



Life is Beautiful..... Now

On a lovely morning, reading a book in the Shatabdi train, I was disturbed by a kid who wanted to go to the toilet. I was sitting in the middle seat and he was at the window. I squeezed my legs to make space for him to pass. And suddenly I was hit by this wonderful change in me. I do not recollect travelling by train in the past 2-3 years, as my obesity made public transport very difficult. I was immediately reminded of the embarrassment and inconvenience I had suffered when I was obese. If this same scenario had happened 3 years back, I would not have occupied the middle seat without inconveniencing my fellow passengers on both my sides. I can recall their displeasure in being on a seat next to me. It would have been impossible for me to let this kid pass me and go to the toilet in the past.



**Treat Obesity ...
Change your life forever!**

I am Mr Dinesh Mehta (name changed) , a lecturer by profession , approaching 50 years. I have always been on a healthier side since childhood, but in the last decade I have put on too much weight and suffered its consequences. When I decided to go for bariatric (weight loss) surgery, my weight was 133 kgs. I had been diabetic on medication since three years and on thyroid medications for past eight years. Due to prolonged standing as my profession demanded and my weight I had started developing knee problems. Also, varicose veins caused my legs to ache a lot. Life had become dull and boring due to lack of energy and enthusiasm. I knew all this was largely due to my obesity. I tried several times in vain to reduce weight by diet and exercise. The lowest I reached was 120 kgs and it lasted only a couple of months before it started going back to its original 130kgs.

This was when I considered bariatric surgery, after a chance meeting with an old friend who was very happy after bariatric surgery. With her reference, I met Dr Chirag Thakkar; he explained in detail the pros and cons of bariatric surgery and the entire process. Though surgery was a little risky, I was determined to change my life once and for all.

Now it has been at least one year since my surgery and I feel like a new person. I feel as if the whole world around me has transformed; positivity is my latest mantra and I look forward to each day with enthusiasm and energy. Today, I am 88 kgs and still losing weight. I no longer require medications for diabetes. My knee also do not trouble me any more and the problem of varicose veins also is gradually waning.

Losing weight has been the best thing which has happened to me. Life seems beautiful and each day brings in new hope. My physical capacity has increased. I am happy to say I can now jog for half an hour. I can see the appreciation in everybody's eyes, my husband, kids, friends, colleagues and students.

I regret why I wasted 10 years of my life with obesity. If I would have undergone the surgery 10 years back, I would have led a healthy life for 10 more years. But I am very happy that I eventually took the decision to get the surgery done by Dr Chirag Thakkar.

I know maintaining it lifelong will require solid commitment from my side. But once I have experienced the wonderful change, I am ready to do whatever required to maintain it.

My only advices to all obese people is-DO NOT WASTE A MOMENT. DO IT NOW.

(As narrated by patient)