

Victor Nakah

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Dear Unni,

My name is Victor from Zimbabwe and I have struggled to lose weight all my life and by the time I turned 45 I had tried more than a dozen weight loss diets but nothing worked. At one point I was told that I was high insulin resistant and therefore this meant that I had to diet and exercise more in order to lose weight. One year I committed to dieting and going to the gym three times a week and by the end of that year I had only lost a discouraging 5kgs. During this time I met a friend in the Dominican Republic who was much bigger than me and a year previously had undergone Gastric Sleeve surgery. When I met him a year after the surgery, he had lost almost 60% of his weight. It was then that I decided to begin planning to do the same. The challenge was cost. I met the surgeon who had performed surgery on my friend and he quoted me at least USD\$7000. In South Africa closer to where I live the cost of surgery was almost double this.

On one of my visits to Dehli, India I was surprised by the reasonable cost of medical care and so I asked a friend to investigate how much I would pay for Gastric Sleeve Surgery at one of the premier hospitals in Dehli. I was also interested in the best surgeon and my good friend introduced me to the Holy Family Hospital. On April 23rd I arrived at Holy Family Hospital at midnight and I was immediately admitted and that morning I underwent a dozen tests to make sure that I was ready for surgery. I was amazed by the cleanliness of the hospital, but especially the friendly nurses and doctors who attended to me. I was the only African in the hospital but I felt so much at home and enjoyed the excellent service. Later that afternoon on the 24th Doctor performed the surgery but not before one of the doctors went through everything that was going to happen to me including possible complications but assured me that I was in good hands.

The surgery was a success and I woke up in the recovery room with a nurse next to me who then moved me to the high care ward. The care that I received that night was just out of this world. Someone was checking on me almost every ten minutes and in the morning Doctor team walked in to check on me and told me that everything was okay and that they would move me to a private ward. They kept me for another day and then discharged. The private ward was exceptional and I had more than enough room to myself and my Indian friends who came to visit. The care at Holy family hospital was phenomenal and when I was discharged I couldn't believe how little I had to pay, a fraction of what I would have paid if I had gone anywhere else.

I'm most grateful to Doctors and their team for looking after me. It's almost a month now since the surgery and I have lost 6kgs and watch this space for more surprises.

Victor Nakah