

Breaking the Stigma: Bariatric Surgery is Not Cosmetic, It's Life-Saving” – Experts in Haryana Explain



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[DrAmitSood](#)
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Karnal, Haryana Jun 11, 2025 (Issuewire.com) - Fat gain has long been considered a byproduct of poor lifestyle choices and binge eating. Losing weight through conventional methods of dieting and exercise is regarded as a healthier approach that is also socially acceptable. The limited understanding of how hormonal, genetic, and environmental factors contribute to obesity has led to a big misconception about how weight loss in obesity could be dealt with in the same way. The stigma around

bariatric surgery persists with the lack of awareness around how obesity is a disease, not a lifestyle mishap. Dr. Amit Sood, a [Top Bariatric Weight Loss Surgeon in Haryana](#), says how *"Bariatric surgery isn't about changing appearances—it's about restoring health, preventing disease, and giving patients the chance at a longer, fuller life. This is metabolic healing, not just weight loss."*

The collaborative endeavours of various bariatric experts, including Dr. Amit Sood, are channelised to break the stigma around how Bariatric Surgery is Not Cosmetic, it's Life-Saving. The road to a more positive perception of weight-loss surgery goes from misunderstanding to education, fear to confidence, and stigma to acceptance. Here is a complete breakdown on how bariatric surgeries are a reliable way out to shed extra kilos, especially in obesity, where other health complications also complicate the situation.

Why Does Bariatric Surgery Face So Much Stigma?

After years of medical advancements and innovations, weight loss surgical options are still looked down upon with an attached stigma of shame and safety concerns. The cultural emphasis on diet and exercise further creates a societal bias against obesity. These biases instill fear and insecurity among obese individuals for considering weight loss surgical procedures.

More deeper understanding of the procedures and their beneficial effects on health could be a great starting point for increased awareness about the benefits of these procedures. Here are some key pointers that are spreading the stigma around surgical weight loss options:

- Misconceptions about "easy way out" vs. actual risks and lifestyle changes.
- Lack of awareness about obesity as a chronic disease, not just a lifestyle choice.
- Cultural bias against surgical interventions for weight loss.
- Media portrayal reinforces stereotypes of "quick fixes" and laziness.
- Weight bias in healthcare, with some professionals dismissing surgery as unnecessary.
- Fear of complications overshadows long-term health benefits.
- Social stigma around obesity leads to judgment of surgical patients.
- Undervaluing success stories while highlighting rare failures.

Shortcut or Solution? Why Surgery Works Where Diets Fail

The success of bariatric surgeries in obesity is due to the longevity of results, where other traditional methods fail. Bariatric procedures have evolved to be minimally invasive with less recovery time for patients. The leading bariatric surgeons, like Dr. Amit Sood, follow a personalized approach to suggest the most suitable surgery, catering to the obese individual's medical complications and weight loss goals.

In obesity where diets often fail because the body fights weight loss by increasing hunger hormones, e.g., ghrelin, and slowing metabolism. Whereas the surgery improves insulin sensitivity, often reversing type 2 diabetes before significant weight loss occurs. The weight loss procedures work on the principles of Restriction + Malabsorption for controlling urges and giving sustainability in the weight loss.

From Sleeves to Bypasses: Which Weight Loss Surgery Fits Your Needs?

Bariatric surgeries have been classified into different types based on their mechanism of action and the anatomical changes they induce in the digestive system. Dr. Amit Sood and other bariatric surgeons prescribe a particular procedure based on the patient's health profile, BMI (e.g., >50), may favor

procedures like gastric bypass or duodenal switch, weight loss goals, and risk tolerance.

Therefore, consulting leading bariatric surgeons becomes crucial for personalized recommendations and comprehensive pre- and post-operative care. Here are some commonly performed bariatric surgeries to tackle weight loss in obesity:

- Gastric sleeve
- Gastric bypass
- Adjustable gastric banding
- Duodenal switch

Though growing awareness and popularity for weight loss procedures are bringing the cultural shift, the social acceptance of their viability in weight loss is still far-fetched. It's time people understand how bariatric surgery is not a cosmetic procedure but a crucial, life-saving intervention for severe obesity and related health conditions. Dr. Amit is a reputed and [Best bariatric surgeon in Karnal](#) that emphasize the need to dispel misconceptions and recognize its medical importance to improve patient outcomes and save lives in obesity.



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