



Hi,

This is **Astha, age 41**, mother of two children. I was weighing 99 Kgs with multiple medical complications like: **PCOD, high BP, sleep apnea, arthritis, joint pain and breathlessness**. Due to heaviness in my whole body I was not able to actively do my household jobs. I used to feel tired even after 8-10 hours of sleep. My blood pressure was always between 160/120 to 200/150. At night my snoring used to disturb my husband and children as it was very loud. Even to climb the stairs, more than 5 steps was very difficult. My tummy was very heavy and I was not able to sit properly, not able to bend, etc. As I am from acting background and was working for several TV serials as a fatty character. Since my age was only 35+ at that moment, I was being casted for motherly roles for the actresses whose age was more than me, and this made me feel very embarrassed and uncomfortable.

Over a period of time I was losing my confidence and getting depressed day by day. I was not able to take care of my children's daily needs and even I was not able to satisfy my husband's physical needs. Due to my physical appearance I was reluctant to attend any social gatherings. I was not able to wear sarees or any type of western clothes as it used to reflect my age more than what I am.

Daily I used to take heavy medicines to maintain my BP and severe headache. I did many weight loss programs like gym, dancing, yoga, power yoga, aerobics and different diet courses. But I wasn't even able to lose a single kilo, which kind of frustrated me because I was spending huge packages for the same. I was losing hope day by day instead of my weight.

One fine morning, I found an article about Bariatric Surgery in the newspaper. I jumped with joy after seeing the picture of the person before and after surgery. I immediately called my husband and explained him about this surgery. In between my husband was ailing with Varicose Veins in his legs and he was operated for the same in Fortis Hospital, Vashi under the guidance of **Dr. Jignesh Gandhi**. This was a turning point in my life when I enquired with **Dr. Jignesh Gandhi** about Bariatric surgery and surprised to know that Dr . Gandhi is also a Bariatric surgeon. I jumped with joy and took appointment with Dr . Gandhi for detailed understanding and benefits of this procedure. He also gave references of few patients who have undergone the surgery. After I got complete satisfaction that this surgery will bring back my happiness, I agreed with the doctor for the surgery.

I got operated on 9th may by **Dr . Jignesh Gandhi**. And now after 3 months I m fully fit and reduced 27kgs of weight. Now my BP is normal, no more laziness in my life, even I m looking 5yrs younger than my age. Me and my family is very happy and completely satisfied by this astonishing surgery on myself. I have continued with the daily routine of exercise and yoga.

I'm proud to say that Dr. Gandhi has made my life enjoyably, lovable and fully fit.