

Bariatric Endoscopy is the most suited weight loss procedure for young obese people

12 June 2019 | News

Dr. Maydeo & Dr. Bhandari bring it to ENLITEN, with dedicated centers across the country.



To help young urban Indian fight obesity, famous Mumbai based gastroenterologist Dr. Amit Maydeo, and Dr. Mohit Bhandari, globally renowned Bariatric Surgeon have come together to launch bariatric endoscopy centers- ENLITEN. These centers will be a boon for the ones with obesity and visceral fat (a type of body fat that's stored within the abdominal cavity). The doctors' duo has already performed 157 Endoscopic Sleeve Gastroplasty (ESG) procedures and the number is growing. They shared the information while addressing media fraternity on the eve of launch of ENLITEN in Mumbai.

Dr. Mohit Bhandari is Founder Director and Chief Surgeon at Mohak Bariatrics & Robotics, Indore whereas Dr Amit Maydeo is the Chairman of Baldota Institute of Digestive Sciences, Global Hospital, Mumbai.

Dr Mohit Bhandari, having performed Asia's highest number of Bariatric Surgeries Said, "I introduced the procedure in India in 2017, and have performed ESG on 52 female and 41 male patients. On June 13th, I will perform this procedure on the 100th patient. Overweight people in 20-40 age group, especially the ones following sedentary lifestyle, are opting for ESG. I am a Bariatric & Metabolic surgeon and while I have performed more than 12,000 bariatric surgeries, the thought of introducing the non-surgical procedure arose because in my practice I meet a lot of patients who

- want to lose around 15-20kg weight and/or are afraid to undergo surgery.
- Low BMI Diabetics
- Have regained weight after bariatric surgery

Impacts of hormonal changes and professional health hazards are few other reasons. Then there are obese young girls finding it difficult to get married or conceive. ENLITEN is the ray of hope for them all. Also, with Endoscopic technique patients who have underwent bariatric surgery but have not had the desired result or have regained some weight can now undergo that weight loss by this Endoscopic revision procedure.”

According to Dr. Bhandari, along with weight loss, it can also improve other conditions like gastroesophageal reflux disease (GERD), heart disease or stroke, high blood pressure, and type 2 diabetes. “ENLITEN, our new endeavor shall commit to establish bariatric endoscopy centers of international standards, across the country. With our joint expertise, we aim to create standards to bring best patient outcomes with utmost quality care”, he concluded.

Dr Amit Maydeo, Director, ENLITEN said “ESG is a non-surgical procedure where the patient gets discharged just after a day’s stay in the hospital. It is carried out using an endoscope, a flexible tube with a camera and an endoscopic suturing device attached. The tiny camera allows the doctor to carry out the procedure without making incisions. The sutures placed in the stomach modify the stomach structure thereby restricting the amount of calories the body absorbs. Starting with a liquid diet to semi-solid foods, and then to a regular healthy diet, the patient resumes the normal lifestyle in about a few weeks.”

He explained that ESG has many advantages like stomach function, anatomy and physiology remain normal. It is less expensive than bariatric surgery and can help one get rid of 15 to 20% of overall body weight. It is noteworthy that a loss of just 10% of total body weight reduces co-morbidity risk like heart problems by 90%. ESG is a restrictive procedure and the size of the stomach is reduced by 50%, the patient feels full early and won’t be hungry for a long time. “I have done 62 procedures till now, in which 80% were females, and 20% males” he added.