Newer applications for obesity—is it worth?

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Obesity is a disease that adversely affects health and longevity. Morbid obesity is a chronic, lifelong, multifactorial genetic disease of excessive fat storage. Severe obesity is a mortal disease. Failure of non-surgical measures led to the development of various surgical procedures to manage obesity. With an eye on least invasion newer procedures are being attempted all over the world. One such method is intragastric balloon placement.

Aim: Is it really effective and can challenge the well-established more invasive procedures.

Method: Patients with BMI of >35 were considered in the study. The age varied from 25 to 47 with a mean age of 32. The mean weight was 121.8 Kg with a mean BMI of 46.16. The volume of the balloon was from 450 to 650 cc.

Results: The weight loss after 6 months varied from 6 to 37 Kg with a mean weight loss of 15 Kg. Even though the procedure claims to be without any major complications but the troublesome vomiting and distension continues from 3 days to 3 weeks. Moreover most of the patients started gaining weight within a year.

Conclusion: Intragastric balloon is associated with uncomfortable adaptation and may not be able to sustain weight loss after removal. Should the possibility of re-insertion should be considered once patient start gaining weight? In the meantime Surgery will remain for a time the mainstay for the obese patients.

Biography

Anil Gandhi joined Monash University in August 2009 as a Clinical Associate Professor (Surgery). Dr Gandhi graduated from Christian Medical College, India in 1980 and obtained his Master in Surgery from the renowned Post-Graduate Institute of Medical Education & Research, Chandigarh, India. After post-graduation, Dr Gandhi worked in various hospitals in India and South-East Asia namely Brunei, Singapore, Malaysia and Hong Kong. He specializes in the field of Endoscopy, laparoscopy and upper GI and bariatric Surgery. For the last few years, Dr Gandhi has developed a keen interest in Medical Education. Before joining Monash University, Dr Gandhi was working at Queen Mary Hospital, University of Hong Kong and was Deputy Director at the Centre for Education & Training within the Dept. of Surgery.

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