

**Bariatric surgery and its side-effects**

430. SHRI RAMKUMAR KASHYAP: Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) what is bariatric surgery and what are its side-effects;
- (b) the total number of bariatric surgeries conducted in AIIMS, Delhi during the last three years and how many of these surgeries were unsuccessful together with reasons therefor;
- (c) the pros and cons of bariatric surgery;
- (d) whether AIIMS has conducted any sample study of bariatric surgery patients who were operated 5-8 years ago and if so, the details thereof; and
- (e) the other effective methods of weight loss for morbid obesity?

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI ASHWINI KUMAR CHOUBEY): (a) Bariatric surgery is a surgical procedure for weight loss in obese patients. It is not the same as liposuction. Like all surgical procedures, bariatric surgery may have complications which include leaks, bleeding, venous thromboembolism and nutritional deficiencies among others.

(b) 280 bariatric surgical procedures have been done since January 2015 to till date. The success rate is high. In these surgeries, it is difficult to define an unsuccessful operation as all operated patients have good weight loss. Scientifically, one of the ways the failure is defined is less than 50% excess weight loss at 1 year. Majority of patients in AIIMS, New Delhi who have followed up have achieved a satisfactory weight loss at 1 year.

(c) Bariatric Surgery leads to effective and sustained weight loss. Bariatric Surgery is a major surgery and like all other major surgeries it has complications, although the risk of complications is low. The main complications include leak, bleeding, venous thromboembolism, nutritional deficiencies and mortality.

(d) Yes. According to the study, the mean percentage Excess Weight Loss (%EWL) at 1 year, 3 years, 5 years and 7 years was 71.8, 64.95%, 61.7% and 57.15% respectively.

(e) There are many other options for weight loss which include diet and exercise, lifestyle modification and medicines.