

- **INFORMATION**

"Obesity in India is defined as a Cosmetic or a lifestyle disorder."

However, Dr. Badami begs to disagree with the way the entire obesity conundrum is misconstrued and misunderstood in India. Bariatrics, which is a branch of medical Science that treats obesity not just in terms of losing oodles of weight but preventing escalation to a number of life threatening diseases.

Dr. Badami considers obesity as a "major health concern" and "a complex disease" for which immediate corrective measures need to be adopted. Research has proved that a large number of obese patients have never been told by their medical professionals that they have obesity issues. This could be the result of Physicians and Diabetologists not wanting to offend the patients combined with a reluctance to haemorrhage their money by offering weight loss solutions. Dr. Badami embarks on an initiative called "Obesity Disease Control Prevention" and exhorts the patients to participate in this campaign to understand the entire medical Science of Bariatrics. He recognizes obesity as a disease with an attempt to reverse the epidemic rise. He wants the patients to lead an ailment-free life without depending on medicines and passive slimming solutions. The initiative will clear your misconceptions about obesity and familiarize you with the jargon called "Bariatrics."

Have a look at celebrities who accepted obesity as a disease and went under the knife to take up cudgels against fatal ailments. Sharon Osbourne, Randy Jackson, Roseanne Barr, John Popper, Star Jones and Anne Rice lead healthy lives now and look happier and more confident in front of the camera.

Discover the Science behind Obesity rather than Endorsing a Body Positive Movement

Global Obesity rates have risen dramatically over the last three decades. Looking at the scenario, the UK retailers captured the market strategically due to the demands raised by the obesity struck people who were not fitting into the standard size of clothes. The decision to offer plus size clothing is undoubtedly a Body Positive Movement. The retailers have remarkably contributed to the normalization of obesity and its non acceptance as a disease. Now the Obesity brands are endorsed by malls and shopping complexes. However, this commercialization of obesity has shocked the medical fraternity beyond limits due to complications, health consequences and deaths caused by the disease.

According to Obesity Specialist, Dr. Badami, this movement is likely to undermine the recognition of "Obesity" as a disease. People are now misperceiving their weight and treating it as a lifestyle disorder.

Dr. Badami in his well-exemplified research on Obesity Management states that Obesity should not be taken with a grain of salt.

"Battling obesity isn't a wild goose chase if we are determined to manage the disease effectively." Dr. Badami reiterates.

Obesity: Deterrent to Copulation and Reproduction

Usually we hear our obesity affected patients suffering from multiple organ disorders. This sounds stereotypical due to the information overload available on these topics. Health Havens points out one important aspect that is rarely touched upon by medical professionals; the sexual dysfunction which is often found amongst obese individuals. This grievance can originate from emotional distress and hormonal disturbances due to a shocking BMI. The surgical Clinic reaches out to the people who are getting alienated, estranged and distanced from the mainstream of society due to lack of acceptance or inability to release their pent up emotions.

Risk Factors:

- a. Men suffering from obesity are likely to suffer from erectile dysfunction. Sexual performance can be a great source of anxiety and concern for men. Obesity can magnify these psychological concerns and put an end to the carnal pleasures.
- b. Obesity can obstruct the levels of testosterone in men. Appropriate levels of this hormone are necessary to maintain a healthy sex drive. When there is a large amount of belly fat, abdominal fat is likely to turn into Oestrogen interfering with hormonal balance.
- c. Men violently struck by obesity have elevated Cholesterol levels (Hypercholesterolemia) and Hypertriglyceridemia. Obesity destroys the inner lining of vessels (endothilium) and when this lining is damaged, penis cannot get enough blood flow to produce or sustain an erection. An erection is basically a cardiovascular event and if the blood vessels fail to dilate normally, they escalate erectile dysfunction.
- d. Research findings have proved that satisfaction with sexual life is significantly high in non obese group. There is a statistical correlation between weight loss and improvement in libido.
- e. Obesity has multifaceted disadvantages against procreation. Obesity is instrumental in creating a hormone imbalance binding globulin decrease linearly with body fat percentage. This gives rise to increase in androgen levels in women.

Men and Women can stop struggling with Obesity and learn to seek help at the right place. Dr.Sameer Badami offers excellent obesity solutions and interventions to combat the growing public health concern of this unidentified disease.

Kindly shed your inhibitions as we at Health Havens are all set to challenge you to begin the journey to a longer, healthier and a happier life!



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Dr. Sameer Badami, who is a Versatile Obesity Surgeon is strictly against Body Shaming. However, if his aspire for a perfect, fat free body and svelte figure, they cannot escape being under his knife.

When it comes to Bollywood celebs, you would see most of them opting for Liposuction to get into shape.

Hrithik Roshan visits his Surgeon regularly to get liposuction done on his torso between his abs to make them look more defined and flawless.

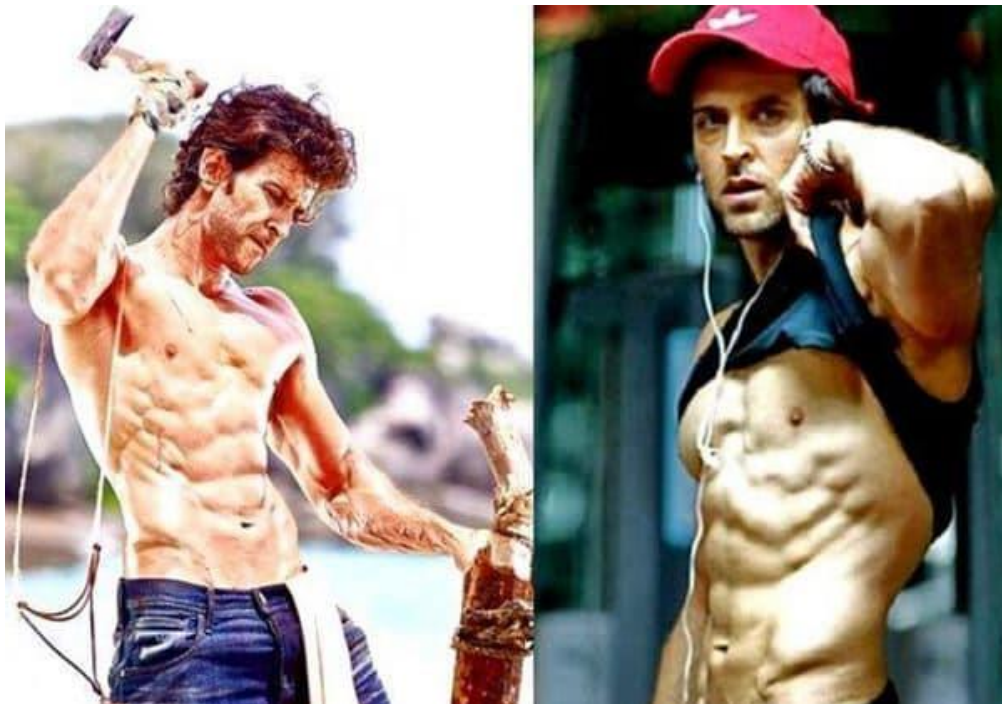
Bipasha Basu who raves about being a fitness freak also got tempted to go in for Liposuction to change her body contours and look more attractive than ever before.

Adnan Sami, the renowned singer suffered enormous weight issues. He dreaded the alarming signals coming from the Doctors and chose Liposuction to get those flabs and extra pounds reduced.

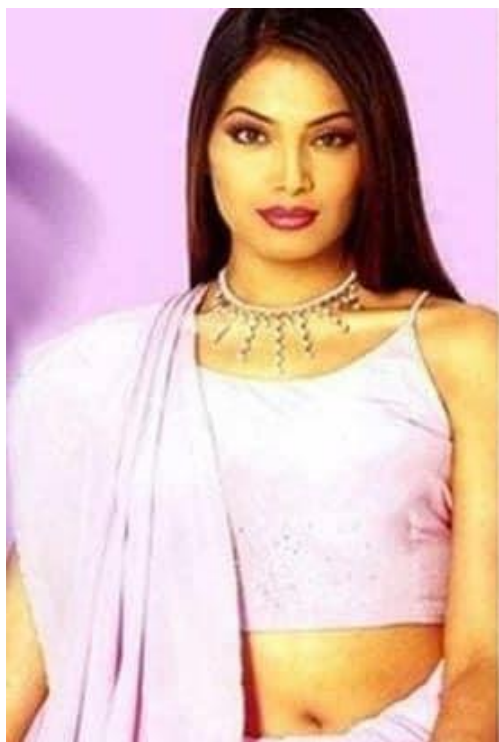
Ayesha Takia was trolled on the Internet for being overweight, chubby and unfit. She underwent Liposuction that transformed her body miraculously.

Farah Khan always looked puffed up and obese all her life. Matters worsened even more as she delivered triplets. She finally prepared herself for a surgery to look less fatter and fitter.

Shilpa Shetty was blessed with an enviable body. However, she too got her thigh line and tummy line touched to look drop dead gorgeous.







Feedback for Dr. Sameer Badami

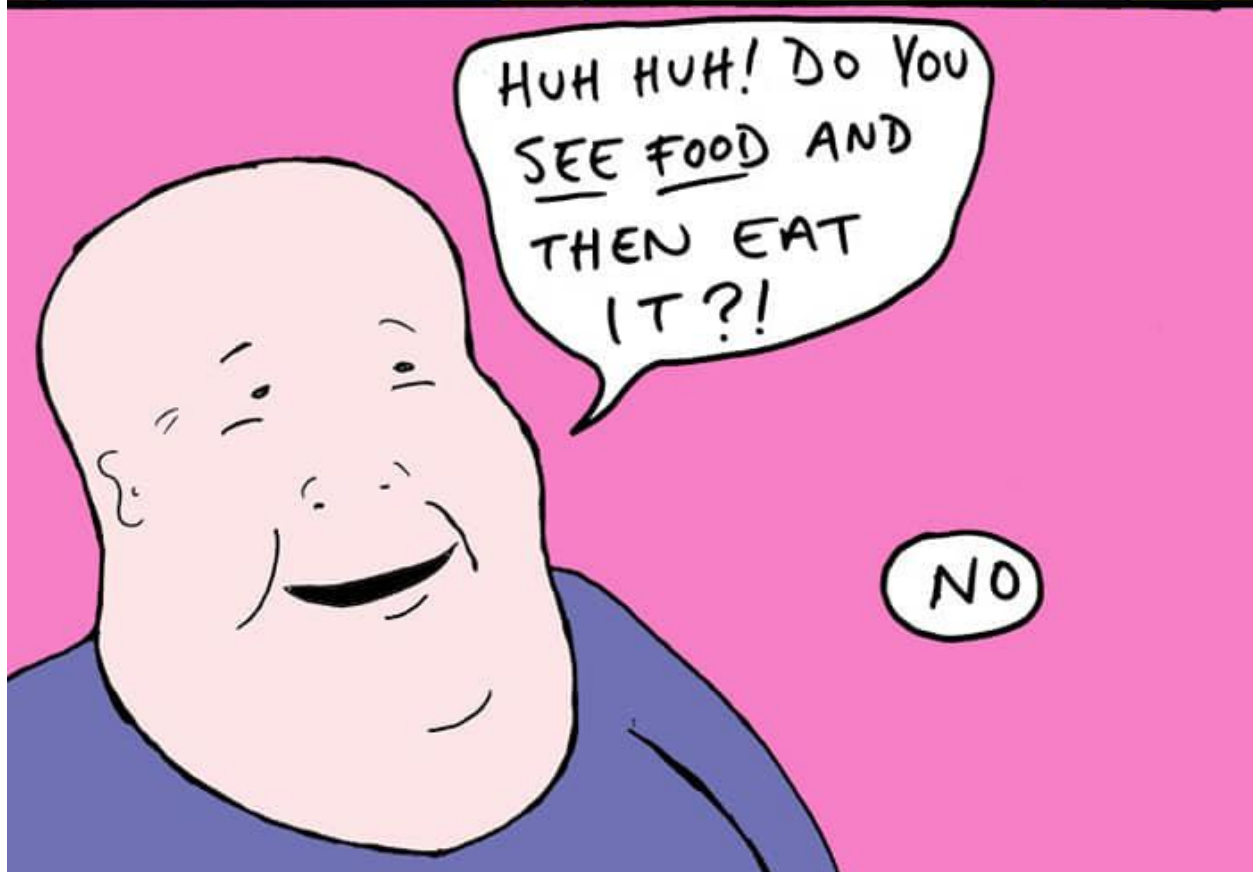


Anonymous

Dr. Badami treats Achalasia Cardia:

A 57 year old female patient complained of Achalasia Cardia, an esophageal motility disorder that prevented absorption of food into the stomach and led to a massive bout of regurgitation, uneasiness and restlessness. Dr. Sameer Badami, the founder of Health Havens, performed a rare laparoscopic surgery (Cardiomyotomy) to treat large Achalasia. The Nissen fundoplication wrap was used to treat her gastroesophageal reflux. The laparoscopic procedure provided enormous relief to the patient.





Humorous Excuses and odd Suggestions Given by Obese individuals

1. "Always stand sideways for photographs. It's really slimming. Also stand next to the person fatter than you, whenever possible. It boosts our self esteem."
2. "It's the genes why I don't fit in my jeans. The obesity issue is ancestral. How am I responsible?"
3. "Cakes may be horrendously fattening. However, the calories can be eliminated by reading the inscription "Happy Birthday Buddy" as declining it would mean impolite."
4. "I am hopelessly tired to hit the gym today. I woke up after a night of partying, still trying to figure out what exactly happened."
5. "People in my Fitness Club stink like hell. They are dreadfully disgusting. Their presence makes me nauseous and puky."
6. "I always eat in private. When people never me me eat, they believe I am on a diet."
7. "So what? Every woman has a stubborn fat she just can't shift, whether it's love handles, plump knees or chunky thighs."
8. "Grazing on salad greens. I looked like a cow and now I actually feel like one."
9. "See I can't mingle with the super - svelte crowd at the Gym. I hate those selfie taking gym snobs. Snooty Babes!"
10. "I live in a democratic society. Why the hell do Gym Instructors and Dieticians behave like Dictators? I don't wish to get bullied."
11. "What is Bariatrics? I tried every possible trick to lose weight but it still sounds tricky. I have fat trickling all over the place."
12. " My Fasting BSL shows Feasting levels. I guess I would die eating as dieting isn't my cup of tea."

Health Havens Clinic understands your plight and vows to put an end to your excuses forever. Be it a pipe bursting at home, toilet overflowing or a natural disaster befalling your neighbourhood, no lame excuse can stop you from visiting our Obesity Clinic.





From the Health Havens' Desk

Obesity is on the rise worldwide. We often ignore how obesity sneaks up on us.

Are we to blame our genes?

Why do our parents leave us a lifelong legacy if they are obese?

Obesity to people means a person eating more calories than burning which is generally thought to be a sedentary lifestyle. However, Health Havens simply does not support this simplistic view. It in fact tries to get a deeper understanding of the Obesity conundrum.

Obesity in itself is a major health risk and that needs to be well established in India. Let us look at the various factors that are responsible for Obesity in a person.

1. Obesogenic Potential:

The ability of a particular trait that contributes to obesity is called Obesogenic Potential. Many factors are said to harbour obesogenic potential. These may include the social environment and living spaces. The same amount of calories and physical exercise have different effects on different people. Upto 70 % of the Body Weight is linked to genetic factors. Upto 5% of extreme obesity can be traced back to mutations in the gene encoding the Melanocortin 4 Receptor. An erudite piece of research published in the Proceedings of the National Academy of Sciences points fingers at a gene called Ankyrin B. It is found that variations in this Ankyrin B cause excessive amounts of glucose to enter fat cells causing them to double in size. The study was carried out on mice and it was observed that mice with mutated gene could become obese without eating more and there was an underlying cellular mechanism to explain that weight gain.

2. Obesity tied to Birth Defects:

Roughly half of pregnant mothers in India are overweight or obese when they attend their first antenatal appointment. The risk of congenital malformations increases with maternal weight. Mothers with BMI greater than 35 have a 23% greater risk of having a baby with malformations than those with normal BMI. In addition to a high risk of birth defects, babies born to obese mothers are more likely to be large at birth: a phenomena called Macrosomia. Gynaecology claims that babies with obese mothers develop longer bones with larger heads. The Gynaecologist can view this on the Ultrasound.

3. The Indian Legacy of Obesity: The mother's weight and diet during pregnancy and lactation could be responsible for Obesity in her excessive maternal gestational weight gain period. The metabolic environment in which the baby grows causes permanent changes to the genetic code. Overnutrition during pregnancy and lactation, excessive intake of Edible Gum Sweetmeat balls and high cal Porridges can result in high Blood Glucose levels and epigenetic modifications.

4. The Craving for Unhealthy Diets:

Eating out culture in India has grown manifold in the past decade. According to a survey conducted in Delhi, there is 40 % rise in eating out trend in families with income of more than 60,000 in a year. Dining out is no longer confined to celebrating special occasions. There is

tremendous craving for junk food that is appealing to the palate. India has been an encouraging host to sell American junk food that is available at the door step. Doctors have been warning the patients about the Health risks of consuming junk food and nutritionists are reassuring that traditional Indian meals and ingredients are some of the healthiest in the world. India has been working hard to support American junk food brands and escalate their investments and sales in India. This has successfully brought foreign investments and jobs for India. However Indian health conditions have worsened due to this reason and our country is already in a precarious situation.

5. Obesity Denial Mode:

Indians are still the most ignorant bunch among the top 40 nations of the world. We need to accept that a majority of Indians are uninformed, superstitious and lack scientific, rational and critical thinking. They refrain from accepting obesity as a disease and still opine that Bariatric Surgeries are Cosmetic Surgeries that are meant to be performed on Celebrities and Film Stars with large pockets. Some Indians still cannot differentiate between Weight Loss Surgeries and Liposuction procedure. Indian Surgeons have to constantly adjust and accommodate their patients according to their budget. What is more suitable and convenient for an individual is more important than what is internationally recognised and appropriate for an individual. Decisions regarding which investigations to do and which treatment to offer have to be made on how much a patient can afford. This is the reason why Weight Loss is treated like a Branch of Aesthetics in our country. This is how Obesity has plagued the Indian population more than Plague itself.

Dr. Sameer Badami repairs a Giant Hernia Morgagni with Coronary Syndrome

The Surgical Maestro, Dr. Sameer Badami, in his erudite medical report informs us that "The foramen of Morgagni is a persistent developmental defect in the diaphragm anteriorly. These kind of hernias are congenital but rarely diagnosed in childhood. Such hernias could be associated with trauma, obesity or intra - abdominal pressure."

It was Giovanni Batista Morgagni (1761) who described the retrosternal herniation of abdominal content in the thoracic cavity.

Advanced Laparoscopic Surgeon, Dr. Sameer Badami reports that "The 55 year old female patient's omentum and the stomach protruded into the chest through Morgagni defect. The Patient was noted to have a large anteromedial diaphragmic hernia by Chest Radiography and CT imaging."

Dr. Badami repaired the complex hernia with a Nissen Fundoplication wrap which is a usual surgical procedure to treat Hiatal hernias and Gastric Oesophageal Reflux Syndrome. (GERD)

The Surgical Expert elucidates that

"The Laparoscopic approach for the repair of Morgagni hernia offers diagnostic advantages as

well as potentialities for reduced morbidity as compared to Laparotomy. He also recommends an intra corporeal knot - typing for fixation of the mesh to be a secure and satisfactory means to an effective laparoscopic repair."

The founder of Health Havens applied the technique of minimally invasive suturing to achieve satisfactory repair of a difficult hernia.

Health Havens Happy Weight Loss Club

Research has proved that Weight Loss can produce surprising personal happiness and obese individuals are likely to feel depressed and less positive than normal groups. This lack of well - being could be a contributing factor to weight loss failures. Weight Loss Surgeries can make an Obese individual feel happier and healthier.

India has happily welcomed and adopted America's deadliest foods like Pop Tarts, Finger Chips, Starbucks White Chocolate Mocha Frappuccino, Burger King Oreo Shake, Mad Over Donuts, Sugar Sweetened Soda, Mc Donald' s triple Thick Milkshake. These atrociously high cal foods have fascinated the Indians beyond measure and also made the kids and teenagers exceptionally happy. However, India is still in the Obesity Denial Mode and this attitude has escalated the number of Type 2 Diabetes and Coronary Heart patients in the country due to the enormous trade boom of American foods in India.

Instead of endorsing the American food chains, we need to emphasize America's corrective measures on combating Obesity and accepting it as a disease. The American Celebrities who have undergone Weight - Loss Surgeries streamlined their lives for the better and look happier and healthier.

None of the images are photoshopped. They are absolutely candid and impeccably real. Let's hear it from the celebrities as they talk about their weight loss journeys and decision to go under the knife for longevity and happiness.

Have a look at their incredible transformation post Bariatrics and you cannot ignore the profound and limitless happiness on their faces after meeting their goals.

Contact Health Havens Clinic and join their Happy Weight Loss Club Today and learn to identify Obesity as a Disease to create a haven of health for you and your Family members.

Health Havens' Paediatric Obesity Guidelines

Dr. Sameer Badami, the founder of Health Havens declares Paediatric Obesity as a Paediatric Obesity in India is emerging as a serious Health burden and is acquiring an epidemic status. Like the air that we breathe in, it has become all pervasive. Medical surveys prove that Childhood Obesity tracks into adulthood and is associated with an increased risk of mortality. If obesity in children is not controlled, it might give rise to morbidities such as impaired glucose

tolerance, menstrual irregularities in girls, gall stones, dyslipidemia, obstructive sleep apnea and orthopaedic disorders. Causes of obesity are multifactorial.

In India, most people accept Diabetes, High Blood Pressure and Coronary diseases as inevitable conditions that occur with age. According to Obesity Surgeon, Dr. Sameer Badami, this is the most dangerous attitude to espouse. There is a lack of effective awareness about obesity and the modifiable risk factors related to it. The single main cause underlying the obesity epidemic in India is apathy by the general population, their lack of awareness about the detrimental effects of obesity and the absolute silence of the Ministry of Health and Family Welfare.

Health Havens embarks on yet another venture of treating obesity in adolescents and children. It amalgamates Scientific evidence and medical Literature.

The master mind behind Health Havens, Dr. Sameer Badami who is a Bariatric Surgeon and Obesity Specialist, would take the following aspects into consideration while giving obesity solutions.

1. Epigenetics
2. BMI as per percentile
3. Assessment
4. Obesity as a disease
5. Review of symptoms
6. Physical Examination
7. Nutritional Recommendation
8. Activity Recommendation
9. Co - Morbidities
10. Pharmacology

RARE-CASE LAPAROSCOPIC SURGERY PERFORMED

at Ruby Hall Clinic Wanowarie

Each morning was agony for a 64-year-old-woman who had undergone an open surgery for uterine prolapse — slipping down of the uterus due to the weakening of pelvic floor muscles and ligaments — 4

years ago. The complete opposite of relief post surgery, she faced immense difficulty passing urine and stools and even noticed that her vaginal stump started protruding over time.



Dr. Sameer Badami operating the rare-case at Ruby Hall Clinic, Wanowarie

“A first of its kind laparoscopic procedure in the city, we are immensely proud that our team at Ruby Hall Clinic Wanowarie led by Dr. Badami gave our patient the relief she was craving for. She is now symptom-free and results like these are only possible under the multi-disciplinary expertise and care our hospital is known to provide,” says Dr. Manisha Karmarkar, COO, Ruby Hall Clinic Wanowarie

“She was in a lot of discomfort and an MRI revealed complete pelvic organ prolapse along with the recurrence of her bladder and rectum prolapse. A routine STARR procedure was difficult due to her previous surgeries, so we had to laparoscopically reposition her pelvic organs, rectum, vagina and bladder with a surgical mesh,” says Dr. Sameer Badami, Laparoscopic Surgeon, Ruby Hall Clinic Wanowarie.

For further details, contact
Ruby Hall Clinic, Wanowarie :



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Ruby Hall Clinic
Wanowarie

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What is Laparoscopy?: From the Surgeon's Desk

The Word "Laparoscopy" is derived from the Greek Word "Lapara" meaning "flank" and "skopeo" meaning, "to see." It was invented by Georg Kelling from Dresden, Germany in the year 1901.

Laparoscopy is a Surgery performed in the abdomen or pelvis using small incisions with the aid of a Camera.

Laparoscopy is also called a Minimally Invasive Surgery, Bandaid surgery or a Keyhole Surgery.

There are a number of advantages for a patient with Laparoscopic Surgery versus a Conservative Open Procedure.

With Laparoscopy

The Patient has

1. Immediate pain relief
2. Reduced haemorrhage
3. Brief Hospital Stay

Laparoscopic Surgery includes operations within the abdominal or pelvic cavities whereas a Keyhole Surgery is performed on the Thoracic or Chest Cavity. It is called Thoraoscopic Surgery.

A Laparoscopic Surgery makes use of surgical equipments such as: Forceps, Scissors, Probes, Dissectors, Hooks and Retractors.

There are two types of Laparoscopes.

1. A Telescopic Rod Lens connected to a video camera.
- 2..A Digital Laparoscope wherein a miniature digital video camera is placed at the end of the Laparoscope eliminating the rod lens system.

Single port Laparoscopic Surgery: This is a Surgical technique wherein the Surgeon operates exclusively through a single entry point, typically the patient's navel. An SPL Surgery leaves a minor scar unlike conservative surgeries..

Dr. Sameer Badami, the Founder of Health Havens Clinic treats the following Gastroenterological and Oncological disorders laparoscopically.

1. Appendectomy (removal of appendix)
2. Multiple Organ Prolapse
3. Hernia (all types)
4. Diverticulitis
5. Colectomy (removal of colon)
6. Ileostomy (fecal diversion)
7. Pancreactomy (removal of pancreas)

- 8. Liver Resection
- 9. Cholecystectomy (removal of gall bladder)
- 10. Ulcerative Colitis
- 11. Proctectomy (removal of rectum)
- 12. Gastrectomy For Cancer and Palliative Surgery



Dr. Sameer Badami

**M.B.B.S, DNB, FCPS (Surgery)
FMAS (Laparoscopic Surgery)
Winner of Limca Book of Records**

Dr. Sameer Badami

M.B.B.S, DNB, FCPS

(Surgery)

FMAS

**Winner of Limca Book
of Records**

Specialities:

General Surgery

Laser Surgery

Cancer Surgery

Laparoscopic Surgery

Advanced Robotic

Surgery

Bariatric Surgery

Thoracic Surgery

Thoracic Treatments

1. Thoracic Schwannoma

2. Achalasia Cardia

3. Oesophageal Cancer

4. Lung Cancer

5. Hiatal Hernia

6. Chronic Obstructive

Pulmonary Disease

7. Cystic Fibrosis

**Gastroenterological
treatments**

1. Acid Reflux

2. Ulcerative Colitis

3. Stomach Ulcers

**4. Gall Bladder disease and
Cholecystectomy**

5. Gall bladder Cancer

6. Gastric Cancer

7. Spleen Cancer

8. Pancreatic Cancer

9. Liver Cancer

10. Colon Cancer

11. Rectal Cancer

12. Appendectomy

Surgical Oncology

1. Breast Cancer

2. Ovarian Cancer

3. Cervical Cancer

4. Endometrial Cancer

**5. Oral Cancer, Tongue Cancer, Lip
Cancer**

Miscellaneous Surgeries:

1. Pleomorphic Adenoma

**2. Hernia: Inguinal, Umbilical,
Incisional and Femoral**

3. Varicose Veins

4. Laparoscopic Hysterectomy

**5. Laparoscopic removal of Uterine
Fibroids**

6. Pilonidal Sinus

**Nephrological and Urological
Treatments**

1. Kidney and Bladder Stones

2. Kidney and Bladder Cancer

3. Urinary Tract Infection

4. Uterine Prolapse

5. Nephrosis, Urethritis, Cystitis

Endocrinological treatments:

**1. Organ Correction for
Hermaphrodites**

2. Adrenal Tumour

**3. Thyroid Cancer and
Thyroidectomy**

4. Multiple Neoplasia

5. Pituitary Adenoma

Metabolic / Bariatric Surgeries:

1. Mini Gastric Bypass

2. Gastric Bypass

3. Sleeve Gastrectomy

4. Lap Band Surgery

**5. Bariatric Surgery for Women
suffering from PCOS.**

Obesity Management Treatments:

1. BMI

2. Childhood Obesity

**3. Heart Disease and Type 2
Diabetes Management**

4. Sleep Apnea

**5. Osteoporosis / Osteoarthritis
Management**

**6. Diet Management and
Counselling**

Dr. Badami treats a patient with Thoracic Schwannoma

The purpose of this case report is to describe a patient complaining of a niggling back pain subsequently diagnosed with a Thoracic Schwannoma.

Surgical Maestro Dr. Sameer Badami performed a complicated surgery on a 55 year old male to remove the spinal tumour. His pre operative and post operative diagnosis was IE Spinal Tumour (Schwannoma) The tumour arose from D7 to D10 vertebrae.

The Computer Tomography revealed a well encapsulated mass lesion and showed a spindle cell tumour composed of alternating hypercellular and hypocellular areas with foci of nuclear palisading. Verocay bodies were observed too. Thick walled hyalinized blood vessels were noted. However, there was no detection of nuclear Atypia, Mitoses or Necrosis.

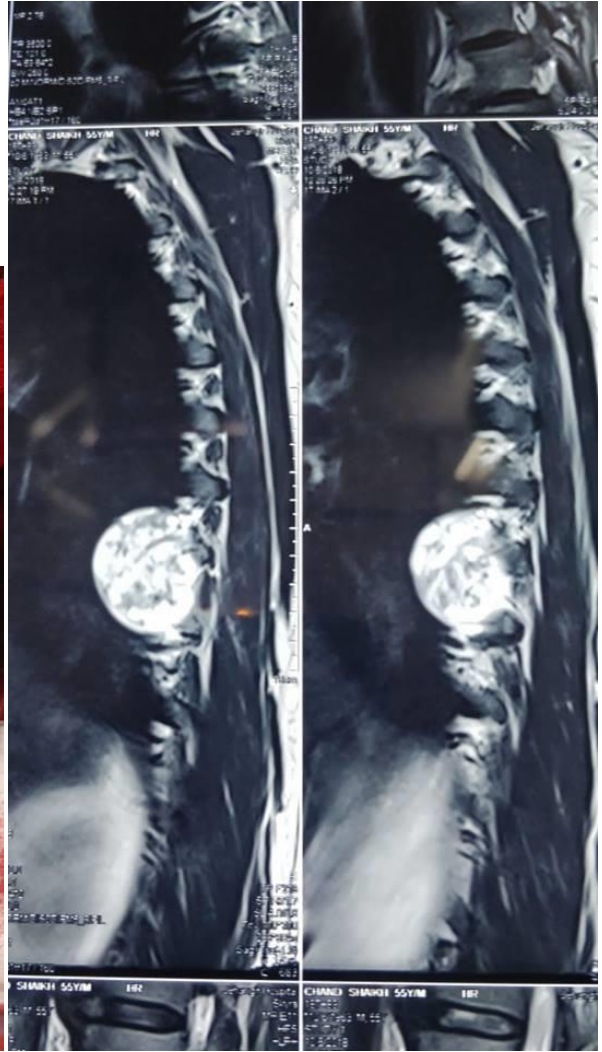
Dr. Badami informs us that this case was unusual as there were several complicating factors in the clinical presentation. The Patient had a History of Trauma occurring close to the time of onset of the back pain. Lots of times Health practitioners are likely to think that the pain is caused by musculoskeletal injuries. The Magnetic Resonance Imaging revealed a Schwannoma and the patient underwent a complex surgery for the removal of tumour.

Dr. Badami adds that

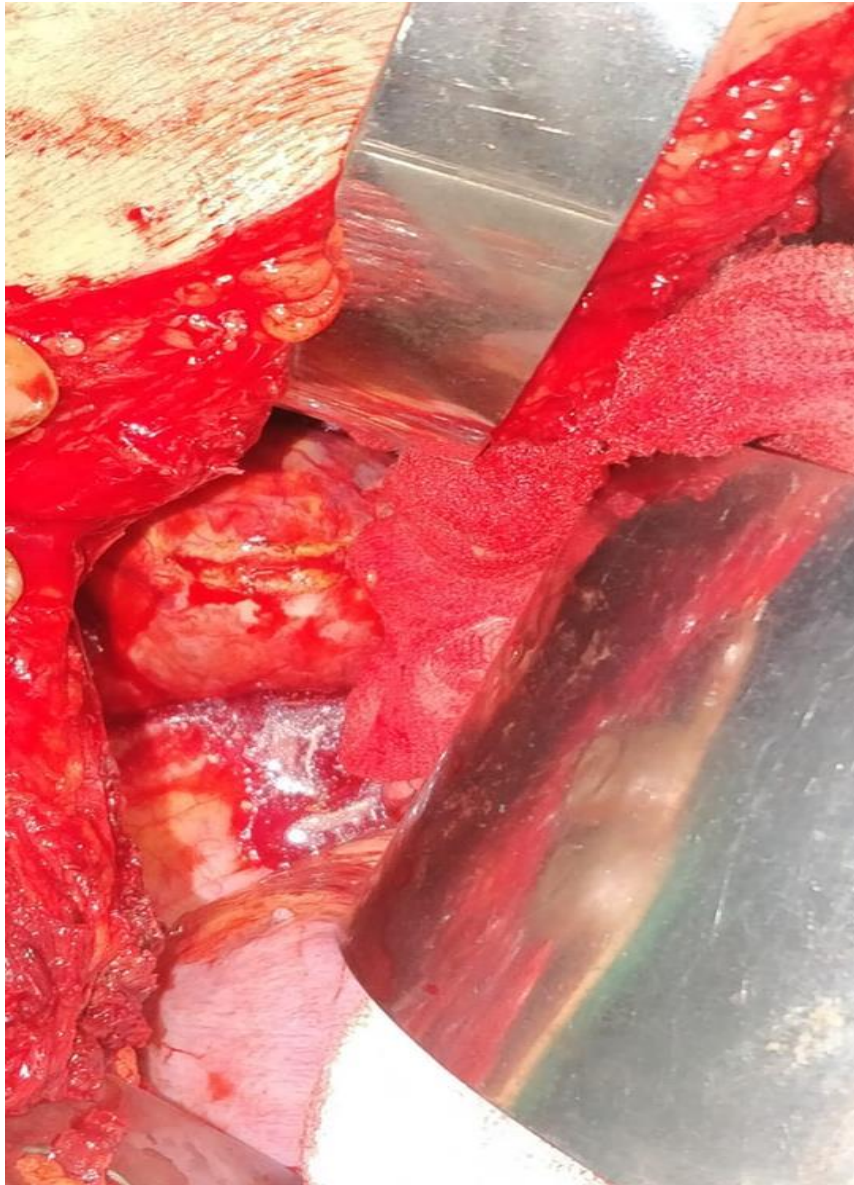
"Though Spinal tumours are rare, they are encountered by medical practitioners. Nerve root tumours are generally benign in nature although neurofibromas are likely to get malignant. No malignancy was noted in the 55 year old male patient though. Nerve tissue tumours are difficult to remove and Laminectomy has to be done to get rid of them. Intramedullary Lipomas are rare, congenital tumours most commonly located in the thoracic spinal cord."

The Founder of Health Havens exhorts the patients to contact him in case of a persistent back pain not responding to short term trial of treatments.

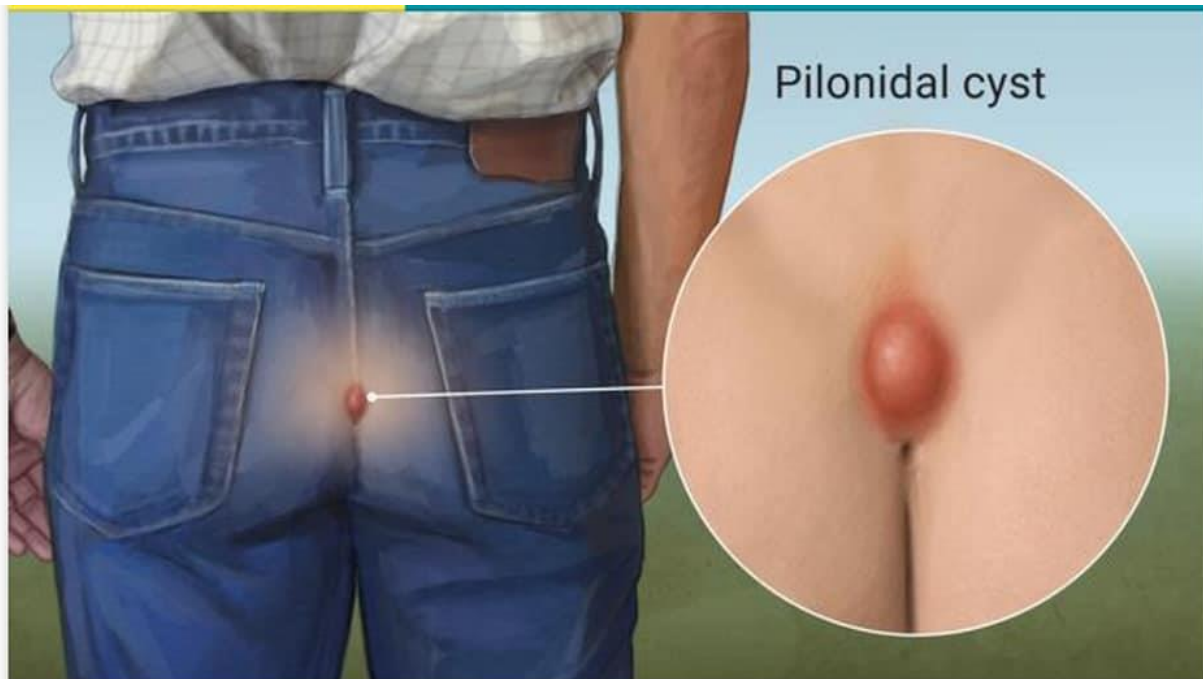
"The Surgeon should be immediately alerted and further assessment needs to be indicated in such complex cases" concludes Dr. Badami.







Health **Pilonidal Sinus / Cyst**



An abnormal skin growth located at the tailbone that contains hair and skin.

A Pilonidal Sinus is a small hole or a tunnel that grows where the buttocks divide (at the cleft) It needs to be treated if it gets infected.

Health Havens exhorts the patients to keep a watch on symptoms such as,

1. Small lump that is painful.
2. Redness or soreness around the area.
3. Leaking pus or blood draining from the abscess causing foul odour.
4. Hair protruding from the lesion
5. Formation of more than one sinus tract.

Treatment for an infected pilonidal sinus would depend on the symptoms, size of the sinus and recurrence.

Procedures:

1. Conservative Treatment:

If there is no sign of inflammation, the Surgeon will present a broad spectrum antibiotic that will kill the bacteria to cure the infected area.

2. Lancing: This procedure would be done under local Anesthesia. The Surgeon would use a Scalpel to open the abscess. This will clear the pus inside the abscess and pack the wound with sterile dressing.

3. Minor Operation to drain pus from the Sinus
(Incision and Drainage)
Surgery to remove Sinus
(Wide Excision and Open healing)

Post Operative Care:

1. Keep the affected area clean.
2. Wear comfortable loose fitting undergarments.
3. Eat plenty of fibre to avoid strain while defecating.
4. Avoid lifting heavy weights till the Doctor's green signal.
5. Refrain from riding a bike for 4 to 6 weeks.
6. Avoid Swimming till the wound heals completely.



Badami meticulously repairs an Incisional Hernia

The Advanced Laparoscopist, Dr. Badami explains that "an incisional hernia is the protrusion of the contents of a cavity (usually the abdomen) through a previously made incision in the compartment's wall."

The layers of the anterior abdominal wall are normally strong and act towards the maintenance of the integrity of the abdominal cavity. However, once these layers are interrupted by a surgical incision, their continuity is disrupted and they are structurally weakened.

Other causes of Hernia could be

Abdominal Lumps (Lipoma)

Wound Infection

Advancing Age

Obesity

Pregnancy

Chronic Cough

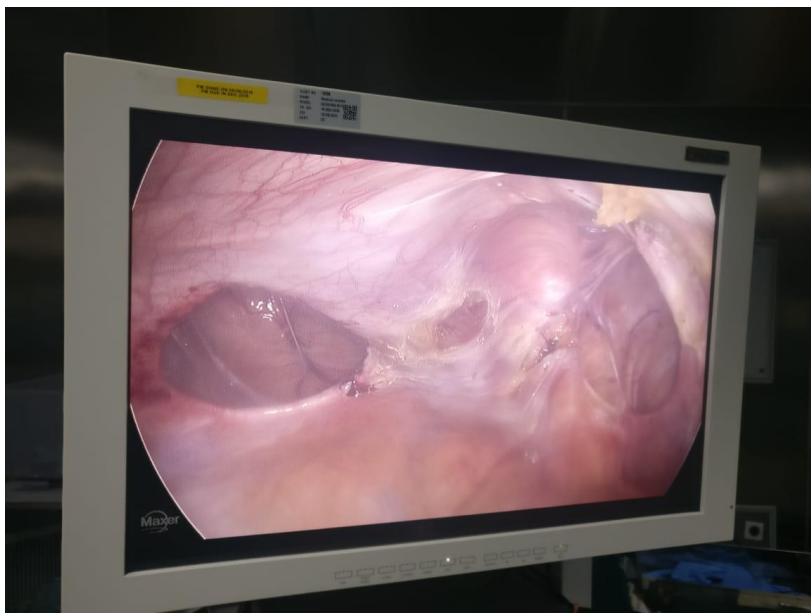
Diabetes Mellitus

Steroid Therapy

Smoking
Connective tissue disease.

**Dr. Badami elucidates the Pathophysiology of
a 68 year old patient had two large hernias parallel to each other.**

In the presence of increased intra abdominal pressure, the content of the patient's abdomen were able to herniate due to weakness, forming an incisional hernia. A non - pulsatile, reducible, soft and non tender swelling was found near the sight of the surgical wound. Dr. Badami repaired these complex hernias laparoscopically, using two Surgical Meshes. The Patient showed good progress after the minimally invasive surgery and did not develop incarceration, bowel ischemia or strangulation, bowel obstruction or abdominal suspension. The surgical maestro used tacks to hold the meshes in place.





From the Health Havens' Desk Common Myths about Bariatric Surgery

Let's know the truth from the horse's mouth as Dr. Sameer Badami Speaks up.

"I am an Advanced Laparoscopist and Bariatric Surgeon. I am not a Cosmetic Surgeon. Its my solemn duty as a Doctor to clear your myths regarding Bariatric Surgery."

MYTH 1: Bariatric is a cosmetic surgery.

FACT: Dr. Badami clears all the misconceptions and doubts lingering in the patients' minds and clarifies that

"Cosmetic procedures such as Liposuction or lipolysis remove excess fat from localized areas under the skin. Liposuction does not reduce much weight but improves the physical appearance of certain spots such as chin, chest, belly, arms or thighs."

Dr. Badami further elucidates that "Bariatric surgery is not a cosmetic procedure. There are various options for bariatric surgery. One type alters the stomach size so that the patient feels fuller with smaller meals and hence loses weight with controlled eating. The other type changes

the small intestine so that body absorbs lesser calories from food. Bariatric surgery is also known to reverse many diseases such as type 2 diabetes and obesity which cannot be achieved through cosmetic surgeries.”

MYTH 2: Bariatric surgery is harmful, risky and dangerous.

Dr. Badami mollifies all those who are apprehensive or deadly against the surgical procedure.

FACT: The Surgical Maestro confirms that

“Bariatric surgery is one of the most scientifically validated surgeries. It is performed using the laparoscopic method which is minimally invasive. Hence, the postoperative pain is minimal, recovery is much faster, discharge quicker and chances of infection way lesser.”

MYTH 3: I won’t be able to eat well after surgery.

FACT: Dr. Badami patiently answers the query explaining that,

“Patients are expected to follow a restricted and controlled diet plan post surgery. This is to allow the body to adapt to the changes it is going through. For the first few days after the surgery, the patient is advised to go on a liquid diet and then gradually pureed food could be introduced which could then be followed by a soft and easy-to-digest food. Within three months, most patients are able to get back to eating a regular diet.”

MYTH 4: Bariatric Surgery is only temporary relief, I will gain weight in a few years.

FACT: Dr. Badami elaborates on the various Bariatric Procedures such as gastric banding, gastric sleeve surgery and gastric bypass. He says,

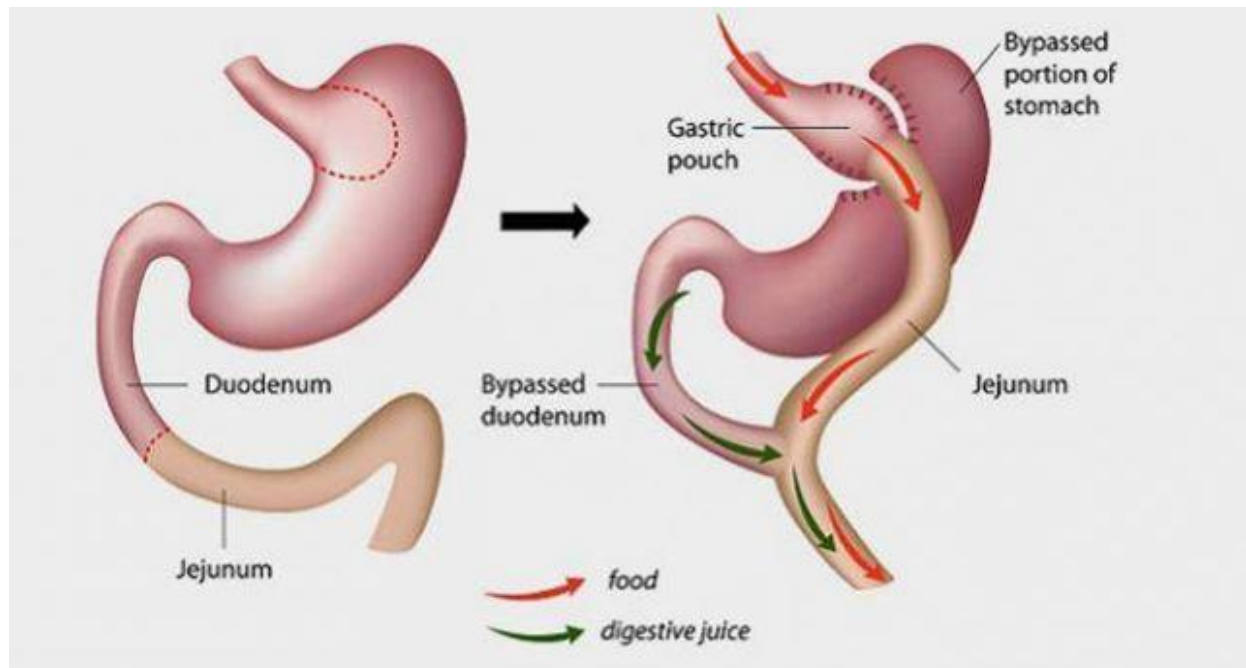
“All these three types of options help patients lose significant weight post surgery and improve obesity-related complications. I have noted that when patients follow the prescribed diet and lifestyle, they can maintain this weight and health for more than 15 years. Bariatric surgery can reward the patient in myriad ways.”

Dr. Badami further adds that,

The Laparoscopic procedure removes unhealthy and excess fat from the body to ensure that the obese patients reduce the risk of obesity-related complications and live a healthy life that they envisioned.”

Thus The Founder of Health Havens declares that,

Bariatric surgeries also known as weight loss surgeries have been confirmed to be the most effective treatment for achieving substantial weight loss, especially in morbidly obese people.



"Bariatric Mindset Success": Focus and Consistency is the Key, says Kristin, the Author and Psychotherapist elucidating Bariatrics.

"Weight Loss Surgery is a Stomach Surgery, not a Brain Surgery. It's not just about the Weight you lose, in fact it's about the Life you gain."
Dr. Sameer Badami

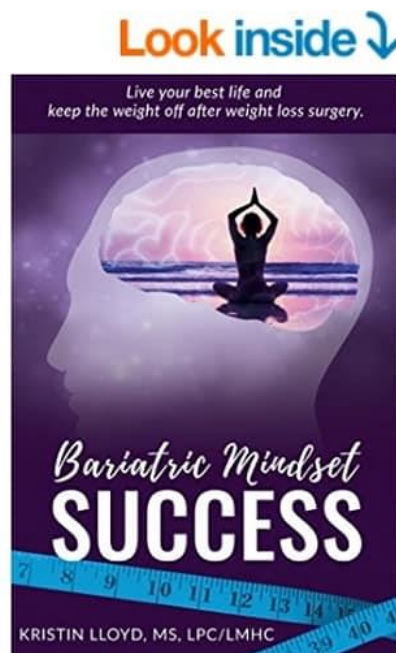
The Founder of Health Havens Clinic and Obesity Surgeon, Dr. Sameer Badami exhorts the people to read the book "Bariatric Mindset of Success" to take tips on maintenance of Body Weight post Weight Loss Surgery. The book is easily available on Amazon and is economically priced. Dr. Badami feels that one has to handle things like emotion and motivation before and after a Bariatric Surgery. The Counselling can be done at his Clinic with a prior appointment.

" Food will always be there but you would be required to transform your relationship with food. That is why conquering your mindset is essential with the knowledge of what you eat and exercise. Fancy meal plans do not work. Having the wrong mindset isn't worth the risk of sabotaging all you worked hard to achieve," says the Limca Book Record Winner.

"No Doctor comes with a magic wand" states the Surgical Maestro. "One cannot afford to lose the mind while losing weight."

Through the book you will be guided by Kristin, a Professional Psychotherapist and a Successful Bariatric Gastric Sleeve Post - Op patient through her most coveted weight loss strategy. She will talk about the benefits of Weight Loss Surgery as well as advanced motivational and emotional techniques which will help you stay focused and consistent. After reading the book, you will

learn to prepare practical foods and grasp techniques to create lifestyle habits that keep you healthy and contented all your life.



Kristin Lloyd

Bariatric Mindset Success: Live Your Best Life and Keep The Weight Off After Weight Loss Surgery

★★★★★ (54)

Print List Price: ~~\$14.99~~

Kindle Price

(US\$): **\$4.47**

Kindle Price

(INR): **Rs. 326.00**

You Save: **\$10.26 (68%)**

Celebs refrain from revealing their Weight Loss Secrets: Only Hon. Ministers Nitin Gadkari and Arun Jaitley confess having undergone a Bariatric Surgery

Dr. Sameer Badami, the Founder of Health Havens Clinic says that he has performed Bariatric Surgeries on quite a few patients and has always maintained the confidentiality aspect. He said it was against his ethics to drop names unless the patients were comfortable revealing their weight loss secrets to the world.

" Many a times the celebrities are interviewed regarding their shocking transformations and they keep emphasizing that they have been working out five times a day and surviving on Soups and Salads. However, if they are secretive about their metabolic surgeries, the Doctors have to follow the protocol," elucidates Dr. Badami.

Dr. Pradeep Chowbey, who is an honorary Surgeon to President Ramnath Kovind, Finance Minister, Arun Jaitley, Former President K.R.Narayanan and Spiritual Leader Dalai Lama in one of his interviews opined that he would be happy if Celebrities would be more open about their Bariatric Surgeries to create awareness amongst people. "Bariatric Surgeries can prevent end number of life threatening complications," informs Dr.Chowbey.

Dr. Sameer Badami seconds Dr. Chowbey's opinion feels that Bariatric Surgeries are life saving surgeries. Unfortunately, there is low acceptance of these amongst the Indian VIP and High Profile Celebrities.

"If the Celebrities accept having undergone Gastric Bypass or Lap Band Surgery, Indians feel more convinced," says Dr. Badami.

People who have openly accepted having undergone Bariatric Surgeries include the Union Minister of Highways, Nitin Gadgari and our very own Finance Minister, Arun Jaitley.

Celebrities are concerned about their health, performance and longevity. Luminaries, VIP's and Politicians do not wish to lose their posts due to Diabetes, Coronary Diseases or Cancer issues. Bollywood Celebrities need to find their way through in Bollywood and avoid being rejected due to weight issues.



Graphic by Siddhant Gupta

A Letter to Obese Patients from Health Havens Clinic

Dear Patients,

We know how difficult things have gotten and how cold your days have become.

We can totally empathise with you and understand the shame that melts through you when you see the clothes you are compelled to buy as the shopkeepers only had sizes way too small. We can totally put ourselves in your shoes when you have the ardent desire to hit the gym but it's hell when you have to run through a gauntlet of stares, snickers and side comments. We know that you feel anxious and deflated while ordering food in public and viewing those lip smacking delicacies on the menu card and getting tempted to relish them.

We feel totally concerned and apologetic when the nurse grimaces while making the announcement that she is going to have to weigh you. We can sense the discomfort on your face when you board an airplane, making yourself as small as possible in the seat, breathing shallowly and keeping your arms and legs crossed for five hours. We feel terrible when your partner insults and makes you cry for not being able to shed weight.

But now onwards, you don't have to avoid these everyday situations that throw you into a tail spin. Get rid of the heavy, humid smog of shame that settles into your life. Our Obesity Surgeons and Specialists can put an end to the puttering engine of depression.

Visit our Clinic for Obesity Management and combat the life threatening diseases.

We are committed to serve the Community.

Love and Warm Regards,
Health Havens Clinic.





Micro Teaching Lesson: Basal Cell Carcinoma.

Dr. Badami treats a Giant Basal Cell Carcinoma in a 70 year old Patient

BCC is a common slow growing Non Melanoma Skin Cancer which is strongly linked to Ultra Violet Radiation exposure. Exposure to certain toxins, immuno suppression and a plethora of genetic cancer syndromes have been linked to BCC. Surgical Oncologist, Dr. Sameer Badami reported the case of a 70 year old patient with a giant n nodular BCC with a rolled border, overlying telangiectasia and the Patient presented concerns about a non healing sore and on evaluation Dr. Badami elucidates that the patient was noted to have an ulceratedtumour.

Dr. Badami performed a wide surgical excision and the wound was reconstructed by a local rotation flap. The senile patient underwent wide en bloc resection of The soft tissue tumour. Several foci suggested squamous differentiation but the bulk of the lesion suggested a conventional nodular BCC.

Dr..Badami noted no post procedural complications. The most astonishing and remarkable part of the surgery is that it was performed under local anesthesia. The Patient returned to recovery in good condition.

The Patient expressed his heartfelt gratitude to the Founder of Health Havens as he performed the surgery free of cost due to the patient's acute financial crises.

The Students of surgery are requested to get in touch with Dr. Sameer Badami to learn such complicated surgical procedures and reach out to patients who live in chilled penury and are deprived of proper medical aid.







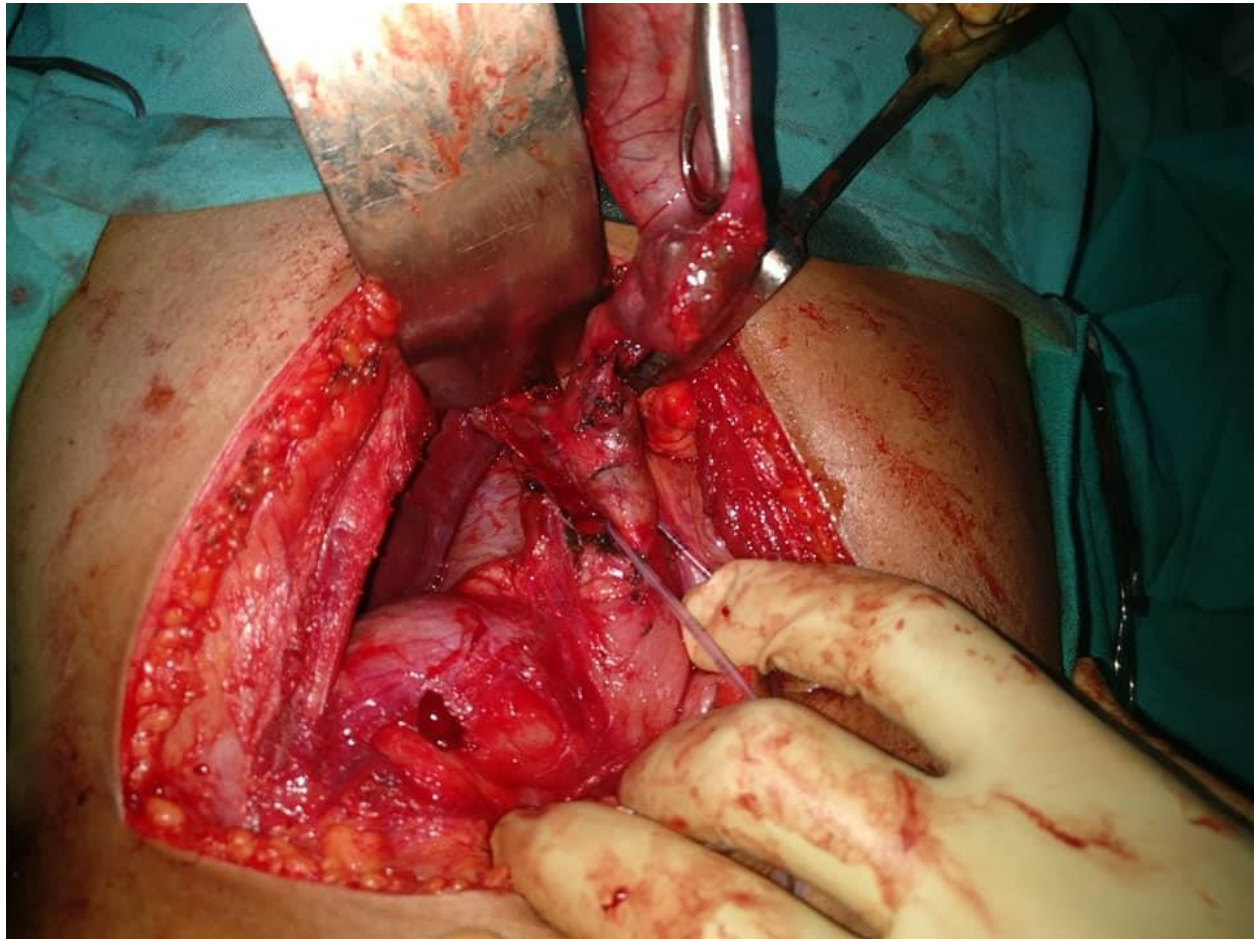


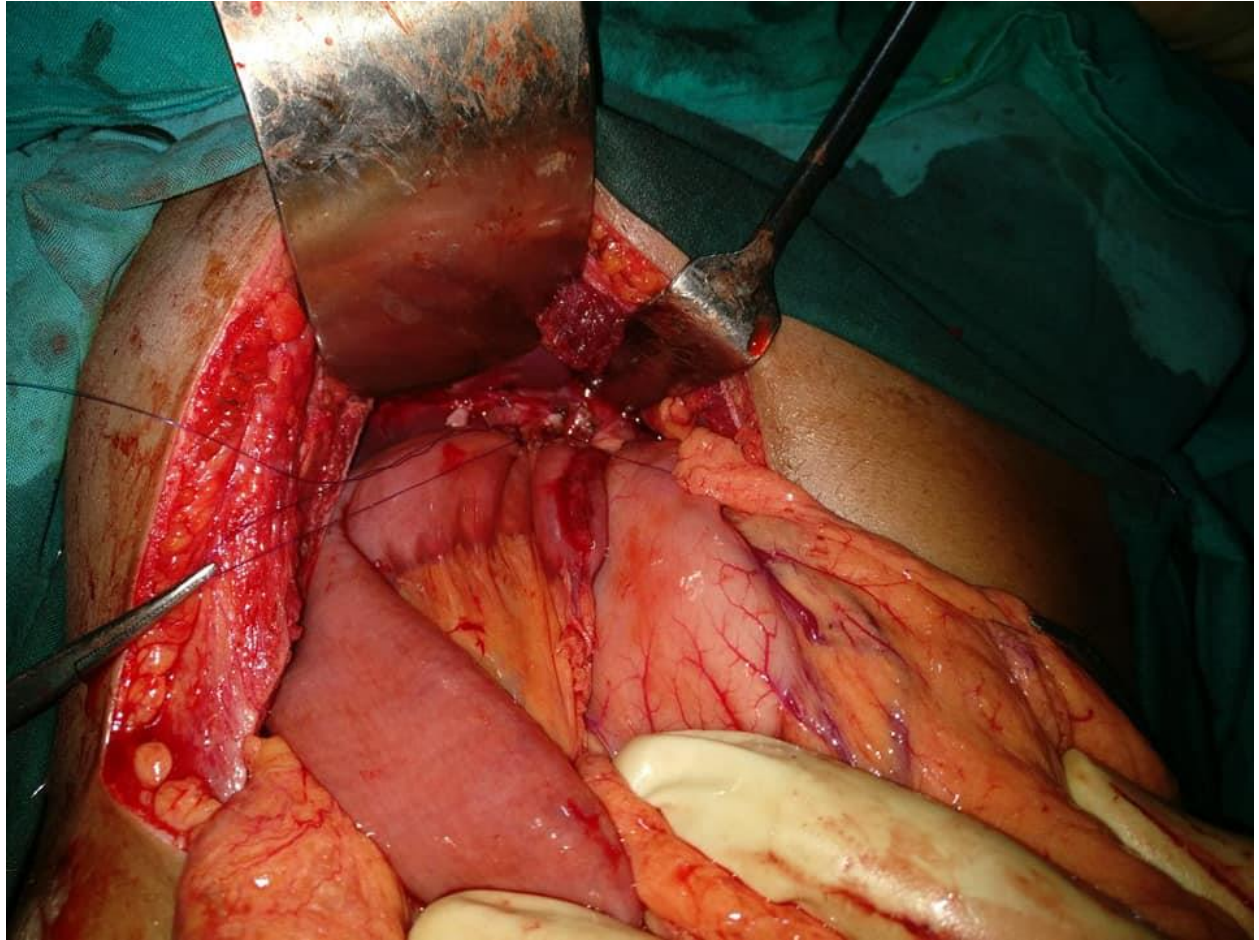
**The Founder of Health Havens Dr. Sameer Badami informs us that
"Choledochal Cysts are congenital bile duct anomalies. These cysts are rarely diagnosed in
adulthood when complicated by biliary tract malignancy."**

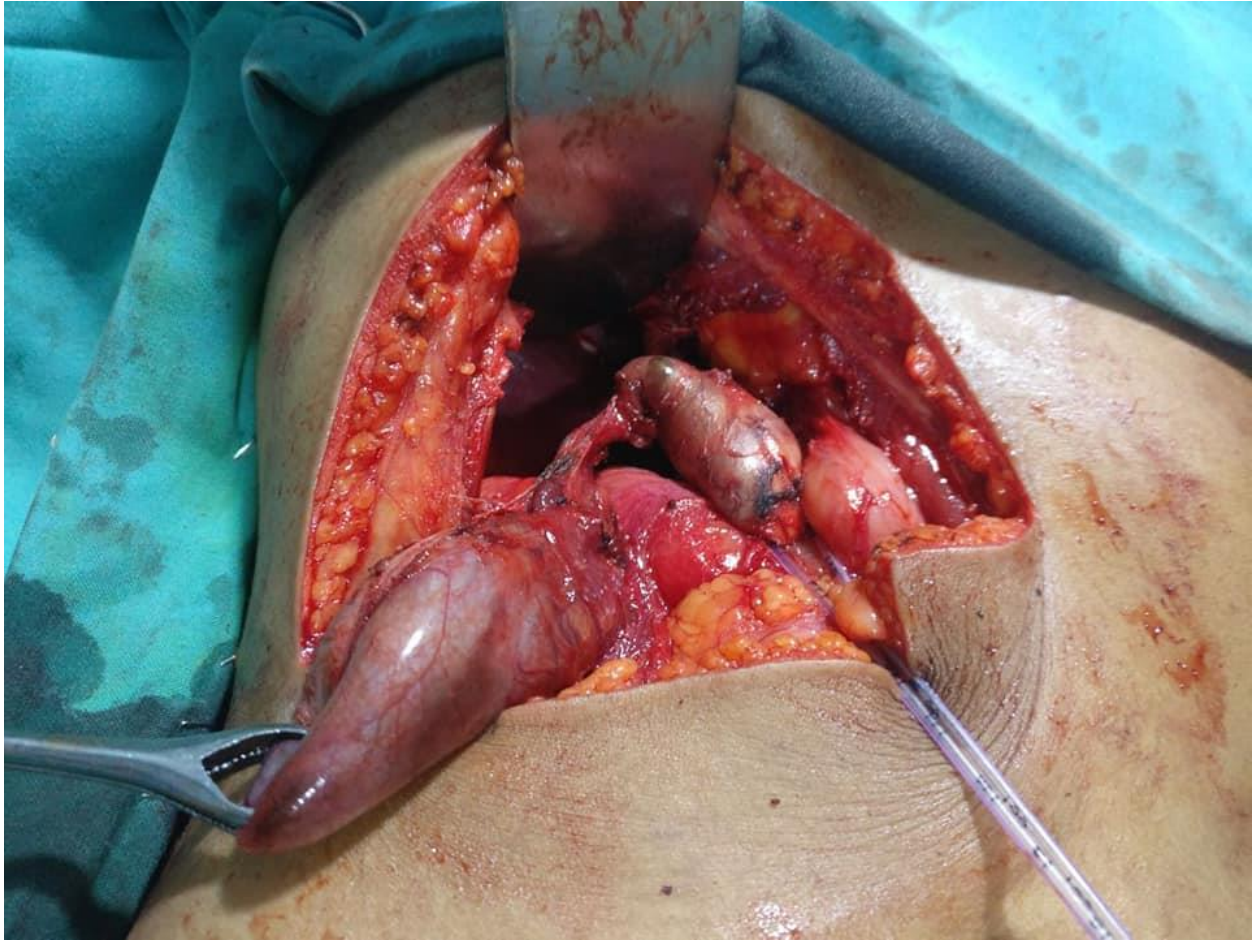
Dr. Badami successfully performed Hepaticoduodenostomy in a 25 year old male patient who complained of severe abdominal pain and restlessness. The Surgical Maestro used four laparoscopic access ports. Dissection of Laparocystic triangle and division of cystic artery and cystic duct preceded dissection of the cyst. Supraduodenal part of the cyst was dissected carefully by Dr. Badami to avoid any kind of injury to the pancreatic duct. Cephalic part of the CC was dissected and divided just below the formation of biliary confluence. Both right and left hepatic ducts were flushed with normal saline to clear intrahepatic bile duct stones. A few centimetres distal to duodenojejunal junction, a window was created in the jejunal mesentery and the divided distal end of jejunum was brought up to supracolic compartment. An enterectomy was made over the jejunum to fashion a bilioenteric anastomosis with interrupted polyglactin. A dry gauge was used to check for the leak from bilioenteric anastomosis and the area of leak was reinforced with sutures.

Dr. Badami separated the Gall Bladder from the liver bed and delivered out. Both the anastomotic sites were reinspected by the surgeon and the port sites abdomen was closed after the placement of abdominal drain.









Surgical Management of a Carotid Body Tumour Resection: Clinical Report

Carotid Body Tumour is a complicated procedure due to certain contraindications.

1. Caution should be taken while treating bilateral glomus tumour as blood pressure is compromised by bilateral carotid body denervation.

2. Patients are at high risk of stroke with Carotid resection.

Medical Literature states that the gland is located in the adventitia near the carotid artery bifurcation. However, Dr. Badami elucidates that it is peripherally located within periadventitial tissue. He further stated that this distinction is critical as dissections in the deeper planes of the carotid artery are associated with higher risk for complications from vessel injury.

Dr. Sameer Badami successfully dissected a Carotid Body Tumour (Sporadic) in a 25 year old male patient. The tumour was detected 4 years ago and compelled the patient to go through several trials and tribulations. Dr. Badami exposed and isolated the proximal (4 cms / 5 cms) and distal portions of the vessels (common carotid, internal carotid and multiple branches of external carotid) He did a slow and careful dissection using bipolar cautery with gentle blunt and sharp

dissection of the tumour off the internal carotid and carotid bifurcation using loupe or microscopic magnification. Dr. Badami elucidates that the procedure was complex and the blood loss noted was 20 ml and double suction was needed.

The Surgical Maestro explains that dissection of Carotid Body Tumour is a Herculean task as multiple risks are involved viz Risk of Stroke, Injury to Cranial nerves, Homer's Syndrome, Bleeding, Infection and Possible Carotid Bypass Replacement.

The Patient recovered well after the dissection and noted no further complications.

