

**Dr Jayashree Todkar, first Indian doctor to receive such recognition from American Society for Metabolic and Bariatric Surgery (ASMBS)**

Dr Jayashree Todkar in her poster presentation “Gut Microflora and obesity: are they related? Impact of sleeve gastrectomy on gut microflora” finds that gut microflora can be altered after sleeve gastrectomy. This scientific research in obesity and metabolic syndrome is a breakthrough as it gives hopes to cure obesity from its root. Dr Todkar, Director, Bariatric, Metabolic and Laparoscopic department, Dr L H Hiranandani Hospital has received an international award for this poster presentation from American Society of Metabolic and Bariatric Surgery (ASMBS). This award is a proof that scientific contribution and clinical care provided to society is at par with excellence. Further, Dr Todkar is the first Asian doctor to receive such recognition from ASMBS, the highest organization.

Dr Todkar said, “Metabolic syndrome is not a single problem but comes with cluster of diseases including diabetics, blood pressure, atherosclerosis and inflammation. Metabolic syndrome is caused due to varied factors such as diet, environment and inflammation pattern. This research is directed towards understanding the association between gut microbes and obesity in Indians and the impact of sleeve gastrectomy on it.”

According to World Health Organization (WHO), metabolic syndrome and obesity are the second highest killer disease in 21st century only next to HIV. Commenting further, Dr Todkar added, “India is facing a surge in metabolic syndrome and this is going to take the highest toll on the economy.” The research finds that sleeve gastrectomy can alter gut microflora to such an extent that an obese patient can get back to normal weight. Bacteria of phylum bacteroides and firmicutes are not significantly altered with body mass index and genus bacteroides seems correlative to obesity. Dr Todkar further added, “Controlling these bacteria could be a promising avenue in treating obesity.” However, larger studies are required to understand the impact in various populations over long term.