



I, James from Nairobi, Kenya was suffering from diabetes mellitus since six years. My blood sugar levels were not in normal range despite being on regular medication. I was counselled for metabolic surgery and their pros and cons by Dr. Deep Goel and Dr. Ravindra Vats, Director, Bariatric Surgery, BLK Super Specialty Hospital, New Delhi. The operation was done in September 2014. I started with liquid diet for two weeks followed by soft diet and then normal diet. I was able to digest everything. I was suggested to have a high protein diet. My blood sugar levels were normal from the next day of surgery. As the weight went down blood sugar level got improved. Down the line of one month from surgery, I was off from diabetic medications. Happy to get this surgery done. I will surely recommend to those who are suffering from diabetes.

