





Bariatric Surgery: More Than Weight Loss— A Healthier, Happier You

GENERAL & MINIMAL
ACCESS SURGERY



Obesity is a complex, chronic medical condition that can increase the risk of serious health problems, including type 2 diabetes, high blood pressure, heart disease, sleep apnea, fatty liver disease, joint pain, and certain types of cancer. When lifestyle changes alone are not enough, bariatric surgery can be an effective and long-term treatment option.



What Is Bariatric Surgery?

Bariatric surgery refers to a group of surgical procedures designed to help patients lose weight by changing the digestive system. The surgery is usually performed using minimally invasive (laparoscopic) techniques, resulting in smaller incisions, less pain, and faster recovery.

Bariatric surgery is not a cosmetic procedure—it is a medically proven treatment that helps individuals achieve significant weight loss while improving overall health, mobility, and quality of life.

Who Can Benefit from Bariatric Surgery?

You may be a candidate if you:

- ✔ Have a Body Mass Index (BMI) of 40 kg/m² or higher.
- ✔ Have a BMI of 35 kg/m² or higher with obesity-related conditions such as:
 - Type 2 diabetes
 - High blood pressure
 - Sleep apnea
 - Heart disease
 - Fatty liver disease
 - Severe joint pain

- Have been unable to achieve lasting weight loss through diet, exercise, or medication.
- Are committed to lifelong healthy lifestyle changes and regular follow-up care.
- Your surgeon will conduct a comprehensive evaluation to determine the most appropriate treatment for you.

Health Benefits Beyond Weight Loss

Many patients experience dramatic improvements in their overall health after surgery, including:

- Better blood sugar control and possible remission of type 2 diabetes.
- Reduced blood pressure.
- Improved cholesterol levels.
- Relief from obstructive sleep apnea.
- Reduced risk of heart disease and stroke.
- Less joint and back pain.
- Increased mobility and physical activity.
- Improved fertility in some women.
- Enhanced self-esteem and mental well-being.
- Better quality of life and longer life expectancy.

Frequently Asked Questions

Will I regain weight after surgery?

Weight regain is possible if healthy eating habits and physical activity are not maintained. Lifelong lifestyle changes are essential.

Will I have loose skin?

Some patients may develop excess skin after significant weight loss. The extent varies depending on age, genetics, and the amount of weight lost.

Can diabetes improve after surgery?

Many patients experience significant improvement, and some achieve remission of type 2 diabetes, particularly when surgery is performed early in the course of the disease.

Your Journey Starts Here

With the support of an experienced multidisciplinary team, you can take the first step toward lasting, life-changing results.



MEET OUR EXPERTS

GENERAL & MINIMAL ACCESS SURGEONS



Dr. Yamen Jabri

Consultant
General Surgeon



Over **19** years of
clinical experience



Dr. Ladha El Zaqui

Consultant
General Surgeon



Over **27** years of
clinical experience



Dr. Shalabh Mohan

Specialist
General Surgeon



Over **28** years of
clinical experience



**Dr. Niranjana T
Ravichandran**

Specialist
General Surgeon



Over **12** years of
clinical experience

OUR NEW DOCTORS



Dr. Yamen Jabri

Consultant
General Surgeon



Over **19** years of
clinical experience



Dr. Mugtaba Elnour

Consultant
Otorhynolaryngologist



Over **16** years of
clinical experience



Dr. Shreyas Nagaraj

Specialist
Urologist



Over **9** years of
clinical experience



**YOUR
HEALTH OUR
PRIORITY**

*A Healthier You,
A Better Tomorrow!*

WEIGHT LOSS

Transformation Package

Package Includes



Expert
Consultation



Personalized
Nutrition



Lifestyle
Guidance



Ongoing
Support

Are you experiencing?



Weight Gain



BMI above 35+



Heart disease



Hypertension





SUCCESS STORIES

Straight FROM THE Heart

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I am extremely happy with my experience at RAK Hospital. From the moment I arrived, all the staff were very friendly, welcoming, and genuinely helpful. Their professionalism and kindness made the entire experience smooth and comfortable. I would especially like to mention Dr. Jaspreet Kaur, Specialist Internal Medicine, she is incredibly polite, patient, and approachable. She took the time to listen to my concerns, explained everything clearly, and made me feel completely at ease throughout the consultation. Her caring attitude truly stands out, and I am grateful for the excellent care I received.



-Mr. Krishnu, India



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The environment was very friendly, and I would recommend Dr. Nima to anyone who comes to RAK Hospital. Before my treatment, I had a little fear, but everything went smoothly. Today, I only came for a routine cleaning, and the experience was great.

My son is very happy with his treatment, and Dr. Nima is wonderful with children, even giving them gifts after their visits. My son Hamza has been under his care for around seven months without any issues. He follows the doctor's advice by brushing regularly, avoiding sweets, and taking good care of his teeth. We are very thankful for Dr. Nima's care and guidance.



-Mr. Jahangir Altaf (Patient's Father), UAE



Compassion
in every interaction



Excellence
in every detail



You are at the
heart of all we do

EVENT GALLERY

Menopause Health Awareness Talk led by Dr. Jaspreet Kaur

Menopause Health Awareness Talk led by Dr. Jaspreet Kaur at Al Hamra - a session designed to support, educate, and uplift women through this important life stage, empowering them with clarity and confidence.



Nutrition Consultation conducted by Ms. Alaa F.A. Alatrash

Ms. Alaa F. A. Alatrash conducted a nutrition consultation at Wynn Al Marjan, featuring practical dietary tips and personalized wellness advice, was led by our Clinical Dietitian, .



Antenatal Class for Moms & Dads

Welcoming a new baby is a life-changing experience for both mothers and fathers. This informative session equipped parents with essential knowledge and practical skills to support recovery, bonding, feeding, and safe newborn care during the first weeks of life.





OUR HOSPITAL SPACES



PATIENT FIRST:

We strive to deliver the best to every patient every day.
The patient is the first priority in everything we do.



WELCOMING RECEPTION

A warm and caring welcome from the moment you arrive.



ACCESSIBLE & CONVENIENT

Easy access with ample parking for a hassle-free experience.



COMFORTABLE CARE SPACES

Designed for comfort, healing, and peace of mind.

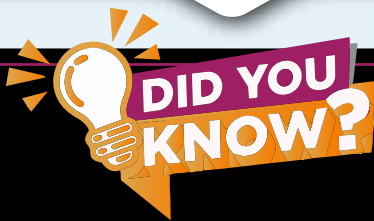


YOUR MONTHLY BOOST

“Quote of the Month”



Keep moving
forward with purpose



Did you know that all major planets in our solar system rotate counterclockwise, while Venus is the only one that spins clockwise?



Your Health Checklist

Red Flags—

You Should Never Ignore

- ☒ **Blood in urine** — even a small amount can indicate infection, stones, or more serious conditions.
- ☒ **Severe flank or lower abdominal pain** — may signal kidney stones, obstruction, or acute infection.
- ☒ **Difficulty or pain while urinating** — often linked to infections, prostate issues, or urethral narrowing.
- ☒ **Frequent urination, especially at night** — could be due to bladder dysfunction, diabetes, or prostate enlargement.
- ☒ **Weak urine stream or straining** — commonly associated with prostate enlargement or urinary obstruction.
- ☒ **Persistent pelvic or groin pain** — may indicate chronic prostatitis or other underlying conditions.
- ☒ **Inability to urinate** — a medical emergency requiring immediate attention.
- ☒ **Unexplained weight loss with urinary symptoms** — can be a sign of systemic or oncological conditions.
- ☒ **Changes in semen or erectile function** — can be related to hormonal imbalance, vascular issues, or prostate disease.



RAK HOSPITAL
Premium Healthcare. Premium Hospitality



Arabian Healthcare
GROUP LLC



جائزة محمد بن راشد آل مكتوم للأعمال
الإنسانية
HUMANITARIAN AWARD FOR
HUMANITARIAN WORK



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