



# **Dr. Mohit Bhandari**

Bariatric, Metabolic, Robotic,  
and Endoscopic Surgeon



[www.drmohtbhandari.com](http://www.drmohtbhandari.com)

# Know your surgeon .....

- Dr. Mohit Bhandari is a known name in Bariatric, Metabolic, Robotic, and Endoscopic Surgery in the world.
- Recognized by World Book of Records for performing maximum number of Bariatric & Metabolic Surgeries (21,000) in Asia pacific region.
- He is one of the first surgeons to perform robotic bariatric surgery in India and also the first Indian doctor to perform a single anastomosis duodenal-ileal switch.
- In 2017, Dr. Mohit Bhandari has introduced Endoscopic Sleeve Gastroplasty (ESG), a non-surgical weight loss procedure in India.
- Dr. Bhandari is credited for Introducing Allurion Swallow Balloon Program in India, The only weight loss method which does not require Endoscopy, Aneasthesia, Surgery
- By performing 60 surgeries in just 12 hours, he has registered his name in World Book of Records 2021.
- By performing 53 surgeries in just 13 hours and 20 minutes, he has registered his name in Guinness Book of World Records and World Book of Records 2019.
- For his exceptional contribution to the field of bariatric and metabolic surgeries in the Asia Pacific region, he is honored with IFSO Ambassador Award 2019.
- In 2018, Dr. Bhandari performed revision bariatric surgery on the youngest documented patient who was eight years old at the time of the surgery.
- Dr. Bhandari entered the Limca Book of Records in 2015 by performing 25 bariatric surgeries in an 11-hour period, performing the feat with the help of a 40-person team.
- He also performed bariatric surgery on a 6-year-old boy in 2013, the youngest person on record to receive such surgery in India.
- In 2012, Dr. Mohit Bhandari performed the first documented obesity surgery in Asia, operating on an Asian woman weighing 350 kg.
- He is appointed as Board specialist member by the national board of examination, India tasked with setting up guidelines and criteria for hospitals & institutions to start teaching program for bariatric surgeries.



Young Zoya is now lighter & happier



BANDED GASTRIC BYPASS: FOOLPROOF WAY FOR WEIGHT LOSS SURGERY



ASK THE OBESITY EXPERT  
Dr Mohit Bhandari  
He is a renowned bariatric, metabolic and robotic surgeon based out of Mohak Bariatrics and Robotics, International Centre of Excellence for Weight Loss Surgery, Indore, Pune, Ahmedabad, Raipur, Mumbai and Delhi.

TIMES OF INDIA

Indore bariatric hospital ranked top in count

Indore: An Indore-based hospital has been ranked number one for bariatric surgery – a procedure for treating obesity – in a nationwide survey. Bariatric surgery is recommended for treatment of morbid obesity with severe metabolic syndrome and Indore has emerged a hub of bariatric surgery. In a recent survey conducted by Times health with 13 Research Consultants, Mohak Bariatrics & Robotics, Indore was ranked top.

Indore: 410kg man goes under scalpel, loses 30kg in a month

Salil Meekad | TNN | Updated: Feb 10, 2018, 11:07 IST



Latest technology to give you freedom from obesity...

Dr Mohit Bhandari brings Swallow Pill

Now treatment of obesity in just 15 minutes without surgery, endoscopy or anesthesia.

Q. How long is the Alluri-on Swallow Pill balloon left in place and do I need to visit the hospital to get it removed?  
A. The valve attached to the balloon gets activated 16 to 18 weeks and it comes out of the body naturally. There is no need for any special procedure or treatment for removal.

Q. Who needs this Alluri-on Swallow Pill Method?  
A. According to Dr Mohit Bhandari, for people scared of surgery, the Swallow Pill method is like a blessing with no risks and it takes no time at all. We have already seen in recent times that people who do not get rid of extra weight in time develop many fatal diseases, such as heart attack and so forth.



Q. What are the major changes you have seen in India after the Swallow Pill

Country's Highest Volume Robotic Bariatric Center at Indore now



Dr. Mohit Bhandari is a pioneer in introducing medical advancement into bariatric surgery. He is a 40-year-old woman weighing 350 kg got a new lease of life after she underwent a bariatric surgery, perhaps for first time in Asia, to remove the excess flab, at a private medical institution here. The surgery was performed recently



# Non Surgical Solutions

## Intragastric balloon

The intragastric balloon procedure is a non-surgical procedure in which, a saline-filled silicone balloon is placed in the stomach. As this occupies space, the patient is unable to eat too much, and feels fuller sooner. The purpose is to help the patient lose weight by limiting their food intake.

A balloon lasts around 6-12 months (depending on balloon chosen) after which it will be removed using the endoscope in a similar manner to that in which it was inserted.



## Weight loss medication

Weight loss medication is used to help individuals lose weight. It is for people with overweight and weight-related complications or obesity. It is meant to be used together with a lifestyle therapy regimen involving a reduced calorie diet and increased physical activity. Weight loss medication for adults with an initial BMI of 30 or more, or 27 or more with at least one weight-related medical condition such as high blood pressure, diabetes, or high cholesterol.

## Allurion Gastric Balloon

You swallow a capsule that contains the balloon attached to a thin tube.

You will have an X-ray to make sure the capsule is in the right position.

Once in your stomach, your doctor will use the tube to fill the balloon with liquid.

You will have a second X-ray to confirm the balloon is filled. The doctor will then gently remove the tube and you will be on your way.

At approximately 16 weeks after placement, the Allurion Balloon self-empts and passes naturally.



## Endoscopic Sleeve Gastroplasty

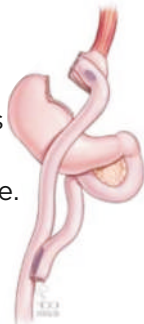
This medical weight loss procedure involves endoscopic suturing device to reduce the size of stomach. It is an ideal weight loss technique for patients with body mass index (BMI) of over 30. This procedure leads to significant weight loss by limiting the food intake. ESG recreates the occurrences of sleeve gastrectomy without the need of surgery. Moreover, there is a reduced risk of operative complications as this procedure is minimally invasive.



# MORE ABOUT SURGERIES

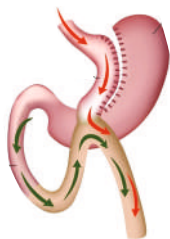
## Roux-en-Y Gastric Bypass

This procedure involves creating a small stomach pouch, so less food is consumed. A direct connection is created from the stomach to the lower segment of the small intestine. On an average 77% of excess body weight is lost in one year after surgery.



## Mini-Gastric Bypass

The stomach is divided and a small tube of stomach is created which becomes the pouch. Next, a loop of bowel is joined to the lower part of stomach pouch. It works both by restricting the food that can be eaten and by causing mal-absorption/altering gut hormones.



## Sleeve Gastrectomy

A small pouch is made in the stomach. The remaining stomach is removed while the gastrointestinal tract is kept unaltered. Thus, the stomach size is dramatically reduced. It does not impair dietary habits and provides better weight loss than gastric banding.



## Single Incision Laparoscopic Procedure (SILS)

This procedure is performed with only a single incision through the belly button. SILS has the added benefits of little to no scars as we as reduced postoperative pain because of the single incision, allowing for a quicker recovery



## Single Anastomosis Duodeno ileal bypass

SADI is performed under anaesthesia. Your surgeon makes 5 small keyhole incisions in your abdomen and removes about 85% of the stomach similar to sleeve gastrectomy on top. This has the effect of decreasing the appetite and restricting meal sizes. Then the first part of the small intestine, called the duodenum, is divided just below the stomach and reattached to a loop of small intestines to bypass about half of the small intestines. This further reduces the number of calories and fat the body absorbs.



# Our extended family .....









to know more about  
your doctor scan here



To book your personal consultation in Nairobi, Mombassa, Tanzania contact :

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