

## **National report of treatment of obesity and metabolic disorder from (India).**

**Dr. Mahendra Narwaria, MS, FICS.**

### **President, Obesity and Metabolic Surgery Society of India**

Asian Indians exhibit unique features of obesity; excess body fat, abdominal adiposity, increased subcutaneous and intra-abdominal fat, and deposition of fat in ectopic sites (liver, muscle, etc.). Obesity is a major driver for the widely prevalent metabolic syndrome and type 2 diabetes mellitus (T2DM) in Asian Indians in India and those residing in other countries. Based on percentage body fat and morbidity data, limits of normal BMI are narrower and lower in Asian Indians than in white Caucasians. A consensus statement, was published for revised guidelines for diagnosis of obesity, abdominal obesity, the metabolic syndrome, physical activity, and drug therapy and bariatric surgery for obesity in Asian Indians after consultations with experts from various regions of India belonging to the various medical disciplines representing reputed medical institutions, hospitals, government funded research institutions, and policy making bodies.

According to National Family and health Survey (NFHS), approximately 7.1% of Indian population is under obesity risk. Almost 65% of adult urban Indian are –either over weight, obese or have abdominal obesity. The highest incidence is observed in North western (Punjab) part of India (M: F- 30.3/37.5%), followed by South (M: F-24.3/34%) and North east (M: F-17.3/21%).

With an estimated 50.8 million people living with diabetes, India has the world's largest diabetes population, followed by china with 43.2 million. The prevalence of type II DM in adult population ranges from 9% to 16%, with 14.2 % of male and 17.5 of female.

The Obesity and Metabolic Surgery Society of India was established in 2001. The indication for surgery is generally in accordance with guidelines using the WHO standard for obesity on Asia, i.e. BMI >37.5/32.5 with co-morbidities. There are few no of bariatric and metabolic surgeries carried out outside the standard guidelines for obesity surgery but they are mainly as part of some clinical trials.

There are about 80 surgeons (certified general, GI surgeons with training and experience) performing bariatric surgery regularly in India, carrying out 2000 procedures per year.

There are 5 high volume centres and few of them applied for centre of excellence (ICE) certification from ASMBS.OSSI is jointly working with SRC to develop centre of excellence in India. Cost of bariatric treatment depends upon

the types and location of the operative procedure. We accept and operate the international patients.

**References:-**

- IDF-Diabetes Atlas, 4<sup>th</sup> edition, Oct 2009.
- G. Vijaykumar et.al; JAPI, Aug 2009, Vol-57.
- A. Mishra, P.Chowbey, BM Makkar, NK Vikram et.al; JAPI, Feb 2009.