

DOSS NEWSLETTER

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DOSS CLINIC



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BARIATRIC SURGERY



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FAT TO FIT ASTIK PANT



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Non Surgical.....
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DOSS
DIABETES & OBESITY
SURGICAL SOLUTIONS

For so many years we have been interacting with many individuals at different levels. These included spectrum of patients, primary care physicians, general practitioners, dieticians, endocrinologists, friends and even our families. All had about similar sets of queries, doubts, questions and sometimes even prejudices about obesity, bariatric surgery and weight loss. We sensed an urgent need to satisfy this curiosity and clear the misunderstandings by providing a handy, short and non-boring leaflet which gives current, authentic and scientific information on obesity to one and all.

This is our sincere and earnest effort to pass on our day-to-day experiences related to obesity and bariatric surgery and to share and spread the knowledge we collect in our practice.

We are sure and confident that our this attempt will be welcomed by you. We will be very happy if you could share your thoughts, convey your feedbacks at info@dossindia.com to make this a give and take process.

Editor

Dr. Abhijit More



BARIATRIC SURGERY

Obesity had been a hereditary issue for me. At an age of 31 yrs, I was already 110 kgs. Being a businessman, I lead a sedentary life and this transformed my weight to 140 kgs even before I could notice it. I couldn't walk up a flight of stairs without being out of breath. I couldn't go to cinema halls because I was too large to fit in the seats. Things got worse when I met with an accident in 2002. I was completely bed ridden for almost one and an half year and my weight skyrocketed to 198 kgs. Though my physical injuries had healed, my psychological injuries had increased.

For almost 5 years I tried almost all possible methods like diet, medication, holistic etc. mentioned in various newspapers. Though I got results, they were temporary. I regained all the weight as soon as I stopped using them. I was frustrated, tired and depressed. Then I heard about Bariatric surgery. How it was different from liposuction and what were its benefits. I started taking this seriously and began to research about it and consulted almost 7 to 8 doctors. It was then I came across Dr. Satish Pattanshetti and Dr. Neeraj Rayate.

I attended a Support Group Meeting organized by them. Both of them examined me thoroughly and advised me to undergo a Bariatric surgery only when I show commitment which included quitting a few habits of mine.

I underwent the surgery and was discharged on the forth day during with no post operative pain. As if I never underwent the surgery. After 12 months I have lost 100 kgs. My waist size had decreased from 168 cms to 119 cms.

With the results that I got I felt the need to make many others like me aware about the treatment..



A LIFE CHANGING EVENT

Doctor's Perspective

Mr. Satav needed optimization before he could be subjected to surgery.

He was subjected to extensive preparations for almost three months and then was taken up for the surgery.

Although surgery is a solution in many such patients one has to give adequate time for their mental, and physical preparation.

Not only surgery but also religious follow up with dietician after surgery is key to long term and consistent weight loss.

Equally important is Mr. Satav's commitment towards his goal of healthy life.

"When you look at people who are successful, you will find that they aren't the people who are motivated, but have consistency in their motivation".

DOSS CLINIC

Few of the Salient Aspects of this Flagship DOSS Clinic –

Comprehensive treatment for obesity under one roof.

A team of experienced and renowned physicians, physiotherapist, psychologists and dieticians.

More than 100 bariatric surgeries performed.

One of the best bariatric centers in Maharashtra.

DOSS is a comprehensive care center with surgical and conservative management of obesity with a multi-specialty concerted approach including diabetologist, physiotherapist, psychologist, and dietician.

First in Maharashtra, to introduce Nutrigenomic therapy in management of bariatric surgery patient.

A dedicated Support Group for all the pre and post bariatric surgery patients.

More than 1000 laparoscopic surgeries in a year.

EXCELLENT CARE. EXCELLENT SERVICE. EVERY PATIENT.

DOSS came up with DOSS Clinic (an obesity clinic) a year ago. Along with hospitals, DOSS forms an integrated medical system dedicated to providing comprehensive diagnosis and treatment to all obese patients. DOSS Clinic, Pune; is iEF's founding member in India. It is one of the best and the most sought after destination in Pune region for bariatric surgery.

A state-of-the art 1200 sq.ft., modern facility, located in the heart of Pune city. Right from the infrastructure to the latest medical technology acquisition, DOSS has always kept its patients first and strived to deliver not world class but the world's best care to its patients since its inception in 2012.

In 2012, since DOSS center got iEF it has been emerging as a leader in Healthcare Quality and Patient Safety. It currently has the Patient Safety Goals implemented and has an in-house developed protocol to optimize patient safety.

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FAT TO FIT

My sedentary lifestyle and poor eating habits made me overweight which brought along other problems like knee pain, back pain and exhaustion. This led to increased weight to 108kg.

I was looking for a nonsurgical option for weight loss. The dietician at DOSS helped understand the importance having good nutrition in order to lose weight and maintain good health. The dietician educated me about the importance of portion counts while eating and gave personalized diet plans according to my needs and habits. Regular follow-ups with the dietician and modifications in lifestyle helped me lose 20kgs. I feel confident about myself and looking forward to maintain this weight with their help.

**DIET AND LIFESTYLE
MANAGEMENT HELPED
ASTIK PANT LOSE 20 KGS.**

Do check our upcoming issues for....

MYTHS ASSOCIATED WITH OBESITY AND BARIATRIC SURGERY

MYTH 1

Can weight be reliably controlled by voluntarily adjusting energy balance through diet and exercise ?

MYTH 2

Bariatric surgery induces weight loss primarily by mechanical restriction and nutrient malabsorption.

MYTH 3

Vertical sleeve gastrectomy is not a metabolic procedure.

MYTH 4

Diabetes improvement after bariatric surgery is dependent on weight loss.

MYTH 5

Patient behavior is the primary determinant of outcomes after bariatric surgery.

IMPORTANCE OF NUTRIGENOMICS IN TREATING BARIATRIC SURGERY PATIENTS.

Nutrigenomics is a branch of nutritional genomics and is the study of the effects of foods and food constituents on gene expression. It refers to the prospective analysis of differences among nutrients in the regulation of gene expression i.e., it studies the effect of nutrients on the genome, proteome, and metabolome. It involves the application of high-throughput genomic tools such as DNA microarray technology in nutrition research.

UPCOMING TRENDS IN LAPAROSCOPIC SURGERIES