

DRUG TODAY Medical Times

NEW DELHI/ NATIONAL	
1-31 MARCH 2017	09
CIRCULATION – 35,000	

Type 2 Diabetes Curable with Surgery in Morbid Obesity: Dr Peters

Obesity accounts for an estimated 80 to 85% of the risk of developing type 2 diabetes.



Dr Atul Peters

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46-year-old home maker Anshu Jain from Delhi was diabetic and suffered from hypertension, dyslipidaemia, sleep ap-

noea, snoring, stress, incontinence, lower limb insufficiency and sarcoidosis. She weighed 127.5 Kg (BMI 46) when she underwent metabolic and bariatric surgery in November, 2012.

In only 18 months, she lost 39.5 Kg and her body weight dropped to 88 Kg. Her BMI came down to 30.7. Her diabetes got resolved and her HbA1c dropped from 7.8 to 5.3 along with resolution of all other co-morbidities that had existed all this while.

Harish Kumar Mangwani, 62, a morbid obese businessman from Delhi, was fighting everyday with obesity and endless number of co-morbidities like diabetes, hypertension, sleep apnoea, snoring, asthma, joint

pains and backache. He was on oral medicines and was taking insulin for diabetes and other medications for rest of the diseases.

His weight was 127.3 kg, which had made his life miserable. He underwent bariatric and metabolic surgery in September, 2012. He gradually lost a total of 43 kg weight and, after four years of surgery, is free from all co-morbidities and weighs 82.2 kg. His HbA1c dropped from 9.2 to 5.2 and BMI from 43.7 to 28.2.

Harish says, "I feel so energetic. I am able to take better care of my business and family, and most importantly, of myself."

Type 2 Diabetes was always considered an irreversible

condition. It is now curable in obese patients with Metabolic Surgery. Diabetes is directly linked with obesity. Obesity accounts for an estimated 80 to 85% of the risk of developing type 2 diabetes.

Dr. Atul Peters, Director and Head, Metabolic & Bariatric Surgery, Fortis Hospital, informs that obesity is a major risk factor for diabetes. It makes cells less able to use insulin to bring sugar in from the bloodstream. When you are already insulin resistant (diabetic or pre-diabetic) then it can be even harder to lose weight.

Dr Peters claims that surgical treatment is more effective than the conventional treatment to control diabetes.

Patients undergoing conventional treatment of medication, along with rigorous monitoring of patient's diet and lifestyle, do not show great progress. But patients who went under the knife saw dramatic improvement. 85% of patients who underwent gastric bypass surgery went into remission and patients got rid of diabetes.

According to Metabolic Surgery Foundation of India, the number of Bariatric Surgeries in India has seen an upward graph for cure of diabetes, from about 3500 in 2011 to over 10,000 in 2013. At present approximately 12000 bariatric surgical procedures are being performed every year in India.