

Doctor finds life-saving cure for his obesity through specialist surgery

A DOCTOR who underwent a lifesaving operation for his obesity is encouraging his patients to follow suit.

Just one year ago, Ahmed Badat predicted he only had six months to live, prompted by a diabetes specialist who could not cure his condition.

The 62-year-old, who weighed 142kg, was told only gastric bypass surgery would save his life.

Since the operation in January, the Shepherd's Bush Medical Centre GP has dropped 38kg and plans to lose more.

He has since become an advocate for bariatric surgery and has referred 10 of his patients for the operation.

He said: "Despite being on maximum insulin my sugar levels could not be controlled and I also had other chronic conditions such as high blood pressure, cholesterol, arthritis and heart problems.

"After the operation all of those problems have gone and where I couldn't walk 20 yards before, I can now be at the gym for two hours."

His surgeon, Ahmed Ahmed, based at Charing Cross Hospital, is the leading bariatrics surgeon in London and believes GPs can save on



endless prescriptions for obesity-related conditions.

The 35-year-old said: "The Primary Care Trust sees the operations as an added expense, but they don't realise they are being very short sighted.

"They cure high cholesterol, blood pressure, diabetes and restores life expectancy.

"The actual loss of weight is only a small part of it."

Last year 4,000 operations were performed across the UK with women making up 80 per cent of patients.

Some 720,000 people across the country are now classed as morbidly obese.



Dr Badat before (above left) and after the gastric bypass which saved his life. He is now a strong advocate of the technique.

Picture contributed and ST0539.