



Fortis Malar Hospital launches Happy Losers Club

Chennai, 1st November 2016: Fortis Malar Hospitals together with GEM Hospital today launched an initiative “Happy Losers Club” at its Fortis Gem Centre for Obesity. This initiative was inaugurated by legendary singer S.P. Balasubrahmanyam. Happy Losers Club aims to provide support environment for those who have embarked on a path of weight loss and healthy living through bariatric surgery.

Speaking on the occasion **Dr. Deepak Subramanian - Consultant Minimal Access (Gastro) & Bariatric Surgeon, Fortis Malar Hospital said,** “Obesity is a disease that affects almost every organ. It is the most important factor causing diseases like diabetes, high blood pressure, high cholesterol, ischemic heart disease, stroke, infertility, snoring (sleep apnea), joint problems, breathing difficulties and certain types of cancers. Our new initiative Happy Losers club will help the patients to discuss their experience, both before and after the surgery on various aspects that will include diet, exercise, clothing after the surgery and to provide 'encouragement' to those who have chosen the surgery to get back healthy life.”

“Obesity is a major public health concern which is increasing in adolescents and children. 22% of Indian children aged between 5-19 years are obese. The reason behind this rise in obesity could be attributed to the change in the lifestyle. The children are developing Type-2 diabetes because of obesity. Dietary changes and physical activities are must to fight Childhood Obesity” **said Dr. Praveen Raj, Head – Department of Bariatric Surgery, GEM Hospital & Research Centre.**

As part of launch of the Happy Losers Club, Fortis Malar Hospital is organizing a free Obesity Screening Camp at its hospital premises till 30th November 2016. People will be screened for height, weight, BMI, Random Blood Sugar, BP and fat monitoring test. Patients who have a body mass index (BMI) of more than 33 will get free consultation with Bariatric surgeon.

Fortis Gem Centre for Obesity provides practical solutions to help people achieve and maintain a healthy weight and to reverse the obesity crisis. Surgery is needed for people with BMI (body mass index) of more than 40. One can avail the Key-hole surgery which has quicker recovery period.

Fortis Gem Centre for Obesity offers a holistic approach to Obesity and its related disorders like, Diabetes, Hyper-Cholestrolemia, Hyper tension, Infertility, Sleep Apnea and many more. This Center provides the best possible combination of people, process, and technology towards the treatment of obesity and resolution for Diabetes.



About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and 329 diagnostic centres.

About Fortis Malar Hospital:

Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

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