

HOW BARIATRIC SURGERY CHANGED MY LIFE

Name : **Dr. V. K. Aggarwal** (Kurukshetra, Haryana)
 Present Age : 54 Years
 Date of surgery : 2 July 2021
 Place of Surgery : Max, Vaishali
 Surgeon : Dr. Vivek Bindal
 Weight before Surgery : 126 Kg
 Present weight : 81 kg
 Lowest weight hit : 73 kg

Medical Problems before and after surgery:

	Before	After
1.	Acute Sleep Apnoea (Shallow intermittent Breathing during sleep)	Relieved within 40 days.
2.	High Blood Pressure. (160/100) Daily one pill.	100 % Relieved. BP range now 130/80 No pills.
3.	Acute bronchitis Salbutamol Inhalers Deriphylin etc.	80% Relieved. Use of Inhalers reduced to occasional intake only.
4.	Prostatitis (Frequent urination, once in a while bed wetting too)	90 % relieved. No urgency of urination felt now.
5.	Cervical Spondylitis (Heavy neck, daily inflammation, inability to use computer for long) Anti-inflammatory drugs.	90% relieved. No drugs now. Neck movement normal.
6.	Acute Sinusitis (Frequent Sneezing, Stuffed nostrils, headaches) Homeopathic Medicines with Daily Jal Neti.	90% relieved. Only seasonal short spells. No sneezing, no stuffed nostrils. No medicines.

7.	Trigeminal Neuralgia (Weekly steroids)	100% Relieved. No medicines
8.	Acute Acidity (Morning pill and digestive tablets)	90% Relieved. Only occasional need of medicine.
9.	Costochondritis in winters (Anti-inflammatory drugs)	100% relieved No medicines
10.	Conjunctivitis Three types of eye drops four times a day.	70% Relieved. Only one eye drop now.
11.	Acute Snoring while sleeping and saliva drain during sleep	70% relieved
12.	Lower back pain. Inability to stand or walk longer	70% Relieved
13.	Mild Varicose Veins Frequent sprains	100% Relieved
14.	Fatigue and low stamina	Energetic with longer stamina
15.	Inability to climb stairs	Now climb stairs to four floors at a stretch without panting
16.	Itchy thighs during summers and autumn (Anti allergic ointments and pills)	100% Relieved
17.	Other inexplicable weaknesses	100% relieved

OTHER DISCOMFORTS BEFORE SURGERY (Now fully resolved):

1. Difficulty in tying shoe laces. Every morning woes.
2. Difficulty in car driving seat.
3. Getting in and out of the car.
4. No readymade garments available in market. Embarrassment.
5. Adjusting in airplane seat. No seat belts fitted.
6. General embarrassment at public places.
7. Loss of confidence while addressing in meetings.
8. Sharing rooms with others.
9. No enjoyment in marriages, parties or meetings, picnics and outings.
10. Laughing stock for others.

This list is by no means exhaustive.

All I can say is that I have got a new lease of life after the surgery. Thanks to Dr. Bindal and his team.

Picture Testimonials:

Before the Surgery



After the Surgery

