



## Gastric band gives hope to the morbidly obese



Dr Haridas G Baladas, a consultant surgeon and chairman of Alexandra Hospital's bariatric surgery team, has performed more than 160 cases of gastric banding.

Unfortunately, the degree of will power needed to lose such a large amount of weight is extraordinary, and morbidly obese patients are only human.

### **Bariatric surgery**

Bariatric surgery, on the other hand, has a success rate of over 90 per cent in helping patients to lose enough weight and be healthier.

First introduced in the 1960s, bariatric surgery has been refined over the years and now focuses mainly on laparoscopic adjustable gastric banding.

This procedure is done through laparoscopy, or keyhole surgery, which means a few small incisions are made instead of one large incision which will require a week's hospital stay for recov-

### **She lost 39kg**

As a patient loses weight, he will lead a healthier life.

Dr Baladas, who has performed over 160 cases of gastric banding, cites the example of a 33-year-old female patient who weighed 103kg when she first came to see him.

The woman had been suffering from diabetes, high blood pressure and obstructive sleep apnea (a potentially-fatal condition where the sufferer stops breathing while asleep and wakes up to gasp for air).

After her gastric band was inserted, the woman lost 39kg to weigh a healthy 63kg.

With the gastric band, there is hope for morbidly obese patients to lead a healthier and lighter life.

*By Melody Tan*