

Fortis Hospital, Mulund, introduces ‘Obesity Clinic’ for holistic weight loss

~ The Obesity Clinic will bring together various specialists to treat obesity at multiple levels~

Mulund, Mumbai, Jan 17th 2017: Fortis Hospital, Mulund, one of Mumbai’s leading hospitals, today announced the launch of the new Obesity Clinic that will focus on providing permanent and comprehensive solutions to each patient. Multidisciplinary team of specialists across Bariatrics, Endocrinology, Dietetics, Physiotherapy and Psychology will help patients tackle obesity, a chronic and progressive condition that needs timely medical intervention.

Spearheaded by **Dr. N Arulvanan, Senior Consultant, General & Laparoscopic Surgery, Bariatric & Metabolic Surgery** at Fortis Mulund, the clinic will work towards treating obesity and its various complexities so as to achieve long term and sustainable results. Supporting Dr. Arulvanan are, **Dr Sudhindra Kulkarni (Diabetologist & Endocrinologist), Dr Komal Kaira (Clinical Psychologist), Dr Meenal Shah (Dietician) and Dr Shruti Sonar (Physiotherapist).**

At the Fortis Mulund Obesity Clinic, Dr. Kulkarni along with his team will work towards treating patients with Diabetes and Thyroid related complications. Dr. Kaira will provide counselling to those with eating disorders and help them work towards eating in a controlled manner. Dr. Shah and Dr. Sonar will help the patients with diet and appropriate exercise regimens respectively; thereby providing a wholesome treatment to obesity. The team will work on customized treatments combining the different specialties, depending on the patient’s weight, age and medical history. The specialists at the clinic will diagnose complications and guide the patients on steps to be taken to slow down the progression of their condition.

Speaking about the launch of the clinic, **Dr. N Arulvanan** said, *“Today, obesity has become far more widespread especially among urban dwellers. The biggest concern is that most obese people don’t recognize the risk they are at, for correlated serious ailments such as heart disease, diabetes and stroke. In the past year, I have seen a 65% increase in the number of patients who have come with obesity related ailments. Observing this trend, we at Fortis understood that it was imperative to bring together specialists who can treat obesity holistically.”*

Dr. Sudhindra Kulkarni also spoke about how the clinic will address key hormonal concerns. *“At least 35% of the obesity cases we see have been caused by hormonal and thyroid imbalances. We see many women with PCOD related obesity and patients with thyroid disorders. My role in the obesity clinic will be to work towards treating patients by addressing the root cause of their obesity.”*

The obesity clinic will be open to patients every Monday and Thursday between 12noon - 2pm at Fortis Hospital, Mulund.

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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 over 330 diagnostic centres.

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