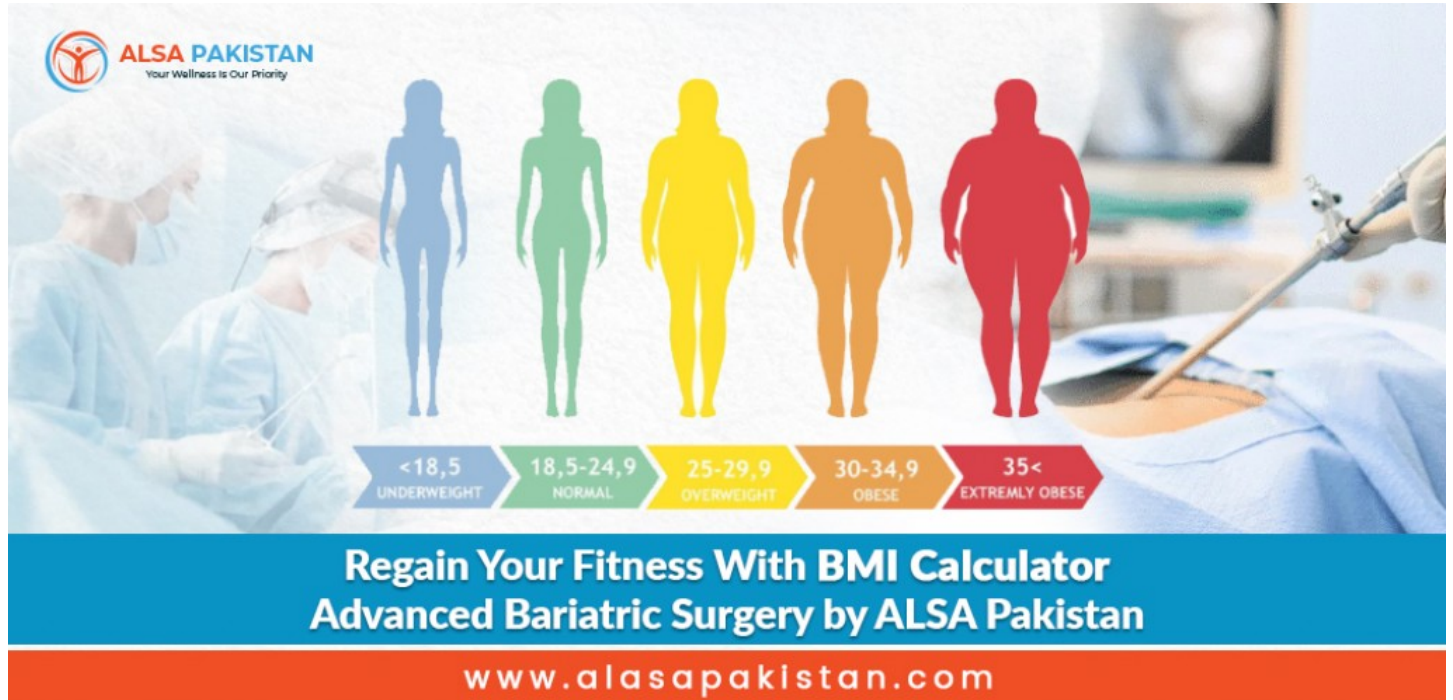


ALSA Pakistan offers the advanced laparoscopic bariatric treatment, an innovative tool to regain your fitness

Regain your fitness level with a bmi calculator from alsa pakistan and see whether you qualify for effective weight loss surgery.

The graphic features the ALSA Pakistan logo at the top left, with the tagline 'Your Wellness is Our Priority'. Below the logo, five human silhouettes of increasing size are shown, each corresponding to a BMI range and category: <18,5 (UNDERWEIGHT, blue), 18,5-24,9 (NORMAL, green), 25-29,9 (OVERWEIGHT, yellow), 30-34,9 (OBESE, orange), and 35< (EXTREMELY OBESE, red). The background shows a blurred image of a surgical team in an operating room. At the bottom, a blue banner contains the text 'Regain Your Fitness With BMI Calculator Advanced Bariatric Surgery by ALSA Pakistan', and an orange banner below it contains the website 'www.alasapakistan.com'.

Regain Your Fitness With BMI Calculator
Advanced Bariatric Surgery by ALSA Pakistan
www.alasapakistan.com

Lahore, Punjab Feb 10, 2023 (Issuewire.com) - According to the World Health Organization, 167 million adults and children will have deteriorating health due to obesity or being overweight by 2025. As a chronic condition, obesity adversely affects every bodily organ and function. It causes cancer, heart disease, stroke, type 2 diabetes, and psychological problems. The reproductive system, cardiovascular system, hepatic system, renal system, articular system, and joint system are all affected by obesity. The World Health Organization (WHO) calls on nations to take action to prevent avoidable health consequences. [Thankfully, the BMI calculator is an effective tool to measure obesity levels and regain your fitness.](#)

Moreover, the world is still facing the pandemic of coronavirus. Therefore, the likelihood of hospitalization for COVID-19 is three times higher in obese people. Though, many of the risks connected with obesity can be mitigated through weight loss. However, the BMI calculator will tell you how much fat has been stored in your body and how much you need to lose to be healthy.

Significant health benefits can be gained from decreasing as little as one's overall weight, even if an obese person never reaches their "ideal" weight and begins losing weight later in life. As a result, [advanced bariatric surgery and other weight loss procedures by ALSA Pakistan](#) help remove the cause of this epidemic.

Obesity - The high-end health risk

Regarding chronic diseases affecting children, adults, and older people, obesity ranks at the top. It's a

tricky illness, and there aren't many effective treatments but some to control it. [Both genetic and environmental factors cause childhood obesity](#). Type 2 diabetes, hypertension, sleep apnea, non-alcoholic fatty liver disease, low quality of life, and mental health concerns are some of the prevalent health problems that often go hand in hand with obesity. For many kids, being overweight is just the beginning. When left untreated, obesity in children dramatically shortens people's lives.

BMI calculator – An ideal tool to measure your weight at home

The Body Mass Index or [BMI calculator measures an individual's body fat grade from height and weight](#). An individual's status as underweight, average, overweight, or obese can be estimated using their body mass index (BMI), which depends on their weight and height.

You can measure your weight while sitting at home. Simply divide a person's weight in kilograms (kg) by squaring their height in meters to get their body mass index (BMI) (m).

Body Mass Index formula:

$$\text{BMI} = \text{weight (kg)} / (\text{height (m)}^2)$$

In recent decades, BMI has become increasingly commonplace as a measure of health and wellness. Moreover, doctors and hospitals use it to screen patients for bariatric surgery, an innovative treatment option for those with severe obesity. As an added resource, you may use the body mass index or bmi calculator to determine your ideal weight and regain your fitness.

How can you interpret BMI chart calculations?

Men and women of various body types are included in the BMI statistics based on the body mass index (BMI) score. The outcome of the BMI calculator indicates whether a person is underweight, average, or overweight. These BMI categories further divide into extremely underweight and severely obese subcategories based on location and age. Consequently, while the BMI calculator in kilograms is an unreliable indicator of health, it may help in deciding whether more screening or action is required.

Obesity and its associated morbid health issues are treatable with minimally invasive bariatric surgery. ALSA, a leading medical organization in Pakistan, offers several laparoscopic surgical methods for reducing excess weight. Furthermore, these developments have decreased patient agony, problems, and hospital stays. Moreover, it has advanced to the point where they are considered safe and effective.

Benefits of BMI

- Knowing your body mass index (BMI) can help you determine your risk of being overweight or underweight and take steps to improve your health. The medical community stresses the need to know one's body mass index (BMI) and keep tabs on one's health.
- It's frightening to see the global obesity epidemic skyrocket in recent years. Even more alarming is the rising prevalence of childhood obesity. However, using a BMI calculator, you may determine your child's healthy weight range and take preventative measures against juvenile obesity.
- Most people have a vague concept of their actual weight and have no idea if they are underweight, overweight, or obese. Obese persons have a much higher risk of developing chronic diseases, according to research. Therefore, keeping tabs and adjusting as appropriate can help you prevent many of these difficulties and regain your fitness.

- Serious health risks are associated with being underweight or overweight; a BMI calculator can help you understand those risks.
- A person's body mass index (BMI) can be measured and monitored over time to provide a clear and trustworthy indicator of whether or not they are at a healthy weight. As a result, the BMI calculator is an accessible and reliable resource.

ALSA Pakistan - the world's leading provider of bariatric surgery to battle high BMI affects

Besides shortening people's lives and increasing their risk of developing dreadful diseases like diabetes and cardiovascular disease, obesity also adversely affects people's ability to engage in relationships. ALSA Pakistan presents a BMI calculator and BMI chart for guidance on weight loss and avoiding health problems. In addition, [Dr. Tahir, our top laparoscopic and American-qualified bariatric surgeon](#) offers his patients the most advanced bariatric surgery available to treat obesity and related conditions.

[ALSA Pakistan provides a successful BMI calculator](#) to achieve a healthy body mass index and triumph over weight loss and other health difficulties. It has helpful tools for weight control, such as a BMI calculator for men and a BMI calculator for women to regain fitness. When it comes to addressing weight loss management and ultimately eliminating obesity, Pakistan's top bariatric surgeon is all in. Therefore, he uses a multipronged approach to deal with the aftereffects of a high BMI.

You may compare their technique to weight loss surgery performed in other countries. When caring for patients, their experts strictly adhere to protocols and uphold the highest possible cleanliness levels, as recognized internationally.

The ALSA team of specialists and medical professionals participate in comprehensive CME to deliver the best service possible. They frequently look outside for the most advanced inventions and then implement them. Additionally, they have brought sleeve gastrectomy and gastric bypass surgery, two of the most specialized and inexpensive weight loss surgeries overseas for treating severe obesity, to the region. All foreign and domestic patients who have weight loss surgery have the option of undertaking a revisional procedure in the future if necessary.

Bariatric surgery – A medically approved surgical procedure

Bariatric surgery is a procedure that intends to help you lose significant amounts of weight and regain your fitness. Therefore, patients with diabetes, hypertension, sleep apnea, and high cholesterol can benefit from relatively affordable weight loss surgery. One strategy for fighting obesity and its associated problems is to alter the digestive system. This changes the way the body uses food as fuel, resulting in less hunger and a fuller feeling while eating less. As a result, these procedures can either shrink the stomach or redirect food to the small intestine. These methods also help improve one's ability to control weight and keep healthy. ALSA provides different bariatric surgery options.

Laparoscopic Roux-en-Y gastric bypass

Laparoscopic Roux-en-Y gastric bypass makes you feel full after eating less. It is the most popular procedure of its kind today. It divides the stomach and reroutes the small intestine. To save space, the initial part of the small intestine is bypassed when food travels via a pouch that holds only one ounce.

Laparoscopic sleeve gastrectomy

With a small stomach, one needs to consume less food to get satiety. However, this surgery removes

80% of the stomach and helps people lose weight. Therefore, you can get more effective results in [gastric sleeve procedures](#).

Laparoscopic mini gastric bypass

The health and weight loss benefits of Roux-en-Y gastric bypass are also available via a mini gastric bypass surgery. It's the most affordable option for millions of overweight people worldwide. The surgery reduces stomach size and reroutes the intestines. Patients can expect to lose up to 75% of their excess weight in two years.

SADI surgery

A single anastomosis is used in the streamlined process of [duodenal-ileal bypass surgery](#) (SADI). A laparoscopic surgeon can create a sleeve from the stomach by cutting it in half and attaching the two halves with a loop of the intestine. Ultimately, diet, exercise, and confidence are examples of how patients' lives might improve before and after bariatric surgery.

ALSA Pakistan: One of the best places in the world to get medical treatment

As international trade expands and innovative medical technology becomes more widely available, medical tourism is emerging as a practical option for those seeking treatment outside their home country. Patients can get treatments on par with worldwide standards wherever they happen to be. ALSA Pakistan has launched a comprehensive plan in response to the global obesity problem to regain your fitness. Additionally, it provides international patients access to the most affordable weight loss surgery globally.

Moreover, ALSA is one of the most popular places for medical tourism in Pakistan, thanks to its advanced hospitals and the advanced private healthcare system. While it has shockingly low prices for its remarkably high-quality surgical treatments, it also provides the best pre-and post-operative care possible. Therefore, regaining health and quality of life through medical tourism for weight loss surgery is a viable option.

Also, the leading and experienced bariatric surgeon Dr. Tahir at ALSA and other medical staff in Pakistan provide patients with accurate diagnoses and treatment plans. In addition, these may include laboratory tests and other diagnostic procedures. Treatment suggestions are made following diagnosis. The patient's post-treatment health and well-being are continuously evaluated.

Affordable cost of bariatric surgery at ALSA to regain your fitness

There is a lot of discussion concerning the relative costs of the various surgical options for weight loss. The cost of bariatric surgery procedures, including weight loss surgery, has risen in recent years in the USA, the United Kingdom, Canada, Australia, and other countries. Thus, it makes sense for many people to travel to Pakistan for cheap weight loss surgery.

ALSA provides the most reasonably priced bariatric surgery, making it possible for people of all socioeconomic backgrounds to invest in their health. Furthermore, it offers flexible, up-front pricing for those considering bariatric surgery.

Weight loss surgery in New York

Hundreds of Americans undergo [bariatric surgery in New York](#). Laparoscopic surgery, for instance, can cost up to \$23,000 in the United States, but the USA-qualified Dr. Tahir at ALSA performs the same surgery for only \$4,000.

Weight loss surgery in the UK

ALSA is breaking ground by providing advanced services for reasonably priced weight loss procedures. In addition, by going with the more standardized and internationally based technique supplied by the leading bariatric surgeon at ALSA. As a result, patients can save significant money from weight loss surgery in London.

Weight loss surgery in Australia

Australia has one of the most significant rates of obesity in the developed world. Thousands of Melburnians each year resort to bariatric surgery to get their weight under control. Bariatric surgery in Melbourne typically starts at about \$1700. This may cost anywhere from \$2,000 to \$4,000 elsewhere, but at ALSA, you can have it for as little as \$2,000.

Bariatric surgery in Toronto

Dr. Tahir, the most incredible bariatric surgeon, operates with foreign patients from other countries planning to have bariatric surgery in Toronto. It does it at the lowest possible cost because ALSA is a global American hospital.

A joint venture of ALSA Pakistan and Navicosoft

The healthcare crisis that ensued when ALSA Pakistan and Navicosoft formed a partnership also contributed to the epidemic of obesity. Therefore, to establish a solid online identity, ALSA Pakistan partnered with Navicosoft. To better serve its online patients, ALSA Pakistan has enlisted the aid of a healthcare marketing agency. When it comes to digital healthcare marketing, Navicosoft is unrivaled. It is a comprehensive digital marketing firm for the healthcare sector. However, their competence and dedication led them to bond even more closely.

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Source : Navicosoft

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