

Punjab Sees Rise in Mini Gastric Bypass Surgeries as Obesity Rates Climb



Moga, Punjab Jun 12, 2025 ([Issuewire.com](https://www.issuewire.com)) - Obesity in Punjab has taken a vile turn, with obesity rates climbing off the charts. The National Family Health Survey-5 (NFHS-5, 2019–2021) suggests over 44% of women and 41% of men in Punjab are either overweight or obese. The key contributors to obesity in Punjab are high-calorie diets, frequent consumption of processed foods, and low physical activity, which have aggravated the situation even further. The rise in obesity has led to a consequent rise in [Mini Gastric Bypass surgeries in Punjab](#) as the obesity rates continue to climb.

"Modern weight-loss surgery is safer and more effective than ever, offering long-term success for those struggling with obesity-related diseases," says Dr. Amit Sood, a trusted bariatric surgeon in Punjab. The inefficiency of traditional weight loss methods on obesity and the growing acceptance of surgical weight loss options have led to a surge in [Bariatric Surgeries in Punjab](#).

A 2011 study in Ludhiana district found that 43.88% of urban adult females and 22.26% of rural adult females were overweight or obese ($\text{BMI} \geq 23 \text{ kg/m}^2$). These figures underscore the need for proactive measures that not just bring down weight but are more sustainable and long-term for weight loss. Go through this elaborate breakdown on the Mini Gastric Bypass for tackling obesity in Punjab.

Why Mini Gastric Bypass is a Game-Changer for Obesity Treatment

Mini gastric bypass is a modern version of traditional Gastric Bypass, offering both restriction and malabsorption for sustainable weight loss. It is carried out to give the best of both worlds, ensuring a less complicated procedure along with a lower likelihood of a staple "leak". Compared to the standard

gastric bypass, it requires only one surgical join or anastomosis, making it a much safer choice. Many studies have suggested that the gastric mini-bypass is even better than the Gastric Sleeve and Roux-en-Y, and Gastric Bypass.

However, not everyone is eligible for mini-gastric bypass, leading weight loss surgeons like Dr. Amit Sood carry out an elaborate evaluation to check the eligibility of candidates. Here is a list of factors considered to check the suitability of the candidate for the mini gastric bypass.

- BMI $\geq$ 40 (Class III obesity) or BMI $\geq$ 35 with obesity-related comorbidities (e.g., diabetes, hypertension).
- Age between 18–65 years (varies by surgeon and patient health).
- Failed previous weight loss attempts with diet, exercise, and medications.
- No uncontrolled psychiatric disorders like severe depression, eating disorders.
- No severe GERD or Barrett's esophagus (due to increased reflux risk).
- No alcohol/substance abuse (risk of poor compliance).
- Commitment to long-term lifestyle changes & follow-ups.
- No major surgical risks (e.g., severe heart/lung disease).

Experts Highlight Minimally Invasive Technique as Preferred Choice for Morbid Obesity

For a long time, surgical weight loss options were shunned for the risks involved with their invasive approach. New advancements in laparoscopic surgeries flipped the scenario and made surgical weight loss options more viable and safer for obese individuals. Various initiatives taken by one of the leading weight loss surgeons, like Dr. Amit Sood, have carved a niche for the bariatric procedures, especially in a place like Punjab, where obesity has turned into an epidemic.

The minimally invasive approach is proving to be a breakthrough in battling obesity and giving hope of a healthy life to obese individuals. Here are some key points that further support the impact of minimally invasive techniques in reversing morbid obesity:

- Lower complication rates compared to traditional open surgery.
- Reduced recovery time, enabling faster return to daily activities.
- Smaller incisions minimize scarring and infection risks.
- Effective weight loss with comparable long-term results to conventional methods.
- Improved patient safety due to advanced laparoscopic/robotic precision.
- Decreased hospital stays, lowering healthcare costs.
- Suitable for high-risk patients with obesity-related comorbidities.
- Growing surgeon preference for techniques like sleeve gastrectomy and gastric bypass.
- Enhanced patient satisfaction due to less post-operative pain.

Your choice of surgeon strongly influences the recovery rate and safety during the weight loss procedure. Dr. Amit Sood, with his dedication to bring the change, is contributing to making mini gastric bypass and other weight loss procedures more accessible and cost-effective for the people who could benefit from the weight loss procedures.

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