

Weight loss without side effects

Clinic 2000, the Pioneer Medical Center for Obesity / Over Weight Management recently completed 25 years of its operations. Here Dr. Ravindranath Reddy, Bariatric Physician reveals recent facts on Obesity and its Management

Q) How is the Overall situation of Obesity in the World ?

A) It is alarming! World over the number of obese have gone up by 8 % in the last decade. The recent figure as estimated by World Obesity Federation, which is a part of WHO, at the 13th International Congress on Obesity shows that almost 2.4 billion people out of the 7.3 billion population of the world are either over weight or obese. If the Individuals, the community and the governments do not act sooner, we will be spending as much money in treating the complications of obesity as their salaries. We will be losing the productivity and Man hours due to the absence from work due to the obesity induced complications such as High Blood Pressure, Type 2 Diabetes, Sleep disorders and Heart problems. This is seen more evidently in individuals working in the IT Sector and other sedentary jobs.

Q) How far dieting helpful for weight loss? How far non conventional treatments are helpful? What can be the right way to tackle obesity?

A) Diet and Exercise form core of any approach for weight reduction, but many a times diet and exercise won't work if a person has to lose large amounts of weight, that's where a Bariatric Physician (Specialist Doctor in Weight Management) and his expertise / treatment is invaluable. Weight lost through starvation diets, food supplements/ Herbal powders is more due to water loss, which is not maintainable and it bounces back with double the vigour.

The weight lost through non medical vibration treatments in beauty clinics is due to the loss of precious lean body mass, which can result in complications like osteoporosis or damage to the Heart Muscle.

The right way to tackle obesity is to achieve weight loss through fat loss, and not through precious lean body mass (muscle & tissue) or water loss.

Q) How different is the treatment at clinic 2000?

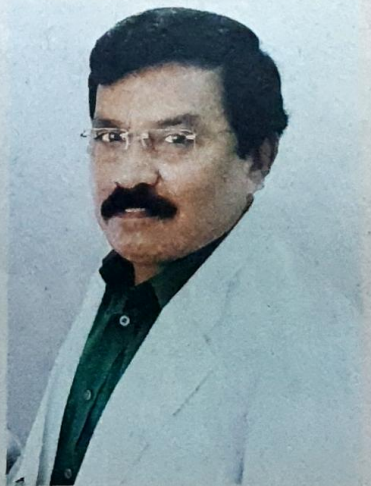
A) Bariatric Medical Centers like Clinic 2000 are run by a Bariatric physician associated with a Plastic surgeon, an Endocrinologist, Nutritionists and a Behavior therapist. Thus a com-

prehensive scientific approach to treat obesity. Medical experts follow advanced medical procedures and treatments that results in satisfactory and maintainable weight loss. Here the emphasis is " Weight Loss through Fat loss", which is free from side effects.

Q) How do you ensure it is only Fat Loss?

A) In order to assess whether the weight lost is through fat loss or not,

weight lost tallies with fat loss? It almost tallies 100%. In one course of treatment, spread over 12 sessions, a person loses about 10 to 12 kilos of fat. Automatic figure correction and Skin tightening are highlights of this treatment. People who need to lose more weight can repeat the course of treatment. The maximum weight lost by an individual here is 90 kilos in the span of 1 Yr. Clinic 2000 stresses on patient education, and regular follow



Dr Ravindranath Reddy

Clinic2000 conducts Computerized body composition Analysis test, which is the gold standard in assessing body composition. The test is done prior to the treatment course and repeated on completion to know whether the

ups to help them maintain their weight for years.

Q) What are the other treatments that are offered in Clinic 2000?

A) Apart from Obesity treatment We offer Advanced Medical Cosmetology treatments such as " Super Peels " for Skin rejuvenation. Pimples/ Acne, Pigmentation, Restoration of Skin Glow and Brightness. " C2K Peel is a Unique Peel Treatment" that restores the glow, youthfulness, Improves the Complexion and Facial Skin Tightening, in all in one manner IN A SINGLE SESSION Treatment. Apart from this we offer Laser Face Lifts and Painless & Permanent Hair removal with the World renowned E plus Diode Laser with RF.

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