

# Pioneering, personalised weight loss in the post-coronavirus era

Obesity has been constantly in the news due to the pandemic and its link with coronavirus. But it's not a recent problem — obesity has been a major public health issue in the decades prior to the pandemic

But what are the adverse effects of being overweight or obese? To understand this, it's important firstly to realise that obesity is a disease, it's not a choice.

Society tends to be unsympathetic to those who stand out in a negative way and obesity is one of the best examples of societal stigma in 2020. Fat shaming and blaming individuals for becoming obese is still commonplace. Obesity is a metabolic condition, a disease classified by the International Classification of Diseases system, that has physiological causes as well as associations with anxiety, depression and stressful, negative, early-life experiences. Many women also understandably struggle with weight gain after pregnancy and this increase in weight is even harder to lose with the pressure on them from many sources on social and other media streams to lose weight quickly.

Obesity is a risk factor for many conditions such as type 2 diabetes, heart disease, stroke, obstructive sleep apnoea (OSA) and polycystic ovarian syndrome, as well as some cancers. Obesity also results in infertility for many men and women. But, like many of its associated co-morbidities, the condition is reversible.

Weight gain takes time. Losing weight healthily also takes time. Sensible, sustained weight management needs a



SANJAY PURKAYASTHA, CONSULTANT BARIATRIC SURGEON AND DIRECTOR OF SURGICAL WEIGHT MATTERS

holistic approach. The 'calories in and calories out' approach is outdated and doesn't work. Nutritional, psychological, medical and sometimes surgical support is needed to help many to achieve a more permanent difference not just in diet, but true behavioural change that leads to long-term weight loss and a healthier, more active and positive lifestyle.

Consultant bariatric (weight loss and metabolic change) surgeon Sanjay Purkayastha leads a team comprising of psychologists, nutritionists, endocrinologists, gastroenterologists and functional gut experts.

He's an internationally renowned bariatric surgeon at Imperial College, London, whose research into obesity and related disorders forms the cornerstone

of the team's clinical practice at Surgical Weight Matters. At the start of the COVID-19 pandemic, Sanjay and his surgical colleague James Kinross created PanSurg ([www.pansurg.org](http://www.pansurg.org)): a global digital platform to help drive new research on COVID-19 and to disseminate results rapidly and collaboratively in order to lessen the effects of the virus on the healthcare community.

Mr Purkayastha's latest research on COVesity, the link between COVID-19 and obesity is also novel, relevant and has helped to re-start weight-management services in the NHS in London. This cohesive, world-class multi-disciplinary team of experts works together to ensure a personalised package of care is created for each individual patient. Surgery isn't the treatment of choice for many patients; it's the last option for many who've tried so many treatments and need a catalyst for a metabolic turn around to then go on and build sustainable behavioural change and a healthier lifestyle permanently.

Mr Purkayastha also carries out minimally invasive, laparoscopic (keyhole) surgery for conditions such as, heartburn, hernias, gallstones, appendicitis and other conditions of the gastrointestinal tract that may present with abdominal pain. He was also one of the first surgeons to carry out robotic bariatric surgery in the UK. He's a pioneer of intra-operative digital support technology, in order to make surgery safer, more transparent and deliver better outcomes with machine learning and artificial intelligence systems.

Patients have access to digital care pathways on line and those that choose surgery receive their own personalised app to support them before and after their procedure in order to get the best results and to track their progress with the team that supports them.

For those who have passed their 'tipping point' of excess weight and been yo-yo dieting for years and haven't been able to reverse the effects unsupported, Mr Purkayastha and his team at Surgical Weight Matters can build a unique, sustainable programme with a personal digital concierge system that's truly life-changing. This allows patients to have their own complete personal multi-disciplinary weight management team at their fingertips.

MR PURKAYASTHA CONSULTS AT THE NEW STATE OF THE ART CENTRE ONE WELBECK AND AT KING EDWARD VII HOSPITAL, WHICH HAS A LONG HISTORY OF ROYAL PATRONAGE AND CHARITABLE WORK. HE IS ALSO THE CLINICAL LEAD AND PRACTICES AT THE PRESTIGIOUS LINDO WING, BASED AT ST. MARY'S HOSPITAL, LONDON.



MR PURKAYASTHA IN THE OPERATING ROOM

**SURGICAL  
WEIGHT  
MATTERS**

**LONDON  
GENERAL  
SURGERY  
CLINIC**

**PanSurg  
COVesity**

**T: 0203 312 6130  
E: [info@lgsc.co.uk](mailto:info@lgsc.co.uk)  
[surgicalweightmatters.co.uk](http://surgicalweightmatters.co.uk)  
[londongeneralsurgeryclinic.co.uk](http://londongeneralsurgeryclinic.co.uk)**