

IS SURGERY SAFE?

- Bariatric surgery is safe if performed by experienced Bariatric surgeon with a dedicated team of Endocrinologists, Psychologists and Dietitians
- The risk with bariatric surgery is primarily the same as with any other surgery (eg: Gall Bladder Surgery)
- The risk is associated with anaesthesia.
- After the surgery, the risk is usually of nutritional deficiency which can be completely avoided with patient compliance and regular follow-ups



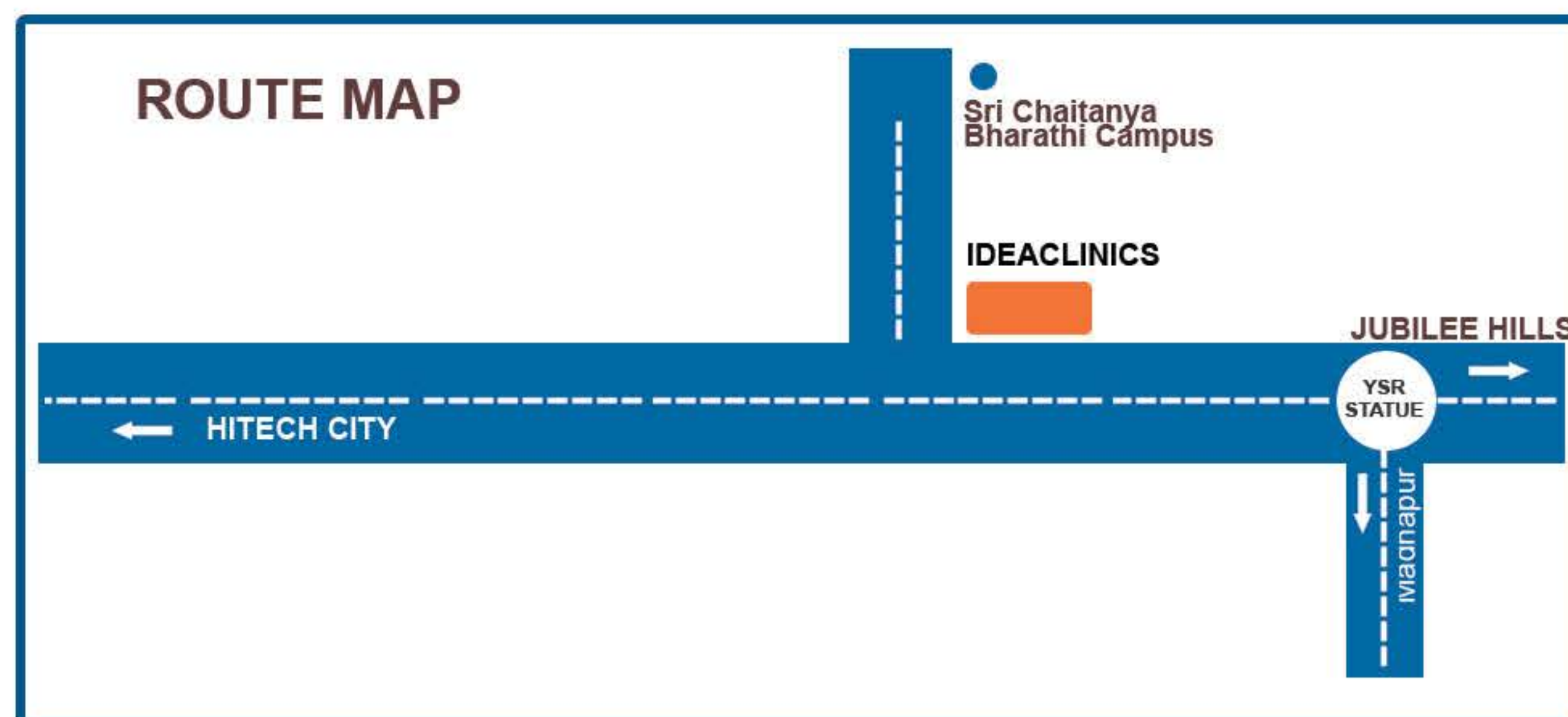
WHAT ARE THE BENEFITS OF BARIATRIC SURGERY?

- The complications of OBESITY can be mitigated. If you have Diabetes, there is over 75% chance of remission and over 90% chance of coming off INSULIN.
- If you suffer from Sleep Apnoea, there is over 90% chance of recovery.
- If infertility is the problem, fertility chances improve significantly in reproductive age groups.
- Many other benefits including increased self esteem and productive life.



WHAT SHOULD I DO NOW?

If your BMI is above 30, you may get in touch with the IDEACLINICS reception (PHONE 040 4004 2000 /2001) and register for a group session on "OBESITY and BARIATRIC SURGERY" held once a month at our HI-TECH CITY BRANCH, AYYAPPA SOCIETY, 100FT ROAD, MADHAPUR.



DEPARTMENT OF OBESITY & BARIATRICS SERVICES



☎ 040 4004 2000 / 040 4002 4000

www.ideaclinics.com

OUR BRANCHES KUKATPALLY | HITECH CITY | BANJARA HILLS | HABSIGUDA
SOMAJIGUDA | DILSUKH NAGAR | AMEERPET | CHANDA NAGAR
A S RAO NAGAR | KARIMNAGAR | CHENNAI



OBESITY & BARIATRIC SERVICES

Personlised Weight Loss Program



WHY ARE WE FAT?

- We are eating more Junk food than ever
- We are drinking more Soft drinks and Fruit Juices
- We don't burn as many calories when working
- We are consuming more Oily foods, mostly from Processed foods
- The changes in society strongly affecting our lifestyle
- We prefer lifts to stairs
- We are sleeping less
- Overall, we have increased calorie intake and decreased calorie output



Obesity can contribute to a variety of complex medical problems including:

- Diabetes
- High blood pressure
- Cardiovascular disease
- Stroke
- Osteoarthritis
- Respiratory problems
- Gallstones
- Urinary incontinence
- Gastrointestinal reflux



I DON'T EAT MUCH, WHY AM I FAT?

- The amount of fat cells you have stays fairly constant
- The fat you have is regulated by hormones, not just by caloric intake
- You lose fat when the rate of fat going out of your fat cells is greater than the rate at which they enter
- High set up point and poor food choices

WHY AM I NOT LOSING WEIGHT

- Losing weight is difficult in some due to hormonal imbalances and poor metabolism
- Unrealistic targets, expecting too big results in too short time
- Wrong foods or possible binges
- Stress and poor life style
- Other priorities over weight

OUR TEAM

IDEACLINICS provide comprehensive long term supportive multidisciplinary care involving Bariatric Surgeons & Physicians, Endocrinologists, Psychologists and Psychiatrists, Dietitians etc. IDEACLINICS monitor for nutritional needs and provide with pre and post operative care and advise.

Ideaclinics team is dedicated to personalise treatment options and discuss various treatments including medical and surgical ones. For people who choose Bariatric surgery, guidance will be provided with regards to various hospitals and Surgeons who perform such surgeries and look after treatment needs before and after operations

**1st Sunday
of each month**

**Register for a session on
"WEIGHT MANAGEMENT"**

***Reduce the burden of the Nation,
Stay Healthy!***

DO YOU KNOW?

*The risk of sedentary lifestyle
is similar to that of a **SMOKER***

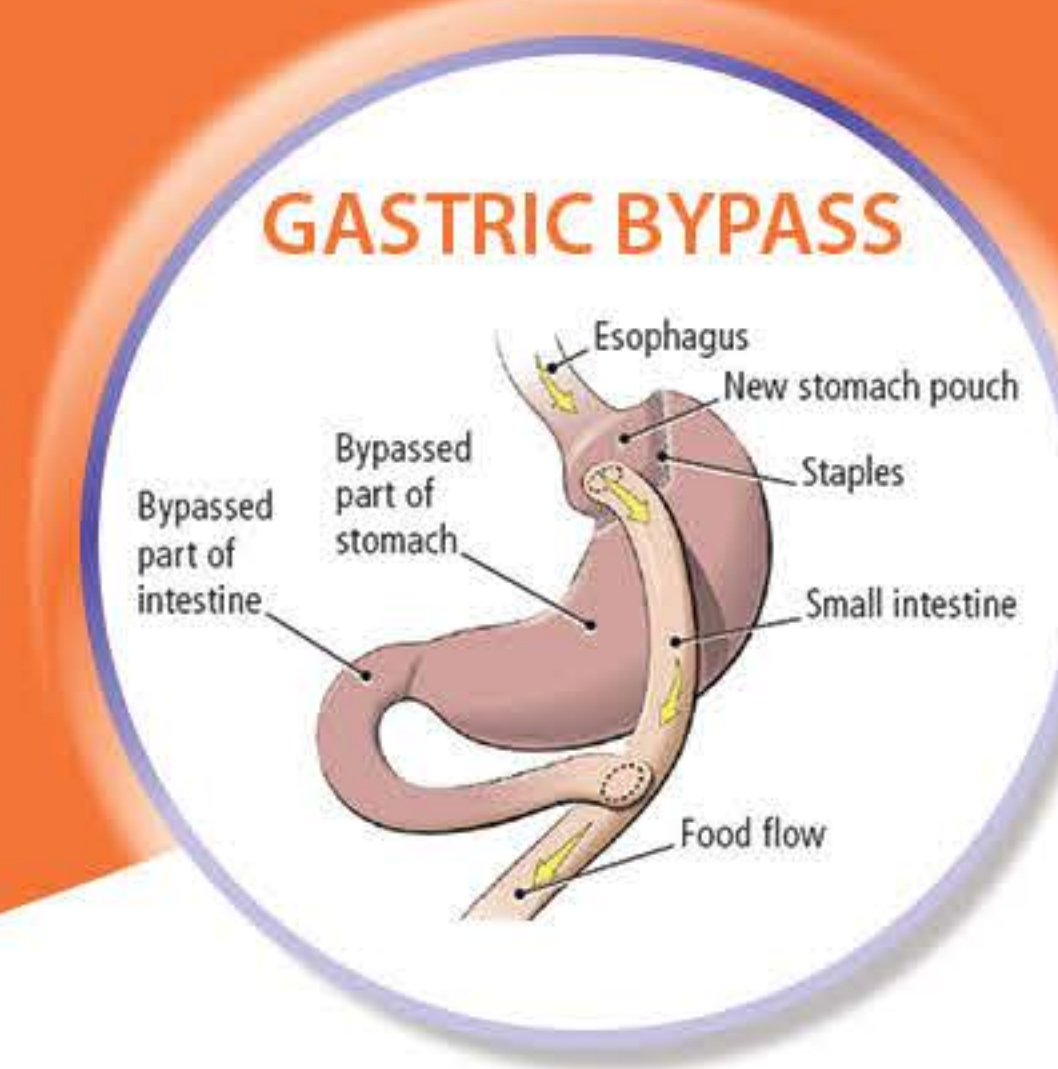
HOW TO MEASURE OBESITY?

$$\text{BMI} = (\text{kg/m}^2) \frac{\text{Weight in kilograms}}{\text{Height in meters}^2}$$

Normal BMI : 18.0 - 22.9 kg/m²

Overweight : 23.0 - 24.9 kg/m²

Obesity : > 25 kg/m²



HOW SHOULD I LOSE WEIGHT?

- Make better food choices and eating habits
- Weigh yourself periodically
- Count calories and exercise more
- Move more throughout the day
- Make diet and exercise a priority

DO I BENEFIT FROM BARIATRIC SURGERY?

- Any person with BMI over 37 kg/m² and those with BMI of 32 kg/m² and Diabetes, Hypertension, Sleep Apnoea, Osteoarthritis etc are eligible.
- If you are finding it difficult to lose weight otherwise.
- If the professionals think that the risks from Obesity outweigh those from Bariatric Surgery.

This guide is your roadmap for a journey that can give you the life you want

www.ideaclinics.com