



For Appointment, call:
+91 82910 93686



Hiranandani Hospital
Your Family Superspeciality Hospital

WHY WEIGHT MATTERS?

Your health is our priority

TAKE THE FIRST STEP TOWARD A HEALTHIER YOU.

Obesity: A Silent Burden

- ✓ Obesity is more than just excess weight - it's a chronic, progressive condition.
- ✓ It increases the risk of diabetes, heart disease, joint problems, liver issues, PCOS, infertility, sleep apnea, and even cancer.
- ✓ Many people don't realize they are in the danger zone until complications arise.

The Dangers of DIY Weight Loss

Internet diets and crash programs often:

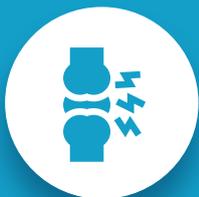
- ✓ Cause muscle loss, not fat loss
- ✓ Lead to nutritional deficiencies
- ✓ Result in rapid regain (*yo-yo effect*)
- ✓ Increase risk of gallstones, weakness, and heart rhythm issues
- ✓ Weight regain affects mental health and confidence

Why Should I Lose Weight?

Losing just 5-10% of body weight can:



Improve blood sugar, BP, and cholesterol levels



Reduce joint pain and fatigue



Boost energy, mood, and sleep quality



Delay or prevent the onset of diabetes and heart disease



Improve fertility, mobility, and longevity

What Can You Expect?

- ✓ A detailed assessment of your lifestyle and medical risks
- ✓ Customized diet and exercise program
- ✓ Supportive weight loss without drastic measures
- ✓ Ongoing motivation, progress tracking, and professional guidance

Why Choose

Dr L H Hiranandani Hospital?



Expertise You Can Trust:

Our team includes Obesity physician (*Dr Vimal Pahuja*), nutritionists, physiotherapists, and psychologists.



Science-Backed Approach:

We assess metabolic health, not just weight.



Safe & Sustainable:

Personalized plans focusing on long-term success, not shortcuts.



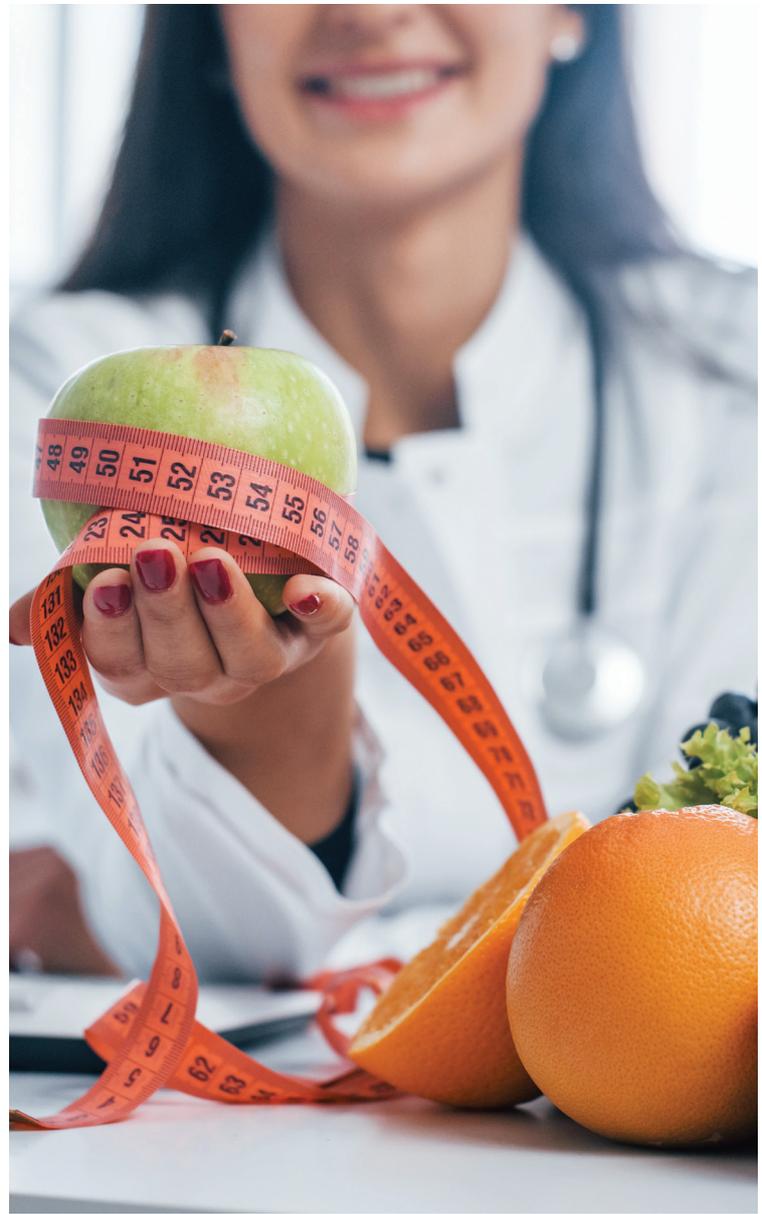
Technology-Enabled Care:

Body composition analysis, digital tracking, and supervised follow-ups.



Holistic Support:

We treat root causes like hormonal imbalance, emotional eating, and sleep issues.



Your Next Step



Visit the **Diabetes & Weight Management Clinic**
(7th floor Executive Health Check Department)



Timings: **8-10 AM | 2-4 PM, Mon to Sat**



For appointments: **+91 82910 93686**



Ask our volunteer for a **quick BMI screening** it's **free and takes only 2 minutes!**

“Change your life, not just your weight - with medical experts who care.”
Dr L H Hiranandani Hospital - Where Science Meets Compassion