

# GASTRO BUSTER

Dr Manoj Gandhi tells Bhavana Doifode how to fight the many gastro ailments that plague our lives.

## CLINIC CURE

Dr Gandhi's nursing home in Mumbai is a speciality hospital with multi-speciality services, a diagnostic center with better facilities and accommodation, and complete health check-up plans. One can diagnose the related ailment through X-rays, endoscopy or sonography. Once diagnosed, if necessary, surgery can be performed. Not a major operation, laparoscopic surgery is done in one day and the patient is free to get back to his normal activities very quickly.

## WHAT EXACTLY IS LAPAROSCOPIC SURGERY?

Laparoscopic surgery is a minimally invasive surgery. This keyhole surgery is a



PHOTOGRAPH: SANJIT SEN

**A**re you constantly suffering from problems like increasing abdominal swelling, acidity, obesity, pain in the stomach that is not relieved by any medications and are unable to eat or drink properly? Then perhaps you are suffering from gall bladder, gastric or gastro-intestinal ailments. And the solution to all your problems could lie in... laparoscopic surgery!

## GASTRO PROBLEMS ON THE RISE

"Nowadays, gastric problems have become quite common, but people tend to avoid getting them treated. However, in the future, this could pose a high risk to their lives," says Dr Manoj

R Gandhi, who is a Consultant Surgeon and Specialist in Laparoscopic, Gastro-intestinal and Obesity Surgery, since the last five years. Dr Gandhi avers, "Patients should undergo laparoscopic surgery for gallstone, appendix and most of the gastro-intestinal problems, including obesity, from a trained laparoscopic surgeon."

## ADVANTAGES OF LAPAROSCOPIC SURGERY

- Smaller incision is made, which reduces pain, shortens recovery time and lessens post-operative scarring.
- Reduced exposure of internal organs to possible external contaminants thereby reduced risk of acquiring infections.

modern surgical technique in which the operation is performed in the abdomen through a small incision. A laparoscope (a telescope) is connected to a special camera inserted through the cannula (thin tube inserted into the abdomen through the navel), which gives the surgeon a magnified view of the patient's internal organs. The surgery is performed by making three to four small cuts in the patient's belly, and by inserting the laparoscope through the navel. Post surgery, the stitches (monocryl) get easily absorbed after some days.

## FIGHT FAT

"Through laparoscopic surgery for obesity, one can actually lose up to 50 per cent of their weight," adds Dr Gandhi. "But here, post

the operation, the patient is put on a diet for 15 days to one month, which eventually controls their weight."

Dr Gandhi, however, avers that to avoid any of these problems (be it obesity or gastro-related issues), "One should avoid eating oily, fried and too much non-vegetarian food. Follow a well-balanced and healthy diet."