

In fight against flab, doctors say surgery best cure

Asserting that there is no magic cure for obesity but help is at hand, leading surgeons, on the eve of a two-day meet Obesity 2008, Friday said bariatric surgery is the only long-term solution to weight control.

'This is not a cosmetic surgery but a life saving one,' said surgeon Mahendra Narwaria.

Addressing mediapersons here, Narwaria said: 'The idea behind organising such a conference is to enthuse the uninitiated drive in the field of obesity. The session will enrich the practicing delegates with the recent advances in the field.'

The conference being held under the aegis of All India Association of Advancing Research in Obesity (AIAARO) in association with the Association of Physicians of [Ahmedabad](#) would see a gamut of discussions with doctors from Gujarat and faculties from all over India attending the conference.

'More persons are dying of obesity today than starvation,' Banashi Saboo, a leading diabetes doctor, said. 'This is because 40 percent of the food is consumed by 5 percent of the people.'

Demonstration of live surgical procedures on obesity will also be held during the two-day session.

'I was massive 135 kg and I found moving around very difficult. I tried liposuction in 1989 and soon after I regained weight and felt frustrated. I was dogged with sleep apnoea (finding it difficult to sleep at night) and my life was miserable,' said Jahanbax Doctor, CMD of Docsuns Services Pvt Ltd.

'Then I underwent bariatric surgery, reducing my weight to 85 kg and changing my life dramatically,' he said.

'Today I walk for 5 km daily and also go for swimming. I tell many people who are scared of the operation that there is no way but getting operated.'

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