

WEIGHT SOLUTIONS

Mr Ahmed is a consultant in bariatric, laparoscopic and gastrointestinal surgery, and lead surgeon for the department of bariatric and metabolic surgery at Imperial College Healthcare NHS Trust. He is also a senior lecturer in surgery at Imperial College London. His main areas of expertise are in the fields of laparoscopic (keyhole) and bariatric (weight-loss) surgery. Mr Ahmed's bariatric surgery unit in London has been designated as an international centre of excellence for bariatric surgery.



Tackling obesity seems simple. Eat less, exercise more, lose weight. But, for many severely overweight people, diets and exercise just don't work. Furthermore, repeated attempts lead to the yo-yoing of short-term success followed by inevitable weight-gain, leading to frustration, despair and worsening health.

Obesity is a growing problem worldwide and the number of people looking for a solution to reduce their weight is soaring. Obesity not only reduces life expectancy but it is also associated with a 40% increased risk of developing cancer. Weight loss can prevent this and lead to a dramatic improvement in obesity-related diseases such as diabetes, high blood pressure, heart disease and high cholesterol. Treating obesity can also reverse infertility in women and can improve the results of surgeries such as knee and hip replacements.

Bariatric surgery is currently the most effective treatment for morbid obesity and has arguably the best long-term outcome. The gastric bypass operation resolves Type 2 diabetes within days of the operation. The three most popular procedures are laparoscopic gastric banding, gastric bypass, and sleeve gastrectomy (see below).

In addition, Mr Ahmed also performs the Biliopancreatic Duodenal switch (BPD) procedure and revisional surgery.

HOW DOES THE SURGERY WORK?

Obesity surgery works in two ways: through reducing hunger and increasing fullness. With gastric banding, an inflatable plastic ring can be used to control the amount of food passing from the stomach into the digestive tract. The gastric bypass operation enables food to skip some of the

stomach and part of the small intestines, instead entering a small pouch that leads straight to the small bowel. In the sleeve gastrectomy, the stomach is converted into a long thin tube by stapling it along its length and removing the excess. The food takes the regular route.

TOTAL WEIGHT SOLUTIONS

Mr Ahmed is chief surgeon of the Total Weight Solutions team comprising Dr Le Roux, medical diet consultant, and Dr John Cousins, bariatric anaesthetist, who manage medical illnesses such as blood pressure and diabetes and offer lifestyle clinics. With a dedicated psychologist, dietician and nurses, his team can offer complete care to those contemplating weight reduction or surgery.

Mr Ahmed will provide you with an honest opinion regarding your suitability for surgery, putting your safety and wellbeing first. Surgery

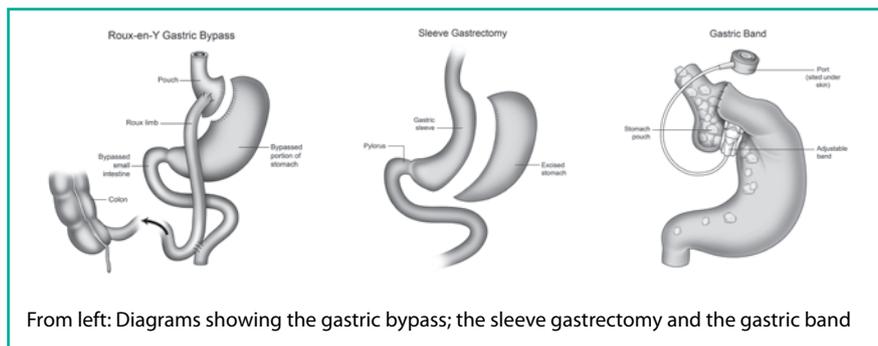
is just the start of a fully inclusive year of care, guidance and support from his team.

Mr Ahmed is one of two US fellowship-trained surgeons working in the UK; he performs 10 to 12 bariatric procedures a week. He also trains other surgeons in the field and is on the faculty of numerous courses on bariatric surgery. He is actively involved in research and sits on the prestigious International Bariatric Surgery Review Committee (IBSRC).

GET IN TOUCH...

MR AHMED AHMED
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Alternatively, go to **www.ahmedr.com** and **www.totalweightsolutions.com**
Mr Ahmed can see patients in London at BUPA Cromwell Hospital, 108 Harley Street or at Charing Cross Hospital.




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