

## BARIATRIC SURGEONS



**Dr. Vigyan Jain**

Dr. Vigyan Jain is a Consultant Upper GI and Bariatric Surgeon in the UK, where he established and led the Bariatric Surgery and Weight Loss Service for several years. He is also a national trainer and educator for Bariatric Surgery at Luton and Dunstable Hospital, UK.



**Dr. Sadashiv Chaudhari**

Dr. Sadashiv Chaudhari is a surgeon with 15 years of experience specializing in advanced laparoscopic surgeries including bariatric surgery. Dr. Chaudhari has performed over 5000 laparoscopic procedures and is recognized nationally for his expertise and training initiatives at Jaslok Hospital.

## COORDINATOR



**Ms. Sukhada Thorat**

Ms. Sukhada Thorat, Clinical Coordinator at the Fatty Liver Clinic, has over 5 years of experience in clinical trial coordination. With a background in Biotechnology, Microbiology, and Clinical Research, she has managed numerous trials, including a national fatty liver observational study.

## What does the 3 months Package Include?

**2**

physician consults.

**4**

personalized sessions with clinical nutritionists.

**6**

personalized sessions with trained psychologists.

**36**

sessions with physiotherapist (including online sessions based on weekly progress reports).

## Our Multidisciplinary Team Of Experts



### Jaslok Hospital & Research Centre

Address: 15, Dr. G. Deshmukh Marg Mumbai- 400026

For Appointments: **8879193989 & 9930192000**

For Emergency & Ambulance Services: **080 623 44444**

Email ID: [fattyliverclinic@jaslokhospital.net](mailto:fattyliverclinic@jaslokhospital.net)

Website: [www.jaslokhospital.net](http://www.jaslokhospital.net)

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**50** YEARS OF  
**JASLOK HOSPITAL**  
CARE, COMPASSION & EXCELLENCE

## FATTY LIVER CLINIC

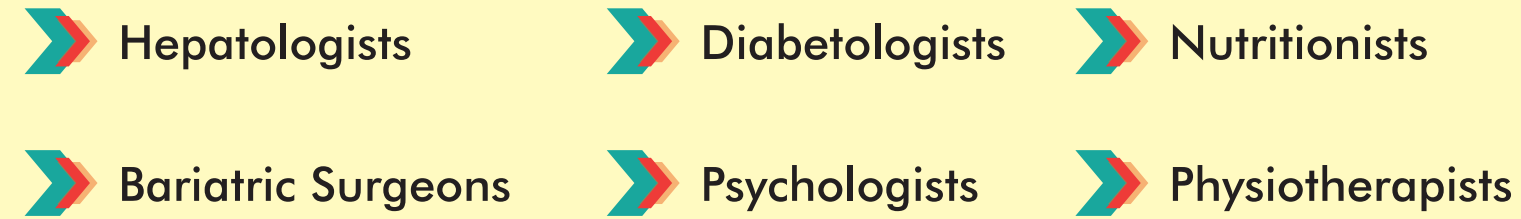
Unique Multidisciplinary Approach to Fatty Liver Reversal



with a cost effective 3 month package.



## Expert Panel Includes



## Line of Care at Multidisciplinary Fatty Liver Clinic



Consultation with specialist.



Evaluating liver function and severity through blood tests, body composition analysis, fibroscan assessment.



Understanding thoughts and lifestyle behaviour by psychologist.



Customised nutrition plans crafted by experts.



Tailor made exercise program as per each individual requirement.

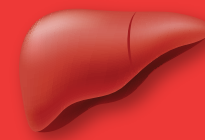


Fortnightly multidisciplinary team discussion on individual patients.

## FAQs on Fatty Liver Disease

- **What is fatty liver?**
  - It is also called NAFLD (Non- Alcoholic Fatty Liver Disease) and recently MASLD(Metabolic dysfunction Associated Steatotic Liver Disease).
  - Develops when excess fat builds up in the liver causing progressive liver damage.
  - Seen in a third of the Indian population and globally.
  - The most common liver disease globally, primarily linked to obesity and metabolic dysfunction.
- **Who is likely to have a fatty liver?**
  - Obesity (BMI more than 25 kg/m<sup>2</sup>)
  - Diabetes mellitus
  - Hypertension/ Raised blood pressure
  - Dyslipidemia/ high cholesterol
  - Fatty liver in the family
  - Obstructive sleep apnoea (excessive snoring)
  - Hypothyroidism
  - Polycystic ovarian disease
  - Other causes of fatty liver include alcohol, medications and certain genetic diseases.

## Different Stages of Fatty Liver Disease

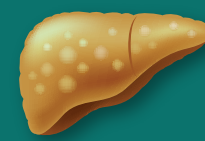


### Healthy liver



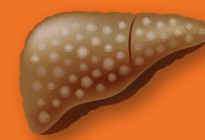
### Fatty liver (Steatosis)

- Often detected incidentally
- Mildest form characterised by fat in the liver
- Without any inflammation, scarring



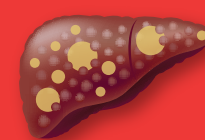
### Steatohepatitis (Swelling Scarring) 30% of all fatty livers

- Fat accumulation and inflammation
- More severe stage of disease
- If left untreated leads to scarring or fibrosis of the liver



### Cirrhosis with complications

- 20% of steatohepatitis
- After years of inflammation, liver shrinks in size causing end stage liver disease



### Liver Cancer

## Our Team of Experts

### HEPATOLOGISTS



#### Dr. Aabha Nagral

Dr. Aabha Nagral is a Hepatologist and Gastroenterologist trained at GSMC, KEM Hospital, Royal Free Hospital, UK & Mayo Clinic, USA. She has 35 years of experience and currently serves as the Director of Gastroenterology at Jaslok Hospital. Dr. Nagral has held several important positions in national liver organizations and has published extensively on liver disease. She is renowned for pioneering liver transplantation in Western India.



#### Dr. Ajay Jhaveri

Dr. Ajay Jhaveri is a Hepatologist and Gastroenterologist, trained at Nair Hospital and Jaslok Hospital, Mumbai. Currently serving as a Consultant in the Department of Gastroenterology at Jaslok Hospital & Research Centre, Dr. Jhaveri's expertise spans medical gastroenterology and hepatology.



#### Dr. Manek Kutar

Dr. Manek Kutar is a Hepatologist and Gastroenterologist who has completed his training from P.D. Hinduja Hospital, Mumbai. He has also completed MUHS fellowship in Hepatology from Jaslok Hospital and Medical research centre. He is currently serving as a Senior Clinical Associate in the Dept of Gastroenterology.

### PHYSICIANS



#### Dr. Shaival Chandalia

Dr. Shaival Chandalia is a consultant Endocrinologist and Diabetologist affiliated with Jaslok Hospital. He is recognized for his contributions to diabetes care, including patient education and Indian perspectives in diabetes management.



#### Dr. Shruti Tandan

Dr. Shruti Tandan is a consultant critical care physician with nearly two decades of experience. Dr. Tandan trained at GSMC, Mumbai and AIIMS, New Delhi and King's College hospital, London. She has a special interest in lifestyle management of diabetes, hypertension and metabolic diseases.



#### Dr. Geeta M Chhabria

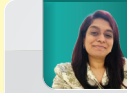
Dr. Geeta Chhabria is a consultant in Internal Medicine. She has done DNB in General Medicine from BARC hospital and completed the same in 2013. She has rich experience of over a decade in this field. She also holds a fellowship in diabetes care.

### NUTRITIONISTS



#### Ms. Ishitaa Bhatia Mehta

Ms. Ishitaa Bhatia Mehta is a consultant nutritionist specialising in pediatric nutrition, eating disorders and behavioural nutrition. She holds a double Masters degree in nutrition from India and University College London, UK.



#### Ms. Sonal Chandalia

As a Chief Nutritionist, Ms. Sonal Chandalia, brings over 30 years of experience in Nutrition, Dietetics and Lifestyle Counselling at Dr. Chandalia's Diabetes Endocrine Nutrition Management and Research Centre. Her expertise encompasses a broad range of endocrine and metabolic diseases, including obesity, cardiovascular diseases and fatty liver diseases in both pediatric and adult patients.

### PSYCHOLOGISTS



#### Ms. Ritika Aggarwal

Ms. Ritika Aggarwal completed her MSc in Clinical Psychology from Christ University, Bangalore, followed by a 1 year PGCC in counseling from the Maharashtra Institute of Mental Health at Sassoon Hospital, Pune. She have also received training in psycho-oncology, palliative care, music therapy and sound work, with experience in working with chronic illness and obesity.



#### Ms. Tanya Raj

Ms. Tanya Raj is a Clinical Psychologist (RCI Licensed) qualified with M.Phil Clinical Psychology, Specialized in Trauma focused and Narrative Therapy, and Experience in working with chronic illness and obesity.

### EXERCISE PHYSIOTHERAPISTS



#### Dr. Shreyas Katharani

Dr Shreyas Katharani, Head of Physiotherapy at Jaslok Hospital, has over 15 years of experience. He specializes in musculoskeletal injuries and sports rehabilitation, offering personalized exercise programs to improve liver health and reduce the progression of fatty liver disease. Dr. Katharani has trained at SAI( Sports Authority of India) centers and NIMHANS Hospital, Bangalore and worked at Seven Hills Hospital and Jaslok Hospital, Mumbai.



#### Dr. Reena Javkar

Dr. Reena Javkar is a highly experienced Physiotherapist with 28 years of dedication to enhancing patients quality of life and achieving rehabilitation goals. She hold a Bachelor's degree in Physiotherapy from GS Medical College, along with a PGDHHM and PGDQMHHO from Symbiosis, Pune. Additionally, she is a certified Lymphedema Management Therapist from Tata Memorial Hospital, Mumbai.