

Leading Bariatric Surgeon in Punjab Helps Hundreds Beat Obesity Safely



Jalandhar, Punjab May 29, 2025 ([Issuewire.com](https://www.issuewire.com)) - Obesity in Punjab has turned into a health crisis, making it one of the states with the highest obesity rates in India. Various demographic, gender trends,

socioeconomic, and regional factors have contributed to the high prevalence of obesity in Punjab. The studies have found obesity to be more prevalent among women than men across all age groups, with peak prevalence in women aged 40–49, in which 56.7% are abdominally obese. People with obesity not just struggle with increased risks of heart disease and diabetes, but also see a sharp decline in their mental and emotional health. In this situation, medical treatments become a reliable option for dealing with obesity and related health conditions.

Dr. Amit Sood is a Leading and among the [Best Weight Loss Surgeon in Punjab](#) who has helped hundreds beat obesity safely. He has worked extensively to help bring down the weight of people struggling with morbid obesity. The failure of conventional weight loss methods has also driven people to go for medical treatments like bariatric surgeries. *“In Punjab, where rich food is a way of life, obesity can feel inevitable. But with the right surgical care and lifestyle changes, hundreds have found a healthier, happier future,”* says Dr. Amit Sood.

These treatments deliver long-term results with less and have a high effectiveness in severe cases. Read further to explore how safe and minimally invasive treatments could be the panacea for obesity in Punjab.

The Limitations of Traditional Weight Loss Approaches in Obesity

For most people, being overweight and obese are similar, with varying body fat ratios. The reality is not that straightforward, as being overweight is a condition of excessive fat deposits, whereas obesity is a chronic complex disease with excessive fat deposits that impair health. Therefore, following traditional approaches like restrictive diets or intense exercise regimens will not deliver the same results.

People with obesity benefit from weight loss options that prioritize sustainability, safety, and personalization. The healthcare experts like Dr. Amit Sood are well-versed in the complexities faced by obese people. They are more capable of prescribing weight loss regimens or plans with dietary, lifestyle, and medical treatments.

Who Qualifies for Weight Loss Surgery in Punjab?

The fast and visible results with medical treatments like weight loss surgeries though, look like an easy way out of obesity; it may not be suitable for everyone. [Best bariatric weight loss surgeons in Jalandhar](#), Punjab like Dr. Amit Sood prescribe a complete evaluation of an obese person's health condition, Body Mass Index (BMI), and previous failed attempts at surgical treatments to ensure the suitability of surgery.

The elaborate evaluation ensures the person is fit for the weight loss surgery with optimum recovery. Here is a list of key factors commonly considered to ensure the procedure is safe and appropriate:

- BMI ≥ 40 (severe obesity) or a BMI ≥ 35 with obesity-related health conditions.
- Presence of health conditions like type 2 diabetes, high blood pressure, heart disease, and sleep apnea.
- Candidates between 18 and 65 years old are considered fit.
- Patients with uncontrolled psychiatric disorders, active substance abuse, or certain medical conditions are deemed unfit for the procedures.

A Comparison of Different Bariatric Surgery Procedures

There are multiple bariatric surgeries that are designed to help individuals with severe obesity lose weight with sustainable results. These weight loss procedures are chosen to improve obesity-related health conditions by modifying the anatomy of the stomach. Highly experienced and skilled bariatric surgeons like Dr. Amit Sood prescribe a particular bariatric surgery to achieve the desired weight loss goals. Here are some common bariatric surgeries prevalent for tackling obesity;

Gastric Bypass (Roux-en-Y)

- **Procedure Type:** Restrictive and malabsorptive

A small stomach pouch is created, restricting food intake. The small intestine is rerouted to bypass a portion, reducing nutrient absorption.

Sleeve Gastrectomy

- **Procedure Type:** Restrictive

In this procedure, about 80% of the stomach is removed, leaving a tube-shaped stomach. This reduces stomach capacity and decreases ghrelin (hunger hormone) production.

Adjustable Gastric Banding (Lap-Band)

- **Procedure Type:** Restrictive

The bariatric surgeons place an inflatable band around the upper stomach to create a small pouch, limiting food intake. The band can be adjusted via a port under the skin to control restriction.

Biliopancreatic Diversion with Duodenal Switch (BPD/DS)

- **Procedure Type:** Restrictive and highly malabsorptive

The procedure combines sleeve gastrectomy (stomach reduction) with a significant intestinal bypass. This leads to reduced nutrient and calorie absorption for weight loss.

Medical or minimally invasive techniques could be the key to tackling growing obesity rates in Punjab. The efforts of pioneering Bariatric Surgeon in Punjab, Dr. Amit Sood, are monumental in making medical treatments for weight loss more accessible with utmost precision and safety.



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