

”Message for Bariatric Surgery Patients”



Dear Friends,

As the World is passing through a terrible crisis due to COVID 19, a lot of hospitals including AIIMS has shut down OPD and other services. I hope you are taking adequate care and following the social distancing advice. It is extremely important for you to adhere strictly to all the government guidelines as it has been shown that COVID 19 is more serious among the obese persons.

I take this opportunity to remind you about the following important points to maintain good health and your weight loss.

Exercise: I know that in this difficult time of national lockdown, it will be impossible for you to go out for a walk or a run. This might lead to weight regain or prevent further weight loss. One hour of exercise is extremely crucial for weight loss and its maintenance. It is also important for muscle and bone health. So I strongly advise you to do some sort of exercise including yoga, treadmill etc at your home. There are various free online platforms available which help you in doing the exercises. Mrs Rachna, our bariatric coordinator can guide you and connect you with Miss.Anamika who is a reputed physical trainer attached to our program offering free voluntary training services. Some of you are already in her [whatsapp group](#).

Diet: You must adhere to the dietary plan as advised by our dedicated Dietitian Miss Monita. She is always contactable at monitagahlot@yahoo.com. Please write to her especially if you are due for a 3monthly/6 monthly/yearly follow-up. Avoid snacking and high calorie foods. Try to learn to cook healthy meals and prepare salads. Drink adequate quantity of water.

Vitamins and Other Supplements

Please continue taking your multivitamins. If Prescribed multivitamins are not available, then take any regular multi-vitamin twice daily. Continue taking Vitamin D3, calcium and other supplements.

Bariatric Follow-Up Clinic:

We at AIIMS are committed to your continued well being. You may not be able to attend the clinic due to the lockdown but we are available for Tele-consulting and through e mail.

My team members including Dr Aditya Baksi and Dr Amardeep Raj will be calling all those of you due for their regular follow-up. They can be contacted at aditya.baksi@gmail.com and rajamar82@gmail.com. They will advise you about the general measures to be followed as well as any changes in your medicines. I will advise you to consult your regular doctor/physician for management of diabetes, blood pressure etc

Emergency Consultation

I and my team members are available for any urgent/semi-urgent consultation. The primary contact doctors are Dr Aditya Baksi and Dr Amardeep Raj. If you can't get through the call due to any reason, Please Whatsapp . Avoid calling at odd hours unless urgent. **The Emergency at AIIMS is open all the time** and you can come there if it is very urgent but we will request you to call us first before starting from your house.

Emergency Contact numbers (24 X 7)

Dr.Aditya Baksi-09830812905

Dr.Amardeep Raj-08920891044

Routine Enquiries: Try to call above members during 10 am to 6 pm for routine enquiries. **For general enquiries you may also call Mrs Rachna Chaudhary at 9810834840 (strictly on weekdays between 10am- 6pm).** We will prefer you to e mail us at the e mail addresses given above. Please copy the e mail to me at sandeep_aiims@yahoo.co.in and Mrs Rachna at rachna_primex@yahoo.co.in.

I and my team members wish you good health and adequate weight loss. Stay home, stay safe and stay united in this effort to ensure universal health. We are sure that we will emerge out of this crisis much stronger.

Take Care

Dr Sandeep Aggarwal

**Professor, Department of Surgical Disciplines,
AIIMS NEW DELHI**