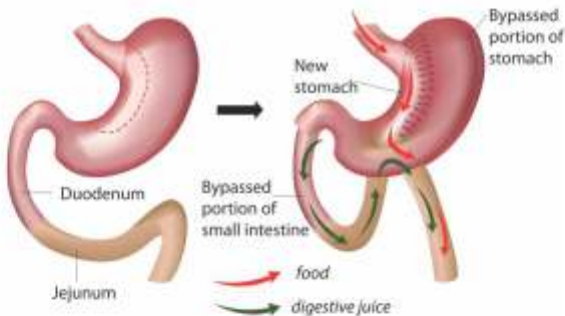
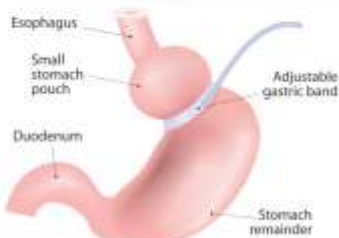
- Morbid Obesity is a disease like any other disease
- It has become necessary to recognize this entity as a cause of severe mental and physical morbidity which shows significant improvement following weight loss. It is more important for the patients themselves to understand its morbid implications and their inability to control it on their own.



What is Bariatric Surgery?

Bariatric Surgery is a treatment option for patients with Morbid Obesity.

- This surgery helps you lose weight by altering your body's food digestion and absorption.
- There are several surgical options, each having their benefits and risks.



Is Morbid Obesity Surgery for you ?

You will qualify for Morbid Surgery if :

- You are classified 'Morbid Obese' (BMI more than 37.5)
- Your BMI is 32.5-37.5 with severe obesity related medical condition e.g. Diabetes, Heart Disease, High Blood Pressure, Arthritis etc.
- Other methods of weight loss (dietary/medicines) have been unsuccessful.
- You are unable to perform routine activities/daily chores due to the weight problem.
- You have understood the surgical procedure for weight loss, the risks and after effects involved and are committed to making lifelong behavioral changes pertaining to dietary and physical activities.



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