

An extra mile to connect with the community





Reclaim your Pre - baby Body Back !

If you are through with post delivery recovery stage & lost the majority of the pregnancy weight then it is time to lose some serious inches off the body ! Below are some answers on how the miraculous Mommy Make Over can help you reclaim your pre-baby body.



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With all the stress we put on our midsection - during pregnancy or with weight gain and loss - it's no wonder that, as we age, the shape and size of our tummy change. When diet and exercise does not provide the results that we want, a procedure like a "post-pregnancy body contouring" may be the best option.

Mommy Make Over is a general term used for post-pregnancy body contouring which addresses a woman's after pregnancy issues in a single-session procedure that typically combines one or all of the following procedures as per the need of an individual.

- ▲ Tummy Tuck
- ▲ Breast Lift
- ▲ Liposuction for fat removal
- ▲ Female Genital Rejuvenation

Tummy Tuck

It permanently restores firmness of the tummy and removes any loose skin. It can be combined with breast augmentation, breast lift or breast reduction & / or genital rejuvenation as per the requirement of an individual.

Breast Augmentation

Breast augmentation is a plastic surgery technique used to

increase the size, change the shape, and alter the texture of the breasts.

Breast Lift

A breast lift raises the sagging breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour.

Liposuction

Liposuction is an aesthetic surgical procedure that removes excess fat from various anatomical sites. It is commonly performed on abdomen, thighs and buttocks, chin & back of the arms.

Below are answers to some most common queries:

▲ **How do I know if I am a good candidate for a post-pregnancy body contouring?**

Each area of the body needs to be evaluated on its own. The abdomen procedure (liposuction or tummy tuck) is more about the amount of excess skin and the laxity of the abdominal muscle wall required after pregnancy.

▲ **How long after having my last baby should I wait to get a Mommy Make Over?**

Let your body get back to as close to normal as possible. Your weight should be stable & breast feeding stopped. Most mothers are usually back to near normal by 4-5 months.

▲ **I still plan to have more children. Should I consider a post-pregnancy body contouring?**

It depends on how long you're planning to wait. If the interval between children is 2-3 years, you should think about putting it off, since by the time you heal you'll be pregnant or trying again! On the other hand, if you maintain an interval of 4 years or above or aren't planning to have more for several years, then you can go for it & enjoy a restored look.

▲ **When can I resume my normal activities?**

Normal or daily routine activities can be resumed in 5-7 days.

▲ **Will I need to wear special clothing after the surgeries?**

The special clothing is a pressure garment which helps to give proper shape and better results. It is to be worn for 4-6 weeks.

▲ **Will the procedure leave behind scars?**

With the advent of laparoscopic or minimally invasive procedures and controlled incisions, there is no need to make large cuts in the abdomen or any other body part and hence there are no giant scars after the surgery. These incisions are placed strategically to leave behind only the slightest of scars which are concealed in your undergarments & natural creases of the body parts.

Bariatric Surgery



A boon to the urban obesity problem

Obesity is no longer considered a lifestyle problem but is now classified and treated as a disease. Obesity leads to multiple associated problems such as Diabetes, Hypertension, Sleep Apnea, Arthritis, risk of Heart Attack, Stroke risk, and multiple Cancers. Dr. Rajesh Kapoor will highlight some facts about Weight Loss Surgery.



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What is the need for Bariatric Surgery?

Bariatric Surgery is the only proven effective long-term weight loss solution for majority of people. It is a metabolic surgery with very high cure rates of associated medical problems like -

- Type 2 diabetes – 82% complete resolution, 87% show resolution/improvement.
- Dyslipidemia – cured in 63%
- Hypertension (High blood pressure) – 62% resolution; 79% show improvement.
- Obstructive sleep apnea – improved in 80%.
- Heart function improves in heart failure patients
- Asthma – 69% resolved
- Osteoarthritis – 41% resolved
- Acid reflux – 72% treated
- Non alcoholic fatty liver disease and cirrhosis – 90% reduced
- Stress incontinence – 44% resolved
- Polycystic ovarian syndrome – 79% cure
- Depression

Myths and Facts about Bariatric Surgery

- Myth:** Bariatric Surgery induces weight loss because patients can't eat after surgery.

Fact: Patients go back to eating normal food such as roti, daal, vegetables soon after surgery, however, hormonal changes such as reduction in the appetite hormone 'Ghrelin' cause them to feel satisfied after small meals and the quantity of diet and thus calories are reduced.

- Myth:** Bariatric surgery is a cosmetic surgery like liposuction.

Fact: Bariatric surgery is not a body contouring cosmetic surgery like liposuction but a metabolic surgery. It is done laparoscopically and either size of stomach is reduced or food is diverted from a small size stomach into intestine.

It not only causes loss of upto 80% excess weight but also treats most associated problems like Diabetes, High B.P, Sleep Apnea, Joint pains, High cholesterol, GERD, Infertility, Fatty Liver etc and reduces chances of Heart Attack, Stroke and various Cancers.

- Myth:** Bariatric Surgery is dangerous.

Fact: Bariatric Surgery carries the same risks as other routine surgeries like Gallbladder surgery. It is done after an extensive risk assessment. Minimally invasive technique also results in fast return to normal activity. In fact patients feel very active within 2 weeks after surgery and exercise like they could never do before.

- Myth:** Cure of diabetes is due to weight loss.

Fact: In patients who have been diabetic for less than 5 years who undergo Roux-En-Y Gastric Bypass the cure of diabetes is usually immediate after surgery and not dependent on the weight loss.

- Myth:** Patients regain weight after surgery.

Fact: It is proven in multiple studies that Bariatric Surgery is the only effective long term method of weight loss. While most patients are able to keep the weight off only a few patients can regain some weight over multiple years.



Avoid Kidney Stones in Summer

Summer means vacations which may include Water Park, Sauna, Steams, heavy exercise and prolong sun exposure. Like your skin, your kidneys also suffer in summers. Here are few tips to protect your kidneys and avoid formation of stones.



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▲ Don't underestimate your sweat-

Water park, sauna, steam, heavy exercise, sun exposure involve excessive sweating leading to concentrated urine. Drinking enough liquids helps to keep your urine "diluted". So drink liquids frequently before and during these activities.

▲ Drink healthy beverages-

Water, fresh fruit juices, lemon water, coconut water are helpful. Citrate in citrus fruits prevents precipitation of minerals in urine hence stone formation. Avoid cold drinks, alcohol, coffee and tea.

▲ Reduce Salt intake-

High salt not only increases your blood pressure but also chance of having kidney stones. So reduce salt intake.

▲ Calcium is Not the Enemy-

Many are under the impression that calcium is the main culprit in calcium-oxalate stones. A diet low in calcium actually increases risk of kidney stones. Instead, don't reduce the calcium. Work to cut back on the sodium in your diet. Calcium should be taken along with oxalate rich food like palak paneer. Calcium binds with oxalate in intestine and reduces the absorption of 'oxalate- the main culprit'.

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