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News » Health



# From flab to fab: US youth after surgery in India



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New Delhi: "Starving does not help in reducing weight, avoiding junk food does," is the mantra of a US citizen who lost 80 kilos in a year and then underwent a cosmetic surgery here for skin tightening.

Texas-based Nick Gera (25), who used to weigh 175 kg, underwent a skin tightening surgery at Sir Ganga Ram Hospital here recently after he lost nearly half his weight by abstaining from junk food and colas and consuming only "right kind" of food.

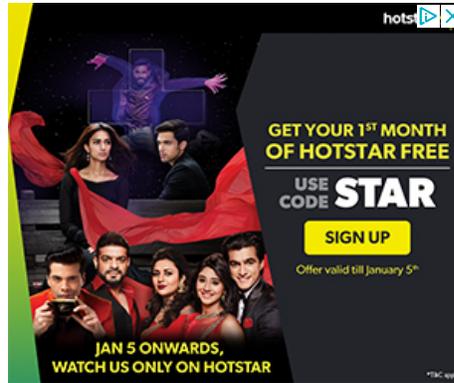
"I exercise regularly for an hour or so in the morning and in the evening. This is accompanied by small meals at regular intervals. So there is no room for starving which is a practise among many

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youngsters here to loose weight. Instead of the soft drinks I consume a lot of water now," Nick said.



Dr Vivek Kumar, consultant with the department of plastic surgery at the hospital, said, "He underwent a skin tightening surgery. Due to loosing excess weight, his skin was sagging or hanging. That needed to be taken care of. So he underwent a surgery for body contouring.

"It was unbelievable when I saw his photograph. He looked no less than a heavyweight wrestler. He adhered to his diet chart and exercised at home well. In one year he lost a good amount of weight."

Due to excess weight, Nick was on the brink of developing diabetes.

"I had developed hypertension and BP and doctors told me that any second I could get diabetes. At the age of 25, I looked like a 35-year-old. I could not fit into my clothes and I could not socialise too as my self-confidence was going down," he said.

Chairman of the hospital Dr D S Rana said, "We get foreign nationals regularly from countries like the US, Canada, Australia and other parts of the world. This is because of the quality of care and above all the affordable pricing. Nick is one of the patients."

PTI

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