

Dr. Amit Sood Sheds Light on the Benefits of Mini Gastric Bypass for Long-Term Weight Loss



Amritsar, Punjab Jun 6, 2025 ([Issuewire.com](https://www.issuewire.com)) - Obesity in India has spun out of control, especially in the northern region, with considerable dietary shifts and a growing sedentary lifestyle. The genetic and environmental interplay further complicates the scenario and demands an actionable approach. People are splurging thousands on diet pills and fad diets that have long-term risks to overall health and do nothing for weight loss. For long-term efficacy and visible results, people have begun to gravitate towards surgical weight loss solutions. Here is an insightful take from Dr. Amit Sood, who Sheds Light on the Benefits of Mini Gastric Bypass for Long-Term Weight Loss.

Though the efficacy of weight loss surgeries has been established over the last few years, people still hesitate to choose this option due to their lack of knowledge and the usual cost associated with the surgery. Raising awareness about how weight loss surgeries function and providing information on affordable surgical options could inspire people to choose surgical weight loss methods. Dr. Amit Sood, the [best Bariatric weight loss surgeon in Amritsar](#), has addressed different aspects of Mini Gastric Bypass and what makes it so effective for achieving significant weight loss in obese people.

Cutting the Fat—Literally: How Surgery is Changing Obesity Care?

Having love handles or being a little overweight is not a major health concern, however, the problem begins when our Body fat percentage crosses a BMI range that impairs overall health. A person is considered obese when they have a body fat percentage of 30% or more for women or 25% or more for men.

After this point, the interplay of various factors creates a vicious cycle where initial weight loss is hard to achieve, and maintaining it is even more difficult. Therefore, obesity underscores the need for a comprehensive weight loss plan that actively addresses various physiological, psychological, and emotional challenges in weight loss. Here is why surgical options have gained popularity in weight loss:

- Limited success of non-surgical methods for tackling obesity.
- Effectively manage severe health risks in obesity-related conditions.
- Introduction of minimally invasive techniques with reduced risk and fewer complications.
- Bariatric surgeries often result in sustained weight loss compared to the conventional approach.
- Growing awareness and reduced stigma around weight loss surgeries.

An Overview of Mini Gastric Bypass (MGB) and Its Procedure

Mini Gastric Bypass, also known as One-Anastomosis Gastric Bypass (OAGB), is a bariatric surgical procedure that combines restrictive and malabsorptive techniques to promote weight loss. Dr. Amit Sood is a leading weight loss surgeon offering cost-effective [Mini Gastric Bypass Surgery in Punjab](#) in his well-developed facility, Coksmic Healthcity.

The surgery is less invasive than traditional gastric bypass, with fewer incisions and shorter operating time. With the reliable surgical expertise of Dr. Amit Sood, the recovery time is reduced with fewer complications.

Key Steps in the Procedure:

- A small stomach pouch is created to limit food intake (restrictive).
- A portion of the small intestine is bypassed, reducing nutrient absorption (malabsorptive).
- The stomach pouch is connected to the small intestine with a single anastomosis (connection), making it simpler than traditional Roux-en-Y gastric bypass.

Why MGB Isn't Just a Quick Fix—It's a Long-Term Weight Loss Game Changer

When done as per the SOPs and by the leading surgeons like Dr. Amit Sood, the patients lose 60-80% of excess body weight within 1-2 years, with sustained results when lifestyle changes are maintained. MGB is also effective in resolving or improving obesity-related conditions like type 2 diabetes, hypertension, and sleep apnea. The combination of reduced appetite due to a smaller stomach and malabsorption supports long-term weight maintenance in people with obesity.

To avoid any risks during surgery, it is best to choose high-profile bariatric surgeons like Dr. Amit Sood, who have a track record of thousands of successful surgeries. Here are some key highlights that support the sustainability offered by mini gastric bypass:

- Sustained weight loss results, not temporary fixes
- Addresses root causes of obesity, not just symptoms
- Promotes lifelong metabolic health benefits
- Combines surgery with long-term lifestyle support
- Reduces reliance on fad diets and yo-yo weight cycles
- Clinically proven for durable weight management
- Enhances overall well-being beyond just shedding pounds
- Personalized post-op care for lasting success
- Lower regain rates compared to traditional weight loss methods

- A holistic approach to health transformation

Dr. Amit Sood is the man behind thousands of successful weight loss transformations. His strong medical background and personalized weight loss plans have made him a trusted bariatric surgeon for Mini Gastric Bypass and other weight loss surgical options.

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